

DETAILED INSPECTION CHECKLIST

FA SC STMT TEXT

- 340 PHYSICAL FITNESS PROGRAM
Functional Area Manager: C461
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- 340 00 NO SUBCAT FOR THESE STATEMENTS
- 340 00 001 Have policies and procedures for a Combat Conditioning Program been developed by the command?
Reference
MCO 6100.13 W/ CH 1, (ENCL 1, CHAP 1, PAR 3.A)
- 340 00 002 Has the unit incorporated the Combat Conditioning Program into the training plan utilizing MCRP 3-02A?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 3.A)
- 340 00 003 Do Marines participate in at least five (5) thirty minute exercise sessions per week?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 3.A)
- 340 00 004 Is the unit Combat Conditioning Program designed to enhance overall fitness related to the unit's Mission Essential Task List (METL), rather than on preparation just for the PFT and CFT?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 3.D)
- 340 00 005 Are Combat Conditioning sessions conducted within normal working hours to the greatest extent possible?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 3.E)
- 340 00 006 Does the unit have a trained Combat Conditioning Instructor or Command Physical Training Representative assigned in writing?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 2.A.(6))

- 340 00 007 Does the unit have procedures in place to ensure all Marines to participate in a PFT annually? Number of Marines that did not take a PFT?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 2)
- 340 00 008 Does the unit have procedures in place to ensure directed comments are made in Section I of the fitness report for all Marines who failed to pass the PFT?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 4.A.(1), PG 1-4)
- 340 00 009 Does the unit have procedures in place to ensure directed comments are made in Section I of the fitness report for all Marines who were required, but did not take the PFT?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 4.A.(1),)
- 340 00 010 Does the unit have procedures in place to ensure directed comments are made in Section I of the fitness report for all Marines medically or deployable waived or exempt from taking the PFT? Does the unit maintain supporting documentation for each case?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 4.A.(1))
- 340 00 011 Does the unit have procedures in place to ensure directed comments are made in Section I of the fitness report for all Marines who obtained a score of 285 or higher on the PFT?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 4.A.(1),)
- 340 00 012 Did the unit properly conduct the PFT? Special emphasis will be placed on the following:
- a. Distance of run course must be exactly 3 miles.
 - b. Full elbow lockout at bottom of pull-up movement.
 - c. Forearms remain in contact with the chest/rib cage during the crunch.
- Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 2, PAR 5)
- 340 00 013 Does the unit have procedures in place to ensure all Marines to participate in a CFT annually?
Reference
MCO 6100.13 W/CH 1A, (ENCL 1, CHAP 3, PAR 2)

- 340 00 014 Does the unit have procedures in place to ensure directed comments are made in Section I of the fitness report for all Marines who failed to pass the CFT?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 3, PAR 7)
- 340 00 015 Does the unit have procedures in place to ensure directed comments are made in Section I of the fitness report for all Marines who were required, but did not take the CFT?
Reference
MCO 6100.13 W/ CH 1, (ENCL 1, CHAP 1, PAR 4.A-B)
- 340 00 016 Does the unit have procedures in place to ensure directed comments are made in Section I of the fitness report for all Marines medically or deployable waived or exempt from taking the CFT? Does the unit maintain supporting documentation for each case?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 4.A-B)
- 340 00 017 Does the unit have procedures in place to ensure directed comments are made in Section I of the fitness report for all Marines who obtained a score of 285 or higher on the CFT?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 4.B.(4)(B))
- 340 00 018 Did the unit properly conduct the CFT? Special emphasis will be placed on the following:
- a. Distance of Movement to Contact course (must be exactly 880 yds).
 - b. Weight of Ammo Cans (must be exactly 30 lbs).
 - c. Elbows locked out at top of Ammo Lift movement.
 - d. Marines must be given at least 5 minutes between CFT events.
 - e. Measurements of "Maneuver Under Fire" course IAW Table 3-2, PG 3-8.
 - f. Correct sequence and technique of "Maneuver Under Fire" events.
- Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 3, PAR 4)
- 340 00 019 Have policies and procedures for a Remedial Conditioning Program been developed by the unit?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 3.D)

- 340 00 020 Does the unit assign Marines who fail the PFT and/or CFT to the Remedial Conditioning Program?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 4, PAR 2)
- 340 00 021 Number of Marines assigned to the Remedial Conditioning Program?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 3.D.(2))
- 340 00 022 Does the unit require Marines age 46 and over to complete a Risk Factor Worksheet prior to participation in the PFT and CFT?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 6.G)
- 340 00 023 Does the unit enter Class A-C mishaps which occur during physical training and PFTs/CFTs into the Web Enabled Safety System?
Reference
MCO 6100.13 W/CH 1, (ENCL 1, CHAP 1, PAR 2.A.(9))
- 340 00 024 Does the unit use the score(s) achieved during the last PFT or CFT for the missed events when calculating scores for Marines (Cpl and below) that require composite scores?
Reference
CO 6100.12 W/CH 1, (ENCL 1, CHAP 1, PAR 6.A(3))