

**ADVANCE ANNOUNCEMENT OF A FORTHCOMING CHANGE TO MCO P1700.29,  
SEMPER FIT COMBAT CONDITIONING PROGRAM SUPPORT POLICY**

Date Signed: 8/19/2009  
MARADMIN Active Number: 0503/09

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UNCLASSIFIED//  
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SUBJ/ADVANCE ANNOUNCEMENT OF A FORTHCOMING CHANGE TO MCO P1700.29, SEMPER FIT COMBAT  
CONDITIONING PROGRAM SUPPORT POLICY//  
REF/A/MSGID:DOC/MRS/YMD:19991108//  
REF/B/MSGID:DOC/MRS/YMD:20080808//  
REF/C/MSGID:DOC/MRS/YMD:20061109//  
REF/D/MSGID:DOC/MRS/YMD:20080609//  
NARR/REF A IS MCO.1700.29, MARINE CORPS SEMPER FIT PROGRAM MANUAL.  
REF B IS MCO 6100.13, MARINE CORPS PHYSICAL FITNESS PROGRAM.  
REF C IS MCCDC CONCEPT PAPER "A CONCEPT FOR FUNCTIONAL FITNESS."  
REF D IS SEMPER FIT COMBAT CONDITIONING TRAINING COURSE.//  
POC/CATHERINE FICADENTI/-/UNIT:MRS/NAME:BRANCH HEAD/TEL:703-784-9542 //  
GENTEXT/REMARKS/1. PURPOSE . TO PROVIDE AN ADVANCE ANNOUNCEMENT OF A POLICY CHANGE TO REF (A).  
2. SITUATION. TO PROVIDE POLICY AND STANDARDS FOR THE IMPLEMENTATION OF COMBAT CONDITIONING  
PROGRAMS IN SUPPORT OF REF (B).  
3. BACKGROUND. REF (C) INTRODUCED THE IDEA OF "FUNCTIONAL FITNESS TRAINING" INTO THE MARINE  
CORPS AND DISCUSSES THE RELEVANCE OF SUCH TRAINING FOR OPTIMALLY PREPARING MARINES FOR COMBAT.  
AS A RESULT OF THIS PAPER, REF (B) WAS ISSUED AND OUTLINES THE IMPLEMENTATION OF A COMBAT  
CONDITIONING PROGRAM (CCP).  
4. POLICY. PER REF (B), MCCS, SEMPER FIT OFFERS ACTIVITIES AND EXPERT ASSISTANCE TO COMMANDERS  
THAT GREATLY ENHANCE THE DEVELOPMENT OF EFFECTIVE ORGANIZATIONAL COMBAT CONDITIONING PROGRAMS  
AND FACILITIES. THE SEMPER FIT PROGRAM PROFESSIONAL STAFF SHALL PROVIDE COMMANDERS EXPERT  
ASSISTANCE AND GUIDANCE IN FITNESS AND HEALTH ASSESSMENTS, EXERCISE ORIENTATION, GROUP EXERCISE  
OPPORTUNITIES, INDIVIDUAL INSTRUCTION AND SKILL DEVELOPMENT, HEALTH PROMOTION PROGRAMS,  
NUTRITIONAL INFORMATION, AND INJURY PREVENTION ASSISTANCE.  
5. SEMPER FIT PROGRAM SUPPORTS THE CONCEPT OF FUNCTIONAL FITNESS TRAINING AS OUTLINED IN REF  
(C). SEMPER FIT PROGRAM SHALL LOOK TO CURRENT AND EMERGING FITNESS INDUSTRY STANDARDS FOR  
PROGRAMS THAT ARE SAFE, EFFECTIVE, RESEARCH BASED AND HAVE PROVEN POSITIVE OUTCOMES.  
6. TO SUPPORT COMMANDERS' COMBAT CONDITIONING PROGRAMS, THE SEMPER FIT PROGRAM DIRECTOR AT EACH  
INSTALLATION SHALL DESIGNATE AS A COLLATERAL DUTY, A MINIMUM OF ONE PERSON TO LEAD AND  
COORDINATE SUPPORT FOR THESE PROGRAMS.  
A. THE COORDINATOR SHALL ENSURE THAT ALL COMBAT CONDITIONING PROGRAMS ARE DELIVERED AND/OR  
INSTRUCTED BY SEMPER FIT STAFF MEMBERS WHO POSSESS A CERTIFICATION THAT IS ACCREDITED BY THE  
NATIONAL COMMISSION FOR CERTIFYING AGENCIES.  
B. THE COORDINATOR SHALL ENSURE THAT OTHER FITNESS STAFF MEMBERS RECEIVE TRAINING IN THE SEMPER  
FIT COMBAT CONDITIONING TRAINING COURSE (CCTC) (REF(D)).  
C. THE COORDINATOR SHALL ENSURE THAT TRAINING IN THE CCTC WILL BE MADE AVAILABLE TO TRAIN UNIT  
FITNESS COORDINATORS AT THEIR INSTALLATIONS.  
D. SEMPER FIT PROGRAM SHALL PROVIDE OPPORTUNITIES FOR STAFF TO ATTEND TRAINING COURSES ON NEW  
PHYSICAL FITNESS TRAINING PROGRAMS. SUCH TRAINING WILL ALLOW SEMPER FIT PERSONNEL TO SAFELY  
INCORPORATE NEWER TRAINING METHODS/TECHNIQUES INTO EXISTING PROGRAMS, OBTAIN KNOWLEDGE OF NEW  
EQUIPMENT, THE DEVELOPMENT AND MANAGEMENT OF FACILITIES.  
7. SEMPER FIT PROGRAM SHALL DESIGNATE AN AREA FOR FUNCTIONAL FITNESS, CONSISTENT WITH  
FUNCTIONAL FITNESS REQUIREMENTS, SAFETY OF ALL PATRONS AND CARE OF THE FACILITY. PRIORITY USE  
OF SEMPER FIT FACILITIES SHALL BE IN SUPPORT OF COMBAT CONDITIONING REQUIREMENTS.  
8. SEMPER FIT PROGRAM SHALL ENSURE AN ADEQUATE INVENTORY OF EQUIPMENT IS AVAILABLE TO SUPPORT  
COMBAT CONDITIONING PROGRAMS.  
9. THIS POLICY SHALL BE INCORPORATED INTO THE UPDATED FITNESS AND HEALTH PROMOTION POLICY UPON  
ISSUANCE.  
10. THIS MESSAGE IS APPLICABLE TO THE MARINE CORPS TOTAL FORCE.  
11. RELEASE AUTHORIZED BY LTGEN R. S. COLEMAN, DEPUTY COMMANDANT FOR MANPOWER AND RESERVE  
AFFAIRS.//