



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, 3rd Battalion 381st Regiment (TS)
310 Armed Forces Drive
GRAND PRAIRIE, TEXAS 75051

AFKR-TTC-BD-DBN

27 April 2004

MEMORANDUM FOR ALL PERSONNEL

SUBJECT: Battalion Policy Letter #10: Standards for the Conduct of Physical Training

1. References:

- a. FM 21-20.
- b. AR 600-9.
- c. AR 350-41.

2. Purpose: To provide guidance on the conduct of physical training.

3. Intent: Being fit pays dividends in every environment – garrison and field, peacetime and combat. It reduces stress, enhances weight control and helps prepare us for the rigors of combat. My intent is to have a physical training program that is progressive, vigorous and enhances unit cohesion and morale. Our program should take advantage of the fact that we are primarily made up of Senior NCOs and Officers by tapping their experience and that of our Master Fitness Trainers to develop stimulating and innovative programs.

4. Responsibilities: Physical fitness is primarily an individual Responsibility. Leaders at every level, however, have a responsibility to their subordinates to create the conditions that encourages fitness – these conditions include time, access to equipment, unit focus and personnel example.

5. Policy: My minimum standards are the Army standards as prescribed in AR 350-41 and AR 600-9. My goal at the battalion level is an APFT score of 250. I feel it is entirely appropriate to have goals that are a little higher than the Army average as our units are manned by officers and senior NCOs who have already adopted the Army's emphasis on physical fitness and who want to set the example. I challenge the Battalion commanders and the Brigade Staff to meet these goals. Specific policy requirements are as follows:

- a. Personnel assigned to the battalion will participate in PT. Each session should last about one hour to one and one-half hours. The Army PT uniform will normally be worn. The focus for these three sessions will be aerobic improvement and ability group running will be the norm. Unit runs, grass drills, road marches, and sports are all acceptable so long as the activities are vigorous and everyone participates.

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- b. Special Population Physical Training. Special Population Physical Training is designed for those personnel who do not meet the Army standard in either height/weight or have failed the APFT. These soldiers will conduct Special Population Physical Training under the Battalion Master Fitness Trainer.
 - c. Profile PT. Any soldier who has a temporary or permanent profile will participate in a Physical Training Program unless directed by a Doctor's profile to not participate in physical training. The Battalion Master Fitness Trainer will design a program for each soldier to maximize the abilities and not further injure the soldier. The APFT alternate test will be administered to those with a permanent profile. Soldiers who have a temporary profile will wait until off the profile and the recommended time for conditioning has been completed.
6. Soldiers who achieve 270 or above will be awarded the Physical Fitness Badge. Soldiers achieving a score of 290-300 will be considered for an Impact Army Achievement Medal.
7. Ready and Alert!

FERNANDO GUTIERREZ
LTC, QM
Commanding