



## Force Fitness Instructor Course Dates and Information



### **Force Fitness Instructor Registration**

POC REGARDING STUDENT REGISTRATION, QUOTAS, FUNDING AND TRAVEL:

**OPERATIONS OFFICER, FORCE FITNESS READINESS CENTER OF EXCELLENCE**

**TEL: 703-432-6465**

PRIMARY POC REGARDING STUDENT READ AHEADS, COMMAND SCREENING CHECKLISTS, AND ANY INFORMATION PERTAINING TO STUDENT CHECK-IN:

**GYSGT ROSS M.J.**

**COURSE CHIEF**

**TEL: 703-784-4182**

**EMAIL: Matthew.J.Ross@USMC.MIL**

### **Resident Force Fitness Course seat allocation is as follows:**

- Marine Corps Forces Pacific (MARFORPAC) 27
- Marine Corps Forces Command (MARFORCOM) 14
- Marine Corps Installations Command (MCICOM) 6
- Marine Corps Forces Reserve (MARFORRES) 2
- Marine Corps Forces Special Operations Command (MARSOC) 1

- MARFORPAC: Five of the 27 MARFORPAC allocations are sub-allocated to Marine Corps Combat Development Command (MCCDC) and Training and Education Command (TECOM). These five quotas are designated for MCCDC/TECOM Marines stationed west of the Mississippi River. Nominations for MCCDC/TECOM Marines that are stationed west of the Mississippi River must be submitted to MARFORPAC G-3 training for processing.

- MARFORCOM: Two of the 14 MARFORCOM allocations are sub-allocated to MCCDC/TECOM. These two quotas are designated for MCCDC/TECOM Marines stationed east of the Mississippi River, excluding the National Capital Region (NCR). Nominations for MCCDC/TECOM Marines that are stationed east of the Mississippi River, excluding the NCR, must be submitted to MARFORCOM G-3 training for processing.

- MCICOM: Two of the six MCICOM allocations are sub-allocated to MCCDC/TECOM. These two quotas are designated for MCCDC/TECOM Marines stationed in the NCR. Nominations for MCCDC/TECOM Marines that are stationed in the NCR must be submitted to MCICOM G-3 training for processing.

### **FFI Course Dates and Locations**

- FFI Course 1-21: 18 Oct 20 – 18 Dec 20
- FFI Course 2-21: 12 Jan 21 – 11 Mar 21
- FFI Course 3-21: 05 Apr 21 – 04 Jun 21
- FFI Course 4-21: 23 Jun 21 – 18 Aug 21
- FFI Course 5-21: 25 Aug 21 – 22 Oct 21

### **Force Fitness Instructor Course Prerequisites**

- Must be an active duty sergeant or above at the time of application with at least one year of enlistment service remaining at the completion of FFI course.
- Must have a current first class Physical Fitness Test (PFT) and Combat Fitness Test (CFT) ran within 30 days prior to the course convening. See FFI Command Screening Checklist. An inventory PFT and CFT will be conducted during the first week of the course. The PFT and CFT will be graded in accordance with MCO 6100.13A w/ch1. Failure to execute a first class inventory PFT or CFT will result in disenrollment from the course. Failure to be within height/weight/body fat percentage will also result in disenrollment from the course. Course weigh in will occur at check in.
- Must be injury free and on full duty status for last six months verified by a military physician.

### **FFI Student Reporting Information**

Students will report in green on green physical training uniform to the Director, Force Fitness Readiness Center/Martial Arts Center of Excellence, Raider Hall, 24191 Gilbert Rd, Quantico, VA 22134

The gear list can be found at: [www.fitness.marines.mil](http://www.fitness.marines.mil) under the 'Force Fitness Instructor' tab.

A welcome aboard email will be sent out within one week prior to the course convening from the Course Chief with further instructions. Marines attending the course should have a working email and check often to ensure they get any new information that may come from the Course Chief.

### **FFI Student Course Prep Information**

The read ahead information can be found on the website [www.fitness.marines.mil](http://www.fitness.marines.mil) under the 'Force Fitness Instructor' tab. Students are highly encouraged to read and study this information (Anatomy and Physiology I and II) as an assessment will be given on day one. The FFI Course is not only physically challenging, but more importantly, academically challenging. You will receive multiple exams, quizzes and performance evaluations throughout your time at the Force Fitness Instructor Course. It would be wise to prepare yourself mentally for this unique and exciting challenge.

### **Billeting for students**

Current billeting arrangements are situated as 2-3 Marines per barracks room aboard Camp Barrett, Quantico (West), VA. Linen will be provided upon check in and the rooms have a microwave and a mini fridge with standard barracks policies in regards to any outside heating devices (Not permitted). Grills are located in the courtyard. The chow hall is available via the course schedule barring any schedule changes. The barracks also has wireless internet access with upgraded speeds at a cost, conference rooms, and laundry rooms.