



Commanding Officer's Physical Readiness Program Desktop Reference Guide

PHYSICAL FITNESS ASSESSMENT (PFA)

Two PFAs are to be conducted per year. There must be a minimum of 4 months between PFAs and only 1 per Navy cycle.

CO has authority over the schedule, conduct, safety, and medical waivers for the PFA.

PFAs must be conducted within the respective PFA cycle. Cycle 1 is defined as 1 Jan-30 June. Cycle 2 is defined as 1 Jul-31 Dec.

A failure of either the BCA or PRT component of the PFA constitutes a PFA failure.

Commands shall provide a notification at least 10 weeks in advance of scheduled PFA dates.

IA/GSA and OSA Sailors are not automatically exempt from the PFA requirement (safety issues and qualified CFL availability is the requirement for exemption).

If assigned in a joint environment the CFL-equivalent of the sponsoring military service may administer the PFA using Navy criteria and procedures.

All medically cleared personnel regardless of gender, age, rank, title, billet, or retirement status, must participate in the semi-annual PFA.

The CO may waive the PRT component of the official PFA for the entire command based upon deployment/operational ("DEP/OP") commitments twice. Waiving more than 2 consecutive PRTs requires ISIC approval.

ISIC approval is required to waive the BCA for the entire command.

Members are authorized 1 PRT Bad Day. A PRT Bad Day must be requested within 24 hours of a PRT failure and must be completed within 7 working days. Drilling Reservists have until the end of the following month. All portions of the PFA must be retaken.

BCA Bad Days are not authorized.

No Show to the PFA is an unauthorized absence (UA) and will automatically be scored a "failure" in PRIMIS.

Report all physical fitness related injuries to the command Safety Officer.

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Approved Date: 1 July 2011

PERSONNEL EXCHANGE PROGRAM (PEP)

PEP participants are exempt from the PFA if there is no qualified CFL/ACFL or service equivalent personnel to administer the Navy PFA.

PREGNANT SERVICEWOMEN

Pregnant Servicewomen are exempt from the PFA for 6 months following the end of convalescent leave.

Pregnant servicewomen and post-partum servicewomen are not to be mandated to participate in group PT. Health Care Providers (HCP) will provide all guidance.

COMMAND FITNESS LEADER (CFL)

CFLs and ACFLs must be appointed in writing.

The CFL must be fully qualified within 3 months of appointment.

One ACFL for every 25 command members must be appointed. Commands with less than 25 members must appoint at least 1 ACFL.

BODY COMPOSITION ASSESSMENT (BCA)

BCA is to be conducted within 10 days of the PRT, but not less than 24 hours prior.

Drilling Reservist may take the BCA up to 31 days prior to the PRT, but not less than 24 hours prior.

A BCA failure is an overall PFA failure.

Members requiring a circumference measurement must be taped 2 times and the average of the 2 will be used in calculations. A 3rd measurement is only required if one of the 2 measurements is greater than 1 inch difference.

Members medically waived from the BCA are not authorized to participate in the PRT.

Members who fail the BCA are not authorized to participate in the PRT.

Members may perform the BCA in the uniforms of the day if taping is not required.

Commanding Officers Guide

Department Army

Commanding Officers Guide:

Commander and Staff Officer Guide (ATTP 5-0. 1) Department of the Army,2012-11-27 This Army tactics techniques and procedures ATTP publication Commander and Staff Officer Guide reinforces the fundamentals of mission command established in field manual FM 3 0 Operations FM 5 0 The Operations Process and FM 6 0 Mission Command Whereas the above manuals focus on the fundamentals of mission command this manual provides commanders and staff officers with tactics techniques and procedures TTP essential for the exercise of mission command This is a new Army publication It includes many of the appendices currently found in FM 5 0 and FM 6 0 that addressed the how to of mission command By consolidating this material into a single publication Army leaders now have a single reference to assist them with TTP associated with planning preparing for executing and continually assessing operations This ATTP also enables the Army to better focus the material in future editions of FMs 5 0 and 6 0 on the fundamentals of the operations process and mission command respectively

Command at Sea Harley Francis Cope,1951 **Division Officer's Guide** John Vavasour

Noel,1972 **Commander and Staff Officer Guide** Department Army,2011-09-14 This Army tactics techniques and procedures ATTP reinforces the fundamentals of mission command established in field manual FM 3 0 Operations FM 5 0 The Operations Process and FM 6 0 Mission Command Whereas the above manuals focus on the fundamentals of mission command this manual provides commanders and staff officers with tactics techniques and procedures TTP essential for the exercise of mission command This is a new Army publication It includes many of the appendices currently found in FM 5 0 and FM 6 0 that addressed the how to of mission command By consolidating this material into a single publication Army leaders now have a single reference to assist them with TTP associated with planning preparing for executing and continually assessing operations This ATTP also enables the Army to better focus the material in future editions of FMs 5 0 and 6 0 on the fundamentals of the operations process and mission command respectively This ATTP consist of 12 chapters and 26 annexes It incorporates the new mission command taxonomy established in FM 3 0 Chapter 1 provides an overview of mission command It summarizes the new mission command taxonomy established in change 1 to FM 3 0 2011 Chapter 2 addresses the staff to include staff organization and the duties and responsibilities of individual staff officers It updates FM 6 0 Chapter 3 describes how commanders cross functionally organize their staff into command posts and offers TTP for command post operations It updates FM 5 0 Chapter 4 describes the military decisionmaking process It updates FM 5 0 Chapter 5 addresses troop leading procedures a framework for planning and preparing for operations used by small unit leaders It updates FM 5 0 Chapter 6 addresses how the commander and staff build and maintain running estimates throughout the operations process This updates FM 5 0 Chapter 7 provides guidelines to assist commanders and staffs to develop formal assessment plans This updates FM 5 0 Chapter 8 discusses rehearsal types and techniques This updates FM 5 0 Chapter 9 discusses liaison principles and the responsibilities of liaison officers and teams This updates FM 6 0 Chapter 10

provides guidance and formats for military briefings This updates FM 5 0 Chapter 11 discusses how to prepare staff studies and decision papers and provides formats for both This updates FM 5 0 Chapter 12 offers guidelines and provides formats and instruction for building effective plans and orders This updates FM 5 0 The annexes provide formats and instructions for developing attachments to the base plan or order The sequence of these annexes corresponds to the Army operation order attachment structure These formats and instructions are new to Army doctrine

Complete United States Infantry Guide for Officers and Noncommissioned Officers United States. War Department, 1917 *Army Officer's Guide*

,2023-10-17 The Army Officer's Guide is the crown jewel of Stackpole's military reference line First published in 1930 this guide has been continuously revised since then and has become the gold standard reference for the U S Army's officer corps especially the new second lieutenants commissioned into the army out of West Point and ROTC programs This edition has been thoroughly revised and updated with the latest information on leadership training military justice promotions benefits counseling soldiers physical fitness regulations and much more everything the officer needs to know in order to do his job well to advance his career to navigate the military and to guide his soldiers on and off the battlefield Topics include How to train lead and counsel troops effectively Tips on how to move along your career as an NCO by continuing education training and professional development Information about all the regulations NCOs need to be aware of in carrying out their jobs And much much more Stackpole has been guiding military officers and soldiers for more than 80 years Our guides still offer the best advice in the business better than any other book better than the internet

Commander and Staff Officer Guide: The Official U.S. Army Tactics, Techniques, and Procedures Manual Attp 5-0.1, September 2011 U. S. Army Training And Doctrine Command, Combined Arms Doctrine Directorate, U. S. Department of the, 2011-11 This ATTP consist of 12 chapters and 26 annexes It incorporates the new mission command taxonomy established in FM 3 0 Chapter 1 provides an overview of mission command It summarizes the new mission command taxonomy established in change 1 to FM 3 0 2011 Chapter 2 addresses the staff to include staff organization and the duties and responsibilities of individual staff officers It updates FM 6 0 Chapter 3 describes how commanders cross functionally organize their staff into command posts and offers TTP for command post operations It updates FM 5 0 Chapter 4 describes the military decisionmaking process It updates FM 5 0 Chapter 5 addresses troop leading procedures a framework for planning and preparing for operations used by small unit leaders It updates FM 5 0 Chapter 6 addresses how the commander and staff build and maintain running estimates throughout the operations process This updates FM 5 0 Chapter 7 provides guidelines to assist commanders and staffs to develop formal assessment plans This updates FM 5 0 Chapter 8 discusses rehearsal types and techniques This updates FM 5 0 Chapter 9 discusses liaison principles and the responsibilities of liaison officers and teams This updates FM 6 0 Chapter 10 provides guidance and formats for military briefings This updates FM 5 0 Chapter 11 discusses how to prepare staff studies and decision papers and provides formats for both This updates FM 5 0 Chapter 12 offers guidelines and provides formats

and instruction for building effective plans and orders This updates FM 5 0 The annexes provide formats and instructions for developing attachments to the base plan or order The sequence of these annexes corresponds to the Army operation order attachment structure These formats and instructions are new to Army doctrine **Notes for Commanding Officers** Great Britain. Army. Senior Officers' School,1917 Legal Guide for Commanding Officers ,1996 **Newly Commissioned**

Naval Officer's Guide Fred W. Kacher,2009 This desktop guide is a user friendly first stop for officer candidates and midshipmen seeking information as they transition to naval officers It offers practical advice in the basic tenets of leadership naval policy etiquette and personal and professional management In a conversational style Commander Kacher demystifies the new roles and responsibilities of young officers as they grapple with concepts very different from their experiences as enlisted sailors or college students Useful insights from officers who have recently made the transition and advice from successful commanding officers are included This manual also provides a concise overview of the U S Navy s history along with a recommend reading list and serves as a gateway to the many online and print assets available to new officers **The**

Division Officer's Guide John Vavasour Noel,1952 **Chief Petty Officer's Guide, Third Edition** Paul A Kingsbury,2025-03-12 In this third edition of the Chief Petty Officer s Guide author Paul Kingsbury offers the same caliber of wisdom and advice that has helped Chief Petty Officers CPOs succeed for decades Fully revised this edition features updates to every chapter as well as a broader context scope and audience With the addition of guidance for Navy and Coast Guard chiefs of all experience levels aspiring petty officers seeking advancement to chief and other leaders this book is a vital tool for anyone who wants to understand how great chiefs think manage and lead Those striving to improve as a chief senior chief or master chief will find this handbook an essential resource on how to lead and manage strong maintenance and operational teams Kingsbury provides key perspectives on how chiefs can use power bases influence tactics and managerial skills to achieve mission success at all levels of Navy and Coast Guard leadership Chapters feature tools for self assessment including explanations of the attributes behaviors and qualities that all petty officers or any leader or manager should strive for

The Air Officer's Guide ,1949 Beskriver Det amerikanske Flyvev ben USAF Snowden's Police Officers, Constables Guide ... Fifth Edition. By W. C. Glen SNOWDEN (Constable.),1875 **Medical Officer's Guide** United States. Army Air Forces,1943 **The Young Officer's Guide to Military Law** Fitzherbert John Osbourne Coddington,1916 **Watch**

Officers Manual Charles Emerson Hovey,Solomon Endel,1917 **Division Officer's Guide** John Vavasour Noel,1957 Commanding Officer's Guide to the NCIS ,1998 Command at Sea James Stavridis,Robert Girrier,2010 First published in 1943 this book has long been the key resource for U S Navy officers preparing for command at sea This sixth edition reflects the sweeping changes that have occurred over the past decade in the mechanics of how command at sea is executed and the context in which commanding officers work Among these changes are the adoption of a new maritime strategy that identifies maritime security and humanitarian assistance as core competencies a post 9 11 environment in which maritime

intercept operations and irregular warfare are key the rise of piracy increasing joint and combined operations the growing capacity to share information and the modernization of the fleet An expanded discussion of the submarine related aspects of command is also included

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10. codominance multiple ... 11-3 Exploring Mendelian Genetics Flashcards the inheritance of biological characteristics is determined by genes that are passed from parents to their offspring in organisms that reproduce sexually Exploring Mendelian Genetics Exploring Mendelian Genetics. Section 11-3. Independent Assortment. In a two-factor cross, Mendel followed ____ different genes as they passed from one ... 11-3 Exploring Mendelian Genetics Mendel crossed the heterozygous F1 plants ($RrYy$) with each other to determine if the alleles would segregate from each other in the F2 generation. $RrYy \times RrYy$. 11-3 Exploring Mendelian Genetics What is the difference between incomplete dominance and codominance? • Incomplete dominance = heterozygous phenotype is somewhere in between the 2. Section 11-3 Exploring Mendelian Genetics Section 11-3 Exploring Mendelian Genetics. (pages 270-274). Key Concepts. • What is the principle of independent assortment? • What inheritance patterns exist ... Answers For CH 11, 13, 14 Reading Handout Section 11—3 Exploring Mendelian Genetics 9. What was the ratio of Mendel's F2 generation for the two-factor cross? (pages 270-274) 10. Complete the Punnett ... 11-3 Exploring Mendelian Genetics Aug 14, 2014 — 11-3 Exploring Mendelian Genetics. Key Concepts: What is the principle of independent assortment? What inheritance patterns exist aside from ... Answers to All Questions and Problems Aug 14, 2015 — CHAPTER 1. 1.1 In a few sentences, what were Mendel's key ideas about inheritance? ANS: Mendel postulated transmissible factors—genes—to.