



**DIRECTOR
INTER-AMERICAN DEFENSE COLLEGE
FORT LESLEY J. McNAIR
WASHINGTON, DC 20319-5066**

CID/067-18
June 5, 2018

MEMORANDUM FOR ALL IADC PERSONNEL

FROM: DIRECTOR

SUBJECT: IADC Physical Fitness Program Policy

1. **References:** (a) AFI36-2905.Fitness Program
(b) AR600 -8-22. Military Awards
(c) AR 600-63. Army Health Promotion
(d) FM7-22. Army Physical Readiness Training
(e) MC06100.13. Marine Corps Physical Fitness Program
(f) OPNAV. 6110.1(series) Navy Physical Readiness Program

2. **Purpose:** This policy provides guidance on the IADC Physical Fitness Training Program. The IADC Physical Fitness Training Program is designed to ensure personnel are prepared for their perspective service or national physical fitness tests.

3. **Applicability:** This policy applies to all military staff, faculty and students assigned to the IADC.

4. **Policy:**
 - (a) US military staff and students are required to maintain respective service physical fitness standards. International staff members will conduct physical fitness training in accordance with their national standards but are invited to participate in the US Physical Fitness programs.

 - (b) IADC Staff will conduct physical fitness training as part of the duty day as coordinated with their Department Heads.

 - (c) US military staff will conduct physical fitness exams with their parent service program.
 - (1) US Army personnel will test at Fort Myer twice per year as designated by the IADC Army Physical Fitness NCOIC IAW AR600-8-22. AR500-63 and FM7-22.

 - (2) US Air Force personnel will test at JBAB or JBA Fitness Assessment Cell coordinated through the IADC Air Force Fitness Program Monitor IAW AFI 36- 2905.

 - (3) US Navy will test personnel at a location designated by the IADC Command Fitness Leader with assistance of an additional CFL IAW OPNAV 6110.1.J

 - (4) USMC personnel will test at Fort Meyer in accordance with MC06100.13.

 - (5) All other Services and International personnel will test in accordance with their organization's policies

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(d) IADC will conduct Quarterly Unit Physical Fitness training for all military personnel as determined by the Senior Enlisted Advisor and Director. All IADC military Staff will be required to participate if not on a physical activity profile.

(e) IADC will designate US Physical Fitness NCOICs for each service and a International Physical Fitness NCOIC to oversee all Internationals.

4. Responsibilities:

(a) Director: Appoint US Army, Navy, Air Force, Marine and International Physical Fitness NCOICs.

(b) Senior Enlisted Advisor:

(1) Ensure Army, Navy, Air Force and Marine Physical Fitness NCOIC oversees service Physical Fitness programs and testing in accordance with service regulation.

(2) Schedule Quarterly IADC Physical Fitness training based on unit calendar.

(3) Coordinate with International NCOICs as required to support individual nations' Physical Fitness requirements.

(c) Army, Navy, Air Force, Marine and International PT NCOIC:

(1) Responsible for developing a Physical Fitness program, scheduling and tracking Physical Fitness test in accordance with service policies.

(2) Coordinate with the Senior Enlisted Advisor on any Physical Fitness related matters.

5. Point of Contact: For questions about this memorandum, contact the Senior Enlisted Advisor.

6. Effective Dates: This policy supersedes CID/130-16 and remains in effect until superseded in writing by the IADC Director.



MARTHA E. G. HERB, EdD
RADM, USN
Director

