

COURSE: Master Fitness Trainer Course (MFTC)  
ATRRS COURSE NUMBER: 9E-SI6P/920-ASIP5  
PHASE: 2 (RESIDENT)  
COURSE WEBSITE: <http://www.benning.army.mil/tenant/wtc/mft.html>

**COURSE SCOPE:**

Instruction will include all aspects of Army's Physical Readiness Training System IAW current Army Doctrine and Regulations. Students will learn how to perform as unit advisors to their commanders on physical readiness issues as well as establish and monitor both unit and individual Physical Readiness Training Programs. The instructional objectives of the MFTC instruction will include the science of exercise, physical fitness assessment, exercise training principles, exercise prescription, exercise leadership and development of individual and unit physical readiness programs in accordance with current Army doctrine and regulations.

**SPECIAL INFORMATION:**

For Travel to any class listed, the recommended travel day is Sunday for CONUS Soldiers and Saturday for OCONUS Soldiers, the weekend prior to the start date of each class. This ensures that the Soldier is well rested on Sunday and will report on Sunday (Day 0) for in-processing and ready to complete the Modified Tactical Athlete Physical Assessment on Monday (Day 1).

On Day 0 students will report to the Warrior Training Center, BLDG 4157 in the APFU uniform at 1500. Students will immediately conduct HT/WT screening and in-processing.

Ensure that you have the following items:

- a) TDY orders or DD Form 1610.
- b) CAC Card (Students must know their PIN and AKO Username/Password)
- c) Pen
- d) Notebook
- e) MFTC Phase 1 (DL) Certificate of Completion
- f) Medical records 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)*. Soldiers must meet the retention standards of Chapter 3 of AR 40-501. Soldiers over 40 must undergo a cardiovascular risk evaluation. *REFERENCE: AR 40-501 3-14 A (5)*. See medical requirements flier in welcome packet or contact the school house for more information.
- g) Memorandum signed by the unit commander appointing the student as a primary or alternate Master Fitness Trainer (MFT).
- h) Physical Fitness: DA705 for Record within last 30 days with a score of 240 or higher (70 point minimum in each APFT event).

The following information is provided to assist Students (Resident and MTT):

- a. Height/Weight: Soldiers who do not meet the standards of AR 600-9 WILL NOT be allowed entrance in the course. You will be released back to your unit and marked as an unqualified arrival immediately.
- b. Physical Fitness: DA705 for Record within last 30 days with a score of 240 or higher (70 point minimum in each APFT event). Soldiers who fail to meet minimum MFTC standards of 240 or higher with 70 points in each event will not be allowed to in-process into the course and will subsequently be released back to your unit and marked as an unqualified arrival immediately.
- c. Physical Health/ Profiles: Students with a temporary profile WILL NOT be allowed in the course. Students with a permanent profile that prevents them from executing exercises in FM 7-22, WILL NOT be allowed attendance in the course. Students with a permanent profile, that does not prevent them from executing exercises in FM 7-22, WILL REQUEST a waiver from the U.S. Army Physical Fitness School. Upon USAPFS approval, the student can attend the course.
- d. Equipment/Uniform Requirements: The Soldier and unit of assignment are responsible for ensuring all items are obtained prior to arrival at the school. Clothing and Equipment List are provided in the welcome letter that is sent out NLT 45 days prior to the class start date.
- e. Transportation: Soldiers 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/Soldier's responsibility to provide a means of transportation through the duration of the course. 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:**

Fort Benning Students:

For students attending Master Fitness Trainer Course at Fort Benning, lodging is available onsite at the Warrior Training Center. Fort Benning provides lodging via IHG contract. The sending command is responsible to educate/brief Soldiers on Travel entitlements/authorizations. The MFTC does not provide meals daily during the week or weekend. Transportation is not provided. It is the sending unit's responsibility to provide transportation. A POV or rental car is highly recommended.

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

Warrior Training Center  
(Master Fitness Trainer Course)  
Attn: Rank, First, MI, Last  
6901 Rosell Rd. Bldg. 4157  
Fort Benning, GA 31905

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

**Mobile Training Team (MTT) Students:**

The host unit will provide an MOI outlining lodging, meals, transportation, and other travel information. Travel information will be disseminated via welcome packet to the student. Soldiers 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/Soldier's responsibility to provide a means of transportation throughout the duration of the course. If you are driving in your POV ensure you have a valid driver's license, registration, and insurance card in order to gain access to any installation. Contact the Warrior Training Center at 706-905-9496 for more information.

**REPORTING INFORMATION:**

Fort Benning Courses:

On Day 0 students will report to the Warrior Training Center, BLDG 4157 in the APFU uniform at 1500

In-processing will begin prior to or immediately following the APFT. Ensure that you have the following items:

- a) TDY orders or DD Form 1610.
- b) CAC Card (Students must know their PIN and AKO Username/Password)
- c) Pen
- d) Notebook
- e) MFTC Phase 1 (DL) Certificate of Completion
- f) Medical records 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)*. Soldiers must meet the retention standards of Chapter 3 of AR 40-501. Soldiers over 40 must undergo a cardiovascular risk evaluation. *REFERENCE: AR 40-501 3-14 A (5)*. See medical requirements flier in welcome packet or contact the school house for more information.
- g) Memorandum signed by the unit commander appointing the student as a primary or alternate Master Fitness Trainer (MFT).
- h) Physical Fitness: DA705 for Record within last 30 days with a score of 240 or higher (70 point minimum in each APFT event).

**MTT Courses:**

Reporting instructions will be provided to the students via welcome packet based upon the host units MOI.

The following information is provided to assist Students (Resident and MTT):

- a. Height/Weight: Soldiers who do not meet the standards of AR 600-9 WILL NOT be allowed entrance in the course. You will be released back to your unit and marked as an unqualified arrival immediately.
- b. Physical Health/ Profiles: Students with a temporary profile WILL NOT be allowed in the course. Students with a permanent profile that prevents them from executing exercises in FM 7-22, WILL NOT be allowed attendance in the course. Students with a permanent profile, that does not prevent them from executing exercises in FM 7-22, WILL REQUEST a waiver from the U.S. Army Physical Fitness School. Upon USAPFS approval, the student can attend the course.
- c. Equipment/Uniform Requirements: The Soldier and unit of assignment are responsible for ensuring all items are obtained prior to arrival at the school. See attached Clothing and Equipment List.

**ANNEX A: Packing List Effective (03 Mar 15)**

**ITEM / QTY**

1. PATROL CAP, OCP 1 EA (with rank)
2. COAT (SHIRT), OCP 2 EA
3. TROUSERS (PANTS), OCP 2 EA
4. COAT, COLD WEATHER, FIELD (FIELD JACKET) or GORTEX JACKET, OCP 1 EA
5. BOOTS, COMBAT (IAW AR 670-1) 1 PR
6. BRUSH, SHOE/ SUEDE BOOT CLEANING KIT 1 EA
7. T-SHIRT, COTTON, TAN 7 EA
8. SOCKS, WOOL or COTTON/NYLON BLEND (OD, or TAN) 7 EA
9. DRAWERS, COTTON, OD or WHITE 7 EA\*\*
10. UNDERWEAR 7 EA\*
11. BRA (SPORTS) 7 EA\*
12. BELT, RIGGERS (TAN) 1 EA
13. TAGS, IDENTIFICATION, WITH CHAIN 1 PR
14. GLOVES, MEN and WOMENS, LEATHER, LIGHT DUTY, BLACK 1 PR
15. INSERTS, GLOVES, WOOL (OD, BLACK OR BROWN) 1 PR
16. SHOES, RUNNING (NO HIGH TOPS or 5 Fingered, must be IAW AR 670-1) 1 PR
17. JACKET, APFU 1 EA

18. PANTS, APFU 1 EA
19. CAP, SYNTHETIC MICROFLEECE 1 EA
20. T-SHIRT, SHORT SLEEVE, APFU 5 EA
21. T-SHIRT, LONG SLEEVE, APFU 3 EA
22. SHORTS, BLACK , APFU 5 EA
23. REFLECTIVE VEST/BELT 1 EA
24. SOCKS, ATHLETIC, WHITE, ANKLE OR CALF LENGTH 7 PR \*(Black socks are now authorized for wear in APFU)
25. PERSONAL HYGIENE AS NEEDED
26. TOWEL 1 EA
27. SHOWER SHOES 1 PR
28. 1 QT CANTEEN

THE FOLLOWING ITEMS ARE OPTIONAL FOR THE COURSE:

SUNSCREEN

CAMELBACK or OTHER WATER SOURCE (1qt minimum)

LAPTOP OR TABLET DEVICE

BUG SPRAY

\* indicates female only

\*\* indicates male only

NOTE 1: This clothing list is the minimum required for the course.

NOTE 2: All additional winter issue items are required during winter months (Oct-Apr).