

## **WEIGHT CONTROL PROGRAM FOR MILITARY PERSONNEL**

- a. All military students, to include SSC Fellows, are responsible for reporting to the USAWC in satisfactory physical condition, able to pass there service physical fitness test, and must meet weight standards of their respective service. A mandatory height & weight will be conducted during your in-processing.
- b. All U.S. Army officers will have height and weight checked by the Human Resources Directorate. Sister Service officers will be weighed and measured upon in-processing by the appropriate Sister Service Representative (SSR). Any officer determined not to meet the weight or body fat composition standards of their service will not be enrolled as a student to the War College, but will be processed for reassignment.
- c. The Faculty Advisor (FA) will monitor and evaluate the weight and military appearance of military students during the academic year and encourage them to establish a physical fitness and weight control program. The FA will also identify, by memorandum to the Chief of Staff, student personnel exceeding the weight standards of their respective service.

## **PHYSICAL FITNESS**

- a. A commitment to excellence appropriately includes a rigorous approach to the development of physical stamina and strength, maintenance of optimal body fat composition, and leadership by example through the setting of sound health and fitness practices. Physical fitness training and/or testing is an individual responsibility for all members of the class and will be conducted IAW governing regulations of each respective service.
- b. U.S. Army, USN, and USMC officers are required to complete physical fitness tests during the academic year. While USAF and USCG officers are not required to complete a physical fitness test while a student at the USAWC, physical conditioning on a continuing and progressive basis is required for maintaining an optimal level of physical fitness.
- c. All U.S. Army students will complete the semiannual Army Physical Fitness Test during the months of October and April of the academic year. In keeping with the intent of the applicable regulation, U.S. Army students will, as a minimum, pair-up with a fellow student and take the test at a time of their choosing within the designated month. The score card will be signed by the assisting individual.