

TRAINING COURSE CONTROL DOCUMENT

FOR

REMEDIAL PHYSICAL TRAINING

CLASS F2 SCHOOL

A-050-0220/ A-050-0230

PREPARED BY

NAVAL AVIATION SCHOOLS COMMAND

181 CHAMBERS AVE SUITE C

PENSACOLA, FL 32508-5221

PREPARED FOR

CHIEF OF NAVAL EDUCATION AND TRAINING

250 DALLAS STREET

PENSACOLA, FL 32508-5220

JANUARY 2001

BLANK PAGE

Annex E	Instructional Management Plan.....	E-1
Annex F	Remedial Fitness Plan.....	F-1
Annex G	Fitness Improvement Plan.....	G-1

FOREWORD

This document was prepared for submission to higher authority for approval. The curriculum outline lists course lesson topics and associated learning objectives, both terminal and enabling, in their sequential order. All terminal and enabling objectives are to be completed with 100% accuracy.

BLANK PAGE

COURSE DATA

1. Course Title: Remedial Physical Training Course
2. Course Identification Number (CIN): New
3. Course Data Processing Code (CDP) by site:
Naval Aviation Schools Command, Pensacola FL
4. CDP Code: New
5. Course Status: New
6. Course Mission Statement: This course trains students to pass physical fitness prerequisites of various courses including Aviation Preflight Training (API), Officer Candidate School (OCS), Rescue Swimmer School (RSS) and Aviation Enlisted Aircrew School (AEATS). Upon completion of this course they will perform relevant in-test fitness and re-enter their pipeline training.
7. Occupational Classification: None.
8. Prerequisites: None.
9. Planned Course Length: * 45.0 Hours
10. Current Course Length: New
11. Training Sites:

Naval Aviation Schools Command
181 Chambers Ave Suite C
Pensacola Fl 32508-5221
12. Site Unique Training Consideration: None
13. Number of Convenings by Site:

	<u>Current</u>	<u>Planned</u>
NAVAVSCOLSCOM, Pensacola FL	New	50
14. Class Capacity by site:

	<u>Current</u>	<u>Planned</u>
a. Maximum	New	30
b. Normal	New	15
c. Minimum	New	1
15. Planned Average on Board by Site:

	<u>Current</u>	<u>Planned</u>
	New	15
16. Instructor/Support Manning:
 - a. A graduate of the Physical Training Instructor Course

P-9E-1238 is required to teach lectures and laboratories.

- b. A safety observer/assistant, trained in first aid and CPR, is required in addition to the instructor during laboratory instruction.

* Attainment of physical fitness out-test requirements vary from student to student depending on their entry-level fitness. Student may require more or less time to graduate.

STUDENT DATA

1. Personnel Physical Requirements: Current Navy Physical as specified in chapter 15 of the Manual of the Medical Department. Students must additionally complete a medical screening form and found fit to train by cognizant medical authority.
2. Security Clearance: None
3. Obligated Service: None
4. NOBC/NEC Earned: None

CURRICULUM OUTLINE OF INSTRUCTION

UNIT 1.0: Remedial Physical Fitness Course

Contact Periods: 10.5 Classroom, 34.5 Laboratory

Media: None

Security Classification: Unclassified

Terminal Objective:

Completely supported by this unit:

- 1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.1: Course Overview, Safety, and Risk Management

Contact Periods: 1.0 Classroom

Media: Lecture/Audiovisual

Terminal Objective:

Partially supported by this lesson topic:

- 1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

- 1.1 State training time out (TTO) and drop on request (DOR) policies, safety precautions, regulations and rules used during training.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.2: Injury Prevention, Shoe Selection and Hygiene

Contact Periods: 1.5 Classroom

Media: Lecture/Audiovisual

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.2 Describe factors influencing injuries

1.3 Describe treatment of injuries related to physical training

1.4 Explain prevention of sports related health problems

1.5 Explain how to chose the right shoe

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.3: Beneficial Stretches/Non-Beneficial Exercises
And Stretches

Contact Periods: 1.5 Classroom

Media: Lecture/Audiovisual

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.6 Identify stretching principles

1.7 Identify non-beneficial exercises

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.4: The Cardiovascular System

Contact Periods: 1.5 Classroom

Media: Lecture/Audiovisual

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.8 Explain the cardiovascular disease

1.9 Describe the disease process

1.10 Identify primary risk factors

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.5: Principles of Training

Contact Periods: 2.0 Classroom

Media: Lecture/Demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.11 Identify training principles

1.12 Define physiology of energy utilization

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.6: Strengthening the Mind to Improve Physical Performance (Sports Psychology)

Contact Periods: 1.0 Classroom

Media: Lecture/Audiovisual

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.13 Explain how to mentally prepare for improved physical performance

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.7: Nutrition and Weight Control

Contact Periods: 2.0 Classroom

Media: Lecture/Audiovisual

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.14 Identify the nutrients in food

1.15 Identify nutritional factors

1.16 Explain weight control safety concerns

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.8: Fitness Assessment

Contact Periods: 1.5 Lab

Media: Lecture/Demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.17 Perform relevant physical fitness test

1.18 State prescribed personal fitness improvement plan

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.9: Strength Training

Contact Periods: 2.0 Lab

Media: Lecture/Demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.19 Perform weight training exercises

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.10: Warm Up, Cool Down and Station Training

Contact Periods: 2.0 Lab

Media: Lecture/Demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.20 Perform warm up and cool down techniques

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.11: Aerobic Exercise

Contact Periods: 2.0 Lab

Media: Lecture/Demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.21 Perform aerobic exercises

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.12: Anaerobic Exercise

Contact Periods: 2.0 Lab

Media: Lecture/Demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.22 Perform anaerobic exercises

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.13: Calisthenics

Contact Periods: 2.0 Lab

Media: Lecture/Demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.23 Perform calisthenics exercises, station or RSS level 1 exercises.

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.14: Water Exercise

Contact Periods: 2.0 Lab

Media: Lecture/Demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.24 Perform water exercises

CURRICULUM OUTLINE OF INSTRUCTION

Lesson Topic 1.15 Fitness Improvement Assessment

Contact Periods: 1.0 Lab

Media: Lecture/Demonstration

Terminal Objective:

Partially supported by this lesson topic:

1.0 Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

Enabling Objectives:

Completely supported by this lesson topic:

1.25 Pass relevant physical fitness in-test

ANNEX A

RESOURCE REQUIREMENT LISTING

<u>NOMENCLATURE</u>	<u>NATIONAL NUMBER/NSN</u>	<u>QTY PER ITEM</u>
1. Heart rate monitors	open purchase	30
2. Dumbbell sets 20-40 lbs.	open purchase	1ea
3. Rope, jump	open purchase	3
4. Rope, climbing	open purchase	3
5. Stopwatch	open purchase	3
6. Nautilus equipment (13)	open purchase	2ea
<u>AUDIOVISUAL EQUIPMENT</u>		
1. Color monitor, 25"	open purchase	1
2. Video cassette player ½"	open purchase	1
3. Hand radio	open purchase	4
4. Road guard vest	open purchase	8
5. Orange traffic cones	open purchase	16
<u>MEDICAL EQUIPMENT</u>		
1. First aid kit	6545-00-922-1200	2
2. CPR micro kit	open purchase	15

ANNEX B

TRAINING MATERIALS LIST

		<u>QTY</u> <u>Req'd</u>
1.	Lesson plans	30
2.	Student guide	30
<u>Number (MILPUBS)</u>	<u>Title</u>	<u>Qty</u> <u>Req'd</u>
NAVAVSCOLSCOM 6110/15		
	Risk factor screening sheets	600
	Critique sheets	600
	Heat fact sheets	600
NAVAVSCOLSCOM 6310/1		
	Pain report	400
P-9E-1238	Physical training instructor	2

ANNEX C

SKILLS PROFILE

REMEDIAL PHYSICAL FITNESS COURSE

CIN: Pending

CDP: New

<u>NO</u>	<u>OBJ</u>	<u>WT</u>	<u>SKILL OR KNOWLEDGE ITEM</u>
1.	1.0	1.0	Upon completion of this unit of instruction students will perform required physical fitness tests without injury to personnel or damage to equipment

ANNEX E

INSTRUCTIONAL MANAGEMENT PLAN

Course Management Data

1. Staff Requirements

- a. A minimum of two personnel are required to conduct this course:

BILLET	DESIG/ GRADE	BRANCH	AUTHORIZED
Instructor**	9502/4MO E-6/above	USN/USMC	1
Safety Assistant	9502/4MO E-5/above	USN/USMC	1

- b. Manning/Staffing Lectures and Labs:

- (1) A qualified Instructor must conduct lectures.
- (2) A qualified Instructor and a Safety Assistant must be present during labs
- (1) A certified lifeguard or swim instructor must be present during Lesson Plan 1.14 (Water Exercise Lab)

2. Facilities Requirements

- a. Classrooms: must have temperature controls, adequate lighting for note taking, and seating capability for 30 students.
- b. Gymnasium: Must have immediate access to a first aid/blood-borne pathogen contamination prevention kit, emergency communication system and drinking water source
- c. Outside labs:
 - (1) Must have immediately available first aid/blood-borne pathogen contamination prevention kit.
 - (2) Must have immediately available communication system with quick access emergency numbers and premishap plan.
 - (3) Must have immediately available drinking water

3. Waivers and Special Training Situations

Students must complete all lectures and assigned labs in order to graduate. Approval to omit, delete or modify course materials must be approved by the Course Curriculum Model Manager.

4. Alternate Training Plan: Students must complete all course objectives in order to graduate. Students must receive all Lesson Plan presentations. If a laboratory application must be cancelled (due to inclement weather, equipment malfunctions, ect.), students must complete the alternate training plan which consists of completion of the lesson at the first available rescheduled date.
5. Safety (Mishap plan and/or DOR/TTO)
 - a. General
 - (1) This course is considered moderate risk.
 - (2) Safety Management shall be per CNET Instruction 1500.20 series.
 - (3) The instructor is responsible for ensuring that all necessary precautions are taken before all evolutions commence. All participating staff shall be briefed on how to conduct the evolution, roles to be filled, and responsibilities in the event of a mishap. Prior to training labs, the instructor shall ensure that safety and training equipment is available and operable.
 - (4) Staff will strictly adhere to safety requirements located in the lesson plans.
 - (5) Staff shall terminate student participation in timed events and tests if the student's safety is in question.
 - (6) Anytime a student shows signs of panic, fear, extreme fatigue or lack of confidence, the instructor shall stop training, identify the problem and make a determination whether or not to continue training. Instructors shall be alert for any unusual behavior which indicates a student is experiencing difficulty and shall act immediately to ensure the students safety.
 - (7) Hazing, improper or degrading rituals, or stress producing activities not specified in the lesson plans are strictly prohibited.
 - (8) Student illness/injury. Any time a student

becomes ill or injured, the nearest instructor shall provide immediate assistance. Instructors shall stop the training, activate the mishap plan, and complete an Injury/Accident Notification form (as required per training site).

- (9) A designated instructor should be in close enough proximity to see the student at all times during the labs.
- (10) Mishap Plan. A local Mishap Plan shall be developed and implemented per CNET Instruction 1500.20 series.
- (11) Drop on Request (DOR) and Training Time Out (TTO). Policies and procedures shall be conducted per CNET Instruction 1500.20.
- (12) Emergency Drills. Drills shall be conducted per CNET Instruction 1500.20 series.
- (13) Safety Stand Down Policy. Annual Safety Stand Downs shall be conducted per CNET Instruction 1500.20 series.

6. Records Keeping

- a. Class rosters, showing training received, and grades achieved shall be retained for a period of four years (as applicable).
- b. Medical Screening Forms shall be maintained for 72 hours after completion of training.
- c. Student critiques shall be routed through the immediate chain of command.

7. Graduation

Students must complete all lectures and assigned labs in order to graduate. Approval to omit, delete or modify course materials must be approved by the Course Curriculum Model Manager.

8. Remediation

Remedial consists of re-entry into the course of instruction of deficiency continued beyond 2 weeks.

9. Setback to Another Class

Students experiencing a setback in training for emergency, medical, ARB, or other reasons will be returned to training

in the first available follow-on class. Course instructors who receive a "rollback" student shall be made aware of the reasons for the rollback.

10. Instructor Certification Program

- a. The Instructor screening and certification programs shall be per NAVEDTRA 135, CNETINST 1500.20 series Moderate Risk directives, and the Instructor Trainee Program.
- b. Required qualifications and training of staff members shall be documented in individual training records.

ANNEX D

MASTER COURSE SCHEDULE

This annex contains the Master Course Schedule for the Remedial Physical Fitness Course. Students must receive all lectures. The labs that the students receive varies with the personal fitness improvement plan prescribed by the instructor during lesson topic 1.8. The following variations from the Master Schedule may occur without obtaining permission from the Course Curricula Model Manager:

1. Lesson topics 1.2- 1.7 may be conducted at any time during the course.
2. If the instructor feels that the student can pass Lesson Topic 1.15 early, this lesson may be given at any time.
3. Instructors may reduce the number of daily fitness labs or shorten their length depending on the student's fitness level as determined in Fitness Assessment, Lesson Plan 1.8.

Operational Hours: 0730-1600
 Length of Period: 50 minutes

<u>Week One</u>					<u>Bottle</u>
<u>Topic No.</u>	<u>Type</u>	<u>Period</u>	<u>(Hours)</u>	<u>Topic</u>	<u>Ratio Neck</u>
<u>First Day</u>					<u>Ratio</u>
1.1	Class	1	(1.0)	Course Overview/Safety and Risk Management	30:1
1.2	Class	2	(1.5)	Injury Prevention, shoe Selection and Hygiene	30:1
1.3	Class	3	(1.5)	Beneficial Stretches	30:1
1.4	Class	4	(1.5)	Cardiovascular System	30:1
1.5	Class	5	(2.0)	Principles of Training	30:1
<u>Second Day</u>					
1.6	Class	6	(1.0)	Sports Physiology	30:1
1.7	Class	7	(2.0)	Nutrition and Wght Control	30:1
1.8	Lab	8	(1.5)	Fitness Assessment	15:1

<u>Week Two</u>				<u>Bottle</u>
<u>Topic No.</u>	<u>Type</u>	<u>Period (Hours)</u>	<u>Topic</u>	<u>Ratio Neck</u>

<u>First Day</u>				<u>Ratio</u>
------------------	--	--	--	--------------

*	Lab	16*	(2.0) Assigned Lab	15:1
---	-----	-----	--------------------	------

*	Lab	17*	(2.0) Assigned Lab	15:1
---	-----	-----	--------------------	------

<u>Second Day</u>			
-------------------	--	--	--

*	Lab	18*	(2.0) Assigned Lab	15:1
---	-----	-----	--------------------	------

*	Lab	19*	(2.0) Assigned Lab	15:1
---	-----	-----	--------------------	------

<u>Third Day</u>			
------------------	--	--	--

*	Lab	20*	(2.0) Assigned Lab	15:1
---	-----	-----	--------------------	------

*	Lab	21*	(2.0) Assigned Lab	15:1
---	-----	-----	--------------------	------

<u>Fourth Day</u>			
-------------------	--	--	--

*	Lab	22*	(2.0) Assigned Lab	15:1
---	-----	-----	--------------------	------

*	Lab	23*	(2.0) Assigned Lab	15:1
---	-----	-----	--------------------	------

<u>Fifth Day</u>			
------------------	--	--	--

*	Lab	24*	(2.0) Assigned Lab	15:1
---	-----	-----	--------------------	------

1.15	Lab	25	(1.0) Fitness Improve Assessment	15:1
------	-----	----	----------------------------------	------

* NOTE * specific labs/lesson plans 1.9 - 1.14 will be taught at the discretion of the instructor depending on the students personal fitness plan assigned by the instructor during lab 8.

TRAINING HOUR SUMMARY

1. Scheduled Training Time (hours)

<u>Subject</u>	<u>Class</u>	<u>Lab</u>	<u>Exam</u>	<u>Total</u>
Remedial Physical Fitness Course	10.5	34.5		45.0
			TOTAL	45.0

2. Scheduled Administrative Time (Hours) 0

3. Total Training Time

a. Weeks	2
b. Days	10
c. Hours	45

ANNEX F

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Test	Run 30 min.	OFF	Run 4 min. lap pace	Run 30 min	Run 4 min. lap pace	OFF
2	Test	Run 30 min.	OFF	Run 4 min. lap pace	Run 30 min.	Run 4min. lap pace	OFF
3	Test	. Run 30 min.	OFF	Run 4 min. lap pace	Run 30 min.	Run 4 min. lap pace	OFF
4	Test	. Run 30 min.	OFF	Run 4 min. lap pace	Run 30 min.	Run 4 min. lap pace	OFF
5	Test	. Run 30 min.	OFF	Run 4min. lap pace	Run 30 min.	Run 4 min. lap pace	OFF
6	Test	. Run 30 min.	OFF	Run 4 min. lap pace	Run 30 min.	Run 4 min. lap pace	OFF

EXERCISES	Set 1 reps	Set 2 reps	Set 3 reps	Set 4 reps
Bent-knee sit up				
Crunches				
Push up				
Bent-knee sit up				
Crunches				
Push up				
EXERCISES	Set 1 reps	Set 2 reps	Set 3 reps	Set 4 reps
Bent-knee sit up				
Crunches				
Push up				
Bent-knee sit up				
Crunches				
Push up				
EXERCISES	Set 1 reps	Set 2 reps	Set 3 reps	Set 4 reps
Bent-knee sit up				
Crunches				
Push up				
Bent-knee sit up				
Crunches				
Push up				
EXERCISES	Set 1 reps	Set 2 reps	Set 3 reps	Set 4 reps
Bent-knee sit up				
Crunches				
Push up				
Bent-knee sit up				
Crunches				
Push up				

RUN WORKOUT CHART

DAY	DIST. 4 MIN.MILE PACE	HEART RATE 60 TO 75%	TOTAL DIST.COVERED
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			

WORKOUT

ABDOMINAL

6 DAYS PER WEEK

WK 1

BENT-KNEE SITUPS 4 SETS X 30 Maximum of 1.5 to 3 minutes between Sets.

CRUNCHES 2 SETS X 25 Maximum of 1.5 to 3 minutes between Sets.

WK 2

BENT-KNEE SITUPS 4 SETS X 40 Maximum of 1.5 to 3 minutes between Sets.

CRUNCHES 2 SETS X 30 Maximum of 1.5 to 3 minutes between Sets.

WK 3

BENT-KNEE SITUPS 4 SETS X 50 Maximum of 1.5 to 3 minutes between sets.

CRUNCHES 2 SETS X 40 Maximum of 1.5 to 3 minutes between sets.

CHEST

WK 1

3 DAYS PER WEEK

PUSH UP 5 SETS X 25 Maximum of 1.5 to 3 minutes between sets.

WK 2

3 DAYS PER WEEK

PUSH UP 6 SETS X 30 Maximum of 1.5 to 3 minutes between Sets.

WK 3

3 DAYS PER WEEK

PUSH UP 7 SETS X 35 Maximum of 1.5 to 3 minutes between sets.

RUN

WK 1-WK 3 4 DAYS PER WEEK

RUN 1.5 MILE COURSE - Run at min pace (4 min per lap) to achieve goal time, until you need to walk. Walk until heart rate is normal.

Once heart rate is normal, continue running at minimum goal pace. Continue walk/run for a maximum of 3 miles. Each day push yourself further until 1.5-mile course is completed within standards.

Note: Always perform warm up, cool down, and stretching exercises before and after a workout.

ANNEX G

FITNESS IMPROVEMENT PLAN

Class # _____

Participants name _____ SSN# _____

Age _____

Deficiency(s) _____

Participants signature _____ Date _____

Instructor _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	labs	labs	labs	labs	labs		
2	labs	labs	labs	labs	labs		