

25 April 2012

MEMORANDUM

From: Deputy Director of the PE Department
To: Commandant of Midshipmen
Via: Deputy Commandant of Midshipmen *drum*

Subj: REVISIONS TO COMDTMIDNINST 6110.1T

Encl: (1) COMDTMIDNINST 6110.1U

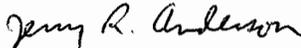
1. The previous version of enclosure (1) was dated 11 Aug 10. This is a major revision to the instruction changing it from 6110.1T to 6110.1U. Major revisions are as follows:

- a. Para 3.b: added "while still expected to participate in the PRT, considered a PRT failure due to failing to meet USNA Body Composition Assessment (BCA) standards, ." This makes failing the BCA a PRT failure. With this revision we will have a way to hold Midshipmen accountable for their BCA. Making them a PRT failure will hold them accountable at the PE boards and eventually the Academic Board.
- b. Para 4a: added "using a certified scale provided to each Battalion by the Marking Office. Only the Marking Office provided, Tanita brand, certified scales are authorized for official weigh-ins." This will alleviate the problem of Company Officers/Senior Enlisted Leaders using Midshipmen, unauthorized, and uncalibrated scales for official weigh-ins.
- c. Para 4b: changed "Physical Education's Department's weight control officer" to "Company Officer and Senior Enlisted Leader." This change will transfer the responsibility of tracking, weighing-in, and managing Midshipmen weight issues from the Marking Officer to the Company Officers and Senior Enlisted Leaders. Right now there is little involvement from the Company COC dealing with weight control issues. This instruction is maintained by the Hall and this revision is transferring the responsibility back to the Company Officers and Senior Enlisted Leaders. With this responsibility the COC will be apprised of all weight issues dealing with their Midshipmen.
- d. Para 5b: added "if overweight, using Navy regulation taping method; if underweight, by air-displacement plethysmography using the Bod-Pod." This changes the CAT VII body measurement method to the Bod-pod in order to distinguish underweight fit Midshipmen from the underweight Midshipmen with eating disorders. All overweight Midshipmen will only be authorized to be measured using Navy standard tape method.
- e. Para 5.d.1: changed "PE Weight Control Officer" to "Director of the Human Performance Lab" two times within the paragraph. Director of the Human Performance Lab is in charge of remedial physical training.
- f. Para 5.d.2: added "and Brigade Medical."

- g. Para 5.d.4: changed "PE Weight Control Officer (PE WCO)" to "Company Officer or Senior Enlisted Leader." This goes along with holding the company COC responsible for tracking and weigh-in their Midshipmen.
 - h. Para 5.d.5: added "Failure to weigh-in for the week constitutes a failed weigh-in." This emphasizes the fact that eight successive weekly weigh-ins doesn't mean when they feel like weighing-in it is successive.
 - i. Para 5.d.7: added "(7) Not eligible for movement orders."
 - j. Para 5.e.2: changed "PE Weight Control Officer" to "Company Officer or Senior Enlisted Leader."
 - k. Para 5.f.6: changed "PE Weight Control Officer" to "Company Officer and Senior Enlisted Leader."
 - l. Para 5.f.9: changed (9) to (10) and added "(9) A Midshipmen will remain in CAT VII status until body fat is determined to be satisfactory via Bod-Pod or granted a waiver by medical, placing the Midshipmen in CAT II status or placed in CAT VI status after written recommendation from Medical and the MDC or MFSD Registered Dietician."
 - m. Para 5.f.10: moved from Para 5.f.9 to Para 5.f.10.
 - n. Para 6.a: changed "Physical Education Weight Control Officer" to "Company Officers and Senior Enlisted Leaders." Added "Once a MIDN is placed in CAT V status, it is the Company Officers' and Senior Enlisted Leaders' responsibility to inform the Marking Office. Each MIDN in CAT V status is required to attend remedial physical training."
 - ~~o. Para 7: changed "The PE Weight Control Officer is responsible for the annual review of this instruction" to "The Commandant's Office is responsible for the annual review of this instruction."~~ None
 - ~~p. Enclosure (2) para 2.c: added Para 2.c consisting of how to get the body fat determination for underweight Midshipmen using the air-displacement plethysmography (Bod Pod) method.~~
 - q. Enclosure (4) para 2 hash 3: changed "Physical Education Weight Control Officer" to "Company Officer and Senior Enlisted Leader."
 - r. Enclosure (5) para 2 hash 2: added "bi-weekly"
 - s. Enclosure (5) para 2: removed hash 3 "Physical Education Weight Control Officer for weekly weigh-ins and BCA" and added hash 3 "Director of Human Performance Lab or Registered Dietitian for BCA."
2. Other minor revisions are as follows:
- a. Ref (a): changed "6110.1H" to "6110.1J"
 - b. Cancellation: changed "6110.1S" to "6110.1T"
 - c. Para 3.b: added "USNA" twice.

- d. Para 4.a: capitalized "Company Officer"
- e. Para 4.c: added "minimum" and changed "and BCA" to "body fat and Brigade Medical determination."
- f. Para 4.d.2: added "USNA."
- g. Para 4.d.7: added "without a waiver."
- h. Para 5.a: capitalized "No action."
- i. Para 5.d: changed Para "5.e" to "5.d" and the following paragraphs in sequential order because there was no para 5.d.
- j. Para 5.d.3: changed "a" to "an" and changed "delegating" to "detailing."
- k. Para 5.e.2: added "or a Midshipmen fails to weigh-in."
- l. Para 5.f.1: added "Director of the Human Performance Lab."
- m. Enclosure (2) para 2.a.2.a: added "Marking Officer Issued" and added "One scale is located within each Battalion and two scales are permanently located in the Marking Office for use."
- n. Enclosure (2) para 2.a.3.b: added "and not below the minimum."
- o. Enclosure (2) para 2.b: added "for exceeding max weight."
- p. Enclosure (2) para 3.a: changed "unless they meet the criteria for a CAT III waiver" to "if exceeding standards unless they meet the criteria for a category III (CAT III) waiver or category VII (CAT VII) if failing to meet minimum standards without a medical waiver."
- q. Enclosure (2) para 3.b.1: added "without falling below minimum standards."
- r. Enclosure (2) para 3.2: added minimum standards to the paragraph.
- s. Enclosure (3) ref: changed "6110.1T" to "6110.1U."

Very Respectfully,


JERRY R. ANDERSON
CAPT USN