



Command Fitness Leader (CFL) Certification Course

Start: Monday, 16 October 2017

Ends: Friday, 20 October 2017

Location: Fitness Center Bldg # 829

Time: 0700 – 1700

CFL Fitness Coordinator: DSN: 315-762-5224 or M-KO-CFAC-MWR-FITNESS-SPORTS@OCONUS.NAVY.MIL

Command Fitness Leaders (CFLs) play an integral part in the overall fitness and readiness of Sailors. CFLs are not only responsible for conducting the bi-annual Preventive Health Assessment (PFA) for their commands, but also provide exercise programming and guidance throughout the year to ensure the members of their command maintain physical readiness.

All CFLs must be trained and certified through the five-day Command Fitness Leader Certification Course, which covers the administrative actions and duties of a CFL, basic exercise physiology and nutrition principles and basic PRIMS training, as well as intense daily gym sessions teaching various methods for exercise programming.

Upon the conclusion of this course, CFLs will have the skills, education and motivation to lead the way in establishing and maintaining a culture of fitness for their command and the United States Navy.

Within 3 months of assignment as CFL, CFLs must complete OPNAV approved 5-day CFL certification course. To sign up, CFLs must fill out all requested information on the CNIC application and include a copy of their CPR card, CO's appointment letter of designation, and PRT results from PRIMS.

For CFL applications, click here.

<http://www.navyfitness.org/fitness/cfl-information>

Important Notice: The cardiovascular assessment of the PRT will include the 1.5-mile run/walk only (no swim, treadmill, bike or elliptical will be substituted). If you do not meet the BCA requirement for a CFL and do not score an overall of Excellent or higher on the PRT you will be removed from the course. No Exceptions.