



UNITED STATES MARINE CORPS

THE BASIC SCHOOL
TRAINING COMMAND
24164 BELLEAU AVENUE
QUANTICO, VIRGINIA 22134

1000
MAFCE
30 Dec 25

From: Athletic Trainer, Martial Arts and Fitness Center of Excellence
To: Medical Provider

Subj: MEDICAL SCREENING CHECKLIST FOR TRAINING

Encl: (1) Course description of physical tasks
(2) Physical assessment form

1. (Rank) (Last, First) is a candidate for the course circled below. The attached medical documents are required to be filled out and scanned into their medical record before class pick up date. These documents must be signed by a privileged health care provider (Physician, Athletic Trainer, Independent Duty Corpsman, etc). Our intent is to:

- a. Ensure candidates are suitable for training
b. Make MAFCE medical support aware of conditions, risk factors, and pertinent medical history
c. Allow MAFCE Instructors make appropriate changes, modifications, or supplements to training as required
d. Ensure command is aware of the risks associated with training

2. The applicant with this package is a candidate for the following program of instruction (POI) (circle one):

Table with 2 columns: POI, Approximate Length. Rows include Force Fitness Instructor Course (FFIC), Martial Arts Instructor Course (MAIC), Martial Arts Instructor Trainer Course (MAITC), and Marine Corps Instructor Water Survival Course (MCWIS).

3. The POIs under this school are physically challenging and mentally rigorous. A summary of requirements are attached. If you have any questions, the point of contact is below.

E. J. SEDORY
MEd, ATC, EMT-T

COURSE DESCRIPTION OF PHYSICAL TASKS

Below, you will find a brief description of the physical tasks associated with each period of instruction (POI). All tasks are preceded by instruction and appropriate progression is closely monitored. Consider these tasks while evaluating the candidate.

Force Fitness Instructor (FFI)

- The candidate must perform a PFT and CFT during the first week of training and achieve a first class score.
- The candidate must be complete obstacle and endurance courses, including but not limited to five-mile run.
- The candidate must perform a maximal weightlifting effort for bench press, hex bar deadlift, broad jump, and overhead press.
- The FFI candidate must participate in several periods of physical exercise each day, using barbells, dumbbells, bands, rope climbing, kettlebells, suspension systems (TRX), and sleds.
- The candidate must perform and complete drills requiring upper and lower body strength, power, speed, and agility.
- The candidate must perform and complete a 300-meter shuttle and repetitive sprinting at maximal effort.
- The candidate must sit in a classroom for as many as two hours at a time, with ten-minute breaks on the hour.

Martial Arts Instructor/Marital Arts Instructor Trainer (MAI/ MAIT)

- The candidate must perform a PFT and CFT during the first week of training and achieve a first class score.
- The candidate must complete basic swim qualification.
- The candidate must participate in hand-to-hand combat training techniques:
 - Ground fighting one-on-one and with multiple attackers;
 - Boxing;
 - Wrestling;
 - Pugil sticks;
 - Weapons free-sparring;
 - Standing striking; and
 - Standing to ground.
- The candidate must be capable of falling, kicking, punching, and fighting with protective gear multiple times each day.
- The candidate must be capable of performing hikes, runs, and movements under loads varying from 30 to 100 pounds.
- The candidate must tolerate environmental changes, including heat, cold, and austere environments.
- The candidate must execute and be subject to shoulder, elbow, wrist, knee, and ankle joint manipulations (subject to individual pain tolerance).
- The candidate must perform buddy exercises, including but not limited to, buddy squats, deadlifts, and simulated casualty carries.
- The candidate must complete obstacle and endurance courses, including a five-mile run.
- The candidate must be capable of running five to eight miles under loads varying from 25 to 30 pounds, while simultaneously engaging in dynamic weapons free-sparring scenarios and/or conducting various exercises exceeding 25 repetitions.
- The candidate must climb a rope between 5 to 10 repetitions.

MCIWS

- The candidate must complete a continuous 500 meter swim (slick) in 13 mins or less.
- The candidate must complete a 50-meter brick tow (carrying a ten pound rubber dive brick above the waterline).
- The candidate must complete a 25-meter brick retrieval, in a deep water, in fewer than 40 seconds.
- The candidate must be capable of swimming underwater for 25 meters in a single breath.
- The candidate must be capable of treading water for five minutes while holding a ten pound rubber dive brick overhead (15-second breaks are authorized).
- The candidate must be capable of swimming continuously (Crawlstroke) for 30 minutes in MARPAT utilities.
- The candidate must be capable of rescuing a distressed swimmer while wearing full MARPAT utilities and boots.
- The candidate must be capable of swimming confidently while wearing a flak and Kevlar.
- The candidate must be able to sit in a classroom for as many as two hours at a time, with ten-minute breaks on the hour.

Instructions:

Please have a medical provider fill out the medical screening form and scan into the AHLTA electronic medical record. Our goal is to screen records approximately two weeks before the course commences. The answers provided will not automatically disqualify a candidate; packages will be reviewed on a case-by-case basis.