



REPLY TO
ATTENTION OF

DEPARTMENT OF DEFENSE
UNITED STATES SOUTHERN COMMAND
3511 NW 91st AVENUE
MIAMI, FL 33172

*SC Regulation 350-6

6 April 2000

effective upon receipt

Physical Fitness and Weight Control
PHYSICAL FITNESS AND WEIGHT CONTROL PROCEDURES
FOR SERVICE MEMBERS ASSIGNED TO
HEADQUARTERS, UNITED STATES SOUTHERN COMMAND

1. References.

- a. AR 350-41 Training in Units, FM 21-20 Physical Fitness, AR 600-9 Weight Control
- b. OPNAVINST 6110.1E Physical Readiness Program
- c. MCO 6100.3J Physical Fitness, MCO 6100.10B Weight Control & Military Appearance
- d. AFI 40-502 Weight & Body Fat Management Program, AFI 40-501 Air Force Fitness Program

2. Purpose. To establish policies and procedures for the SOUTHCOM Physical Fitness and Weight Control Programs. Physical fitness is the foundation of readiness. It should be challenging and progressive and should enhance strength, flexibility and endurance. Directors and Special Staffs are encouraged to permit a sufficient amount of time for physical fitness. USSOUTHCOM fully supports individual service physical readiness programs, including physical fitness testing and body fat and weight control requirements. Therefore, all physical readiness programs will be conducted in accordance with service guidelines and regulations.

3. Scope. Element Commanders are responsible for enforcing their individual service Physical Fitness and Weight Control standards. The Garrison Commander will provide administrative, logistical and coordination support as requested by Service Element Commanders.

4. Applicability. This policy applies to all service members assigned or attached to Headquarters, USSOUTHCOM in Miami, Florida.

5. Background. Personal fitness and weight management are command and individual responsibilities. Due to the nature of SOUTHCOM's mission, the individual must personally manage his/her physical readiness program. Directors and supervisors will ensure that all assigned personnel are given the opportunity to participate in physical readiness training daily, mission permitting. Ninety minutes for physical training and personal hygiene should be the norm.

6. Responsibilities. The Garrison Commander is responsible for administrative, logistical and coordination support of service physical fitness and weight control programs. The Service Element Commanders are responsible for enforcing service standards for physical fitness and weight control. The following delineates duties and responsibilities of the Service Element Commander and Garrison Commander:

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a. Service Element Commanders.

(1) Appoint one NCO to serve as the Weight Control Program NCOIC and one NCO to serve as the Physical Fitness Program NCOIC, in accordance with Enclosures 1 & 2. One NCO is authorized to conduct both duties.

(2) Schedule and ensure all service members participate in weigh-ins and physical fitness tests in accordance with service regulations.

(3) Plan, coordinate and publish the date, time and location for all service element directed weigh-ins.

(4) Ensure service members who exceed weight and body fat standards and/or fail the physical fitness test are administratively processed in accordance with service regulations, to include proper counseling.

(5) Administer, plan, coordinate and publish the date, time and location for all service element physical fitness testing. As required, request administrative and logistical support from the Garrison Commander.

(6) Maintain and track all physical profiles. Ensure physical profiles are evaluated regularly by a medical doctor.

(7) Coordinate Medical Review boards through the SC Surgeon in accordance with service regulations.

b. Garrison Commander.

(1) Provide administrative, logistical and coordination support of service physical fitness and weight control programs to Service Element Commanders as requested.

(2) Refer all service members who exceed weight and body fat standards through the Service Element Commanders to the SOUTHCOM Health Clinic for evaluation and assessment.

(3) Appoint a Master Fitness Trainer (MFT) to develop, implement and conduct a command-wide Special Emphasis Fitness Program (SEFP) to help all service members who exceed weight and body fat standards and/or fail their physical fitness test. Service Element Commander Weight Control Program NCOICs will assist the MFT in developing the program.

(4) Maintain training records and training statistics for all active duty service members assigned to SC Headquarters and Reservist/National Guard service members on orders exceeding 90 days. SC Reserve Affairs (SCRA) will track Reservist/National Guard service members on orders for less than 90 days.

(5) Ensure personnel on a physical profile are afforded the opportunity to participate in a physical fitness program within the limits of their profile. Personnel on profile will not be required to perform tasks and participate in physical fitness programs and testing which have the potential to cause further injury (or violate restrictions of any profile).

(6) Develop Special Emphasis Training Programs (SETP) IAW paragraph 7 of this SOP.

7. Special Emphasis Fitness Program (SEFP). The Service Element Weight Control Program NCOICs/Physical Fitness Program NCOICs and Master Fitness Trainer (MFT), in conjunction with the Garrison Commander's representative will monitor and administer Special Emphasis Fitness Programs (SEFPs). Service Element Commanders will counsel, sign and serve as the approving authority for all administrative actions.

a. Service members who fail to meet minimum weight and body fat standards for their respective services will be counseled and enrolled in a weight management program that includes physical fitness training and dietary counseling. The SEFP will be physical fitness training tailored to the individual needs of the service member in accordance with the principles of Frequency, Intensity, Type and Time (FITT) requirements specified in each service regulation.

(1) The Service Element Weight Control Program NCOICs/Physical Fitness Program NCOICs and Master Fitness Trainer (MFT), in conjunction with the Garrison Commander's representative, will conduct an assessment program (e.g., diagnostic physical fitness tests) to measure the effectiveness and individual progress of all service members enrolled in the Special Emphasis Fitness Program (SEFP). Assessments will occur as soon as service members are enrolled in the program and every two weeks thereafter. Corrections and adjustments will be made as required to ensure progress toward meeting the failed standard (e.g., weight, run, push-ups, sit-ups, etc.).

(2) The Service Element Weight Control Program NCOICs/Physical Fitness Program NCOICs, and Master Fitness Trainer (MFT), in conjunction with the Garrison Commander's representative, will develop individual programs for service members with special needs (to include pregnancy), physically limiting profiles or anyone who requires additional assistance.

b. All service members who are enrolled in the program and fail to meet service standards are subject to administrative separation procedures in accordance with service regulations. The SOUTHCOM CSM (for enlisted service members only) and SJA will review all administrative procedures that result in the recommendation of separation from the service.

8. Command Run. The Command Run is designed to foster self-confidence, camaraderie and esprit de corps. It is conducted weekly for 30 minutes at a nine-minute per mile pace. Directors and Special Staff Sections are responsible for ensuring that all of their service members participate in the CINC's weekly Command Run. The Command Run is a mandatory formation for all service members not on shift or determined to be mission essential. Service Members on profile will report to formation and form a third group for physical training activities in accordance with their prescribed profile.

*This regulation supersedes SC Reg 350-6, dated 25 January 1995.

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9. The Garrison Commander, United States Army Base Operations Support Activity, is responsible for this regulation. Users are invited to send comments and suggested improvements directly to the Base Operations First Sergeant at (305) 437-1700 or DSN: 567-1700.

FOR THE COMMANDER IN CHIEF:



JERRY C. McABEE
Brigadier General, U.S. Marine Corps
Chief of Staff, U.S. Southern Command

Encl

DISTRIBUTION:

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From: Service Element Commander (e.g., BGen Robert L. Smith, USMC)

To: Designee name (e.g., SSGT John B. Doe, USMC)

Ref : (a) Physical Fitness and Weight Control Regulation

1. In accordance with reference (a), you are hereby designated as the Service Element (e.g., United States Marine Corps) Weight Control Program NCOIC.
2. You are responsible for ensuring that the personnel within your service (The Marine Corps) are screened, evaluated, counseled and monitored in accordance with service specific regulations (e.g., Marine Corps regulations). You are responsible for submitting a report no later than two working days after each weigh-in to the Base Operations First Sergeant.
3. You are further charged with initiating the paperwork that is required for medical evaluation, counseling and enrollment in the weight control program.

(Service Element Commander)
ROBERT L. SMITH
Brigadier General, U.S. Marine Corps
Service Element Commander, U.S. Southern Command

(Designee)
JOHN B. DOE
Staff Sergeant, U.S. Marine Corps
Marine Weight Control Program NCOIC

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6 April 2000

From: Service Element Commander (e.g., BGen Robert L. Smith, USMC)

To: Designee name (e.g., SSGT John B. Doe, USMC)

Ref : (a) Physical Fitness and Weight Control Regulation

1. In accordance with reference (a), you are hereby designated as the Service Element (e.g., United States Marine Corps) Physical Fitness Program NCOIC.
2. You are responsible for ensuring that service members (e.g., Marines) within your service are notified of scheduled testing dates.
3. Your responsibilities include planning, coordinating, organizing, publishing and executing required service (e.g., Marine) physical fitness testing and mandatory weigh-ins. Assistance to conduct the tests will be requested through your Senior Enlisted Advisor, and the Base Operations First Sergeant.
4. You are responsible for submitting to the Base Operations First Sergeant a report no later than five working days after each physical fitness test.
5. You are further charged with initiating the paperwork that is required for medical evaluation, counseling and enrollment in the physical fitness Special Emphasis Fitness Program (SEFP) for personnel who fail the physical fitness test.

(Service Element Commander)
ROBERT L. SMITH
Brigadier General, U.S. Marine Corps
Service Element Commander, U.S. Southern Command

(Designee)
JOHN B. DOE
Staff Sergeant, U.S. Marine Corps
Marine Weight Control Program NCOIC