



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
REGIMENTAL NONCOMMISSIONED OFFICER ACADEMY
25TH STREET, BUILDING 24402
FORT GORDON, GEORGIA 30905

ATZH-NC

16 October 2012

MEMORANDUM FOR Signal Regimental Noncommissioned Officer Academy

SUBJECT: Policy Memorandum #28 – Physical Fitness and Weight Requirements for Students

1. References:

- a. ALARACT 267/2012 281929Z SEP 12, Message Subject: Physical Fitness and Height and Weight Requirements for Institutional Training
- b. AR 350-1, 4 August 2011, Army Training and Leader Development
- c. TC 3-22.20, August 2010, Army Physical Readiness Training
- d. AR 600-9, 27 November 2006, Army Weight Control Program
- e. Army Directive 2012-20, 17SEP2012, Message Subject: Physical Fitness and Height and Weight Requirements for Professional Military Education

2. This policy applies to all students in a Permanent Change of Station (PCS), Temporary Duty (TDY) and return, or TDY en-route status at the Regimental Noncommissioned Officer Academy (RNCOA). It provides the guidance for the assessments and course requirements for the conduct of height and weight screening and the Army Physical Fitness Test (APFT) in accordance with AR 600-9, TC 3-22.20, and AR 350-1.

3. Students that are flagged for weight control and/or APFT by their unit will remain blocked from scheduling, selection or attendance to the RNCOA.

4. All students are required to conduct an APFT and a height and weight assessment on the third day after the course report date. The purpose is to identify those that are not IAW TC 3-22.20 or AR 600-9. If a student is not IAW standards, they are allowed one (1) rescreening/testing. They will have no less than 7 days and no more than 24 days to be screened or tested again. Students who subsequently fail to meet the standards will be removed from the course and the DA Form 1059 (Service School Academic Evaluation Report) will state "Failed to achieve course standards". Students will not be eligible to enroll in any Professional Military Education (PME) courses for 6 months from the date of the DA Form 1059. Students who fail to pass the APFT and/or meet height and weight standards a second time are not eligible to enroll in any PME courses for 1 year after the second failure.

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5. If a student fails the APFT re-test or does not meet body fat standards, the Academy will ensure:

a. The student receives a written counseling that indicates their failure to meet the standards.

b. The student's DA Form 1059 will reflect:

(1) Item 11d will be checked: Failed to achieve course standards.

(2) Item 14 will contain the statement: 11d: failed to meet APFT standards and/or failed to meet the body fat composition standards.

c. If a student fails to meet the APFT standards and/or fails to meet the body fat composition standards, a memorandum outlining their deficiencies signed by the RNCOA Commandant will be sent to the First General Officer in the student's chain of command.

6. Soldiers with temporary profiles, unless due to operational deployment (must have a copy of their current profile and a memorandum signed by their Commander), will not be allowed to enroll in PME courses. Soldiers with permanent profiles will be allowed to enroll in the PME courses and train within the limits of their profile, they must have copies of their DA Form 3349 (Physical Profile) on hand. Students receiving temporary or permanent physical profiles, who are already enrolled in a course and after successful completion of the APFT and height and weight screening, will be evaluated by the RNCOA Commandant for continued enrollment.

7. The point of contact for this memorandum is the Deputy Commandant, 1SG Robert Barnes III, robert.barnes3@us.army.mil, COMM: (706) 791-7882, DSN: 780-7882.

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