



DEPARTMENT OF THE NAVY

NAVAL RESERVE OFFICERS TRAINING CORPS
THE TULANE UNIVERSITY OF LOUISIANA
NEW ORLEANS, LA 70118

IN REPLY REFER TO:

NROTCUINST 6110.2
15 OCT 2012

NROTC UNIT TULANE UNIVERSITY INSTRUCTION 6110.2A

Subj: PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1J
(b) MCO P6100.13

1. **Purpose.** To establish policy, procedures and guidelines for the implementation of the Navy's health and physical readiness program within the NROTC Unit, Tulane University.
2. **Background.** It is the policy to require aerobic physical exercise and to provide opportunities and incentives to establish healthy and active lifestyles. This helps Navy people achieve and maintain physical fitness and body composition standards. This guidance is provided to support the goal of attaining fitness and decreasing risk of injury due to sudden intense physical exertion.
3. **Responsibilities.** The PRT Coordinator is designated as the Unit Physical Training Officer and shall coordinate the Unit's physical readiness program meeting the criteria of references (a) for Navy personal and (b) Marine Corps personal.
4. **Objective.** All unit active duty personnel shall:
 - a. Be familiar with references (a) if Navy and (b) if Marine.
 - b. Conduct aerobic physical training at least 3 times weekly. Exercise sessions shall be at least 30-40 minutes of activity, to include 20 minutes of brisk aerobic exercise, a strength and flexibility component and a warm-up and cool-down period. Aerobic conditioning is not limited to running. Any repetitive exercise that employs large muscle groups, is continuous in nature and elevates heart rate for a period of at least 20 minutes is considered to be aerobic.


A. P. Chatham

Distribution:
List I