

## PHYSICAL TRAINING CERTIFICATION

Name: \_\_\_\_\_ Rank/Rate: \_\_\_\_\_

1. Purpose. To record the successful completion of all requirements for physical training certification.
2. Instructions. Clarification of specific line items is included at the end of this enclosure.
3. Enclosures. Attach copies of evaluations and Kayak Job Qualification Requirements (JQR).

ACTION REQUIRED/SIGNATURE AUTHORITY	DATE	PRINT/SIGNATURE
1. Complete Instructor Precertification requirements in enclosure (1).		
2. Review applicable physical conditioning job sheets. <b>(Qualified Instructor)</b>		
3. Review NAVDIVESALVTRACENINST 5100.2G Heat Stress. <b>(Instructor Trainee)</b>		
4. Review NAVDIVESALVTRACENINST 6110.1G Physical Training Policy. <b>(Instructor Trainee)</b>		
5. Review NAVDIVESALVTRACENINST 11000.1J Use of Training Tank (Pool). <b>(Instructor Trainee)</b>		
6. Attend, as an Instructor trainee, an entire physical training session, measurement test, and bay swim. <b>(Certified Instructor)</b>		
7. Complete Kayak Handler JQR as per reference (f). <b>(LSO)</b>		
8. Pass the Diver Entry Physical Screening Test in accordance with NAVDIVESALVTRACENINST 5350.2L <b>(Course Manager)</b>		
9. Teach, under the direct supervision of a certified Instructor, one Physical Training Session. Receive one satisfactory laboratory evaluation that assesses both instructional delivery/communication and subject matter knowledge. <b>(Instructor Evaluator/MTS)</b>		

ACTION REQUIRED/SIGNATURE AUTHORITY	DATE	PRINT/SIGNATURE
10. Teach, under direct supervision of a certified Instructor, one Physical Training Test. Receive one satisfactory laboratory evaluation that assesses both instructional delivery/communication and subject matter knowledge. <b>(Instructor Evaluator/MTS)</b>		
11. Teach, under direct supervision of a certified Instructor, one bay swim. Receive one satisfactory laboratory evaluation for each that assesses both instructional delivery/communication and subject matter knowledge. <b>(Instructor Evaluator/MTS)</b>		
12. Recommended by Subject Matter Expert.		
13. Recommended by Course Manager.		
14. Recommended by Division Officer.		
15. Training Officer.		

NAVDIVESALVTRACEN 1500/37 (Rev. 04-09)

Copy to: LSO master Instructor record