



DEPARTMENT OF THE NAVY

NAVAL SERVICE TRAINING COMMAND

250 DALLAS STREET, STE A

PENSACOLA, FLORIDA 32508-5268

1530

Ser OD2/102

30 Apr 04

From: Commander, Naval Service Training Command
To: Commanding Officer, Officer Training Command, Newport

Subj: PHYSICAL FITNESS STANDARDS FOR THE SEAMAN TO ADMIRAL
TWENTY-ONE (STA-21) PROGRAM BOOST/NAVAL SCIENCE INSTITUTE
(NSI) SCHOOLHOUSE

Ref: (a) OPNAVINST 1420.1 series
(b) CNETINST 1533.17E
(c) CNETINST 1530.6D

1. The purpose of this letter is to prescribe the Physical Fitness Standards for the STA-21 Program BOOST/NSI Schoolhouse under the authority contained in reference (a).

2. Navy and Marine Corps members must maintain a high state of physical fitness to perform at peak efficiency and preserve good health. BOOST/NSI students will develop and maintain excellent physical conditioning standards through participation in organized physical training. Qualification standards and procedures set forth in OPNAVINST 6110.1G, as amplified by Officer Training Command Newport (OTCN) directives, will be used to determine the physical fitness readiness of Sailors and MCO P6100.12 for Marines. Furthermore, all Navy BOOST/NSI students must meet the qualifying standards in OPNAVINST 1420.1A throughout their tour at BOOST/NSI or be disenrolled.

a. BOOST/NSI students must meet the minimum qualifications for Swimmer, Third Class, as defined in the *Manual of the Medical Department, U.S. Navy*. Failure to meet the minimum qualification for Third Class swimmer will result in disenrollment.

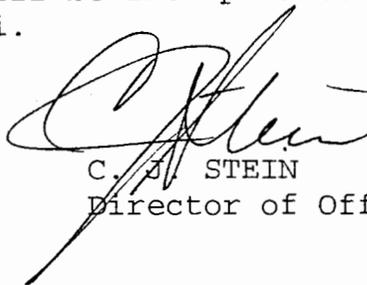
b. As a measure of individual fitness, Physical Fitness Assessments (PFA) for Navy personnel and Physical Fitness Tests (PFT) for Marines will be administered, consisting of the events outlined in OPNAVINST 6110.1G and MCO 6100.12 series, respectively. The minimum acceptable level of performance is a score of "Good Low" in each category for Navy personnel and an overall score of First Class for Marines. Additionally, all students will be within Navy or Marine Corps height-weight

standards as set forth in OPNAVINST 6110.1G or MCO 6100.12 series. Failure to report within height-weight standards will result in disenrollment from BOOST/NSI. Failure to achieve the minimum PFA or PFT score on the official PFA will result in disenrollment from BOOST/NSI.

c. BOOST/NSI graduates will maintain or improve their level of physical readiness after graduation. Graduates who display a decline in physical readiness or report to their NROTC units measuring out of body fat percentage standards may have their scholarship authorization suspended pending review or revoked.

d. NSI College Program (CP) students are subject to the same regulations set forth above with the exception of the PFA requirements. NSI CP students must score a GOOD/LOW in each category and comply with height-weight standards on their final PFA. Failure to comply will result in disenrollment from NSI.

3. Action. This letter supercedes reference (b) Chapter III Physical Training Program and reference (c) section VI Physical Fitness. These changes will be incorporated into the updated NSTC Instruction on STA-21.



C. J. STEIN

Director of Officer Development