

COURSE: Master Fitness Trainer Course (MFTC)

ATRRS COURSE NUMBER: 9E-SI6P/920-ASIP5

PHASE: 2 (RESIDENT)

COURSE WEBSITE: <http://www.moore.army.mil/tenant/wtc/mft.html>

COURSE SCOPE:

The Master Fitness Trainer Course (MFTC) includes all aspects of the Army's Physical Readiness Training System in accordance with (IAW) FM 7-22, Holistic Health and Fitness. The proponent of MFTC is the Army Physical Fitness School (PFS).

Students learn how to perform as unit advisors to their commanders on overall physical readiness as it relates to their mission. Students also establish, develop, and monitor both unit and individual Physical Readiness Training Programs. Some blocks of instruction within MFTC include Anatomy, Physiology, Exercise Science, Mobility, Accessories, Resistance Modalities, Needs Analysis, Mesocycle, Microcycle, Running Techniques, and Nutrition.

PREREQUISITES (to be verified upon arrival):

1. Phase 1 (Distributed Learning [DL])

a. Prior to attending the Phase 2 (Resident or Mobile Training Team), ALL students must complete Phase 1 (Distributed Learning). Certificates will be collected prior to the MTAP-A.

b. Students who have not completed Phase 1 will not be permitted to attend Phase 2 and sent back to the unit as an unqualified arrival.

2. Height/Weight:

a. Students who fail to meet the standards IAW AR 600-9 will not be permitted to attend Phase 2.

b. Students who arrive at Day 0 and fail to meet the standards IAW AR 600-9 will be released back to their unit and marked as an unqualified arrival.

3. Physical Fitness:

a. Students will arrive with a DA Form 705 ACFT Score Card.

4. Appointment Orders:

a. Students will arrive with appointment orders (Memorandum for Record format) signed by the Unit Commander as the Unit Master Fitness Trainer (MFT) or Unit Alternate MFT.

5. Physical Health/Profiles:

a. Students will arrive with a medical record annotating current PHA (MEDPROS IMR) within ONE (1) YEAR. In addition, the Soldier's medical history must have no changes since the last PHA. Further, if any medical issues do exist then they must be approved at the discretion of a medical provider. REFERENCE DA PAM 40-502, 6-5, (6).

b. Students who have a permanent or temporary profile are NOT eligible for the MFTC.

c. Personnel who are 40 years and older MUST provide proof of having passed a Medical Screening (PHA). This is a NON-WAIVERABLE prerequisite.

6. Equipment/Uniform Requirements:

a. The APFU is the designated duty uniform. However, students must bring serviceable OCPs for the Combat Fitness Assessment (CFA).

b. All students will follow appearance guidelines IAW AR 670-1 during POI.

REPORTING INFORMATION:

Students will report on Sunday (Day 0) for in-processing. Students should be well-rested when reporting and ready to complete the Modified Tactical Athlete Physical Assessment (MTAP-A) on Day 1 or 2, pending the class schedule. Students will report NLT 1430. The uniform is the APFU. After arriving and reporting in, students will immediately conduct HT/WT screening and in-processing.

Fort Moore Students:

On Day 0 students will report to the Warrior Training Center, BLDG 4157. Any changes will be provided in the welcome packet email.

Mobile Training Team (MTT) Students:

MFTC will send out an email to prospective students with a welcome packet that outlines the reporting location NLT 45 days prior to Day 0.

TRANSPORTATION:

Students arriving by commercial air will have to make ground transportation arrangements on their own to and from the airport. It is also the sending unit's and/or student's responsibility to provide a means of transportation through the duration of the course. Transportation is not provided by MFTC. A POV or rental car is highly recommended. If you are driving in your POV, ensure you have a driver's license, registration, and insurance card in order to gain access to the installation.

TRAVEL INFORMATION:

The recommended travel day is Sunday for CONUS students and Saturday for OCONUS students, the weekend prior to Day 1.

Fort Moore Students:

For students attending Master Fitness Trainer Course at Fort Moore, lodging is available via IHG contract. The commonly used on-post IHG is Abrams Hall. If Abrams Halls is full, MFTC will provide a statement of nonavailability and a list of recommended hotels in the area. The sending command is responsible to educate/brief Soldiers on travel entitlements and authorizations.

Mail: Incoming mail will be distributed by COB the day received. Your address during the resident MFTC at Fort Moore is:

Warrior Training Center

(Master Fitness Trainer Course)

Attn: Rank, First, MI, Last

6901 Rosell Rd. Bldg. 4155

Fort Moore, GA 31905

Contact the Warrior Training Center at 706-544-6133 for more information.

Mobile Training Team (MTT) Students:

MFTC will email prospective students with a welcome packet that outlines lodging, meals, transportation, locations, and other travel information.

CONTACTS:

WTC Staff Duty Desk		706-544-6133
MFTC NCOIC	SFC Waltzing	706-905-9496
MFTC OIC	1LT Burns	502-544-4622