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Department of Defense

DIRECTIVE

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January 25, 1985
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SUBJECT: Joint DoD Committee on Fitness

Reference: (a) DoD Directive 1308.1, "Physical Fitness and Weight Control Programs," June 29, 1981

A. PURPOSE

This Directive:

1. Establishes the Joint DoD Committee on Fitness for the uniformed members of the armed forces.
2. Consistent with reference (a), formalizes the functions and responsibilities of the committee in regard to the coordination and furtherance of fitness programs within the Military Services.

B. APPLICABILITY

This Directive applies to the Office of the Secretary of Defense and the Military Departments. The term "Military Service," as used herein, applies to the Army, Navy, Air Force, and Marine Corps (including their National Guard and reserve components).

C. DEFINITION

Fitness. The ability of service members to meet the physical demands of their jobs for an extended period of time and to have the additional ability of meeting physical emergencies, such as those imposed during combat or other stressful situations. The components of fitness generally are considered to be cardiorespiratory fitness (heart and lungs), muscular fitness (muscle strength and endurance), flexibility, body composition (fat versus muscles), and weight management.

D. POLICY

Physical fitness is a vital component of combat readiness and is essential to the general health and well-being of armed forces personnel. Individual service members must possess the stamina and strength to perform successfully any potential mission. These qualities, together with weight control, form the basis of the DoD physical fitness program.

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E. RESPONSIBILITIES

The Deputy Assistant Secretary of Defense for Military Personnel and Force Management shall designate a DoD physical fitness coordinator to function as operational chairperson of the committee. This chairperson/coordinator shall be responsible for the preparation of committee agenda and minutes.

F. FUNCTIONS

The committee shall:

1. Function as a forum for the exchange of policy and program information.
2. Establish internal operating objectives for the furtherance of the fitness programs within the Military Services.
3. Function as the focal point for dealing with agencies outside of the Department of Defense for topics that affect all the Military Services. This functional assignment does not prevent the fitness trainers, educators, and researchers of the respective Military Services from dealing with professional organizations and associations.
4. Function as a focal point for publicizing and promoting fitness within the Department of Defense.
5. Explore the feasibility of joint training.
6. Function as a focal point for fitness research.
7. Meet at the call of the DoD coordinator.
8. Periodically sponsor a conference to provide a broad forum for policy and program updates, to exchange and coordinate research findings, and for guest presentations from recognized authorities in the areas of interest. The hosting of the conference on fitness shall be rotated among the Military Services. The committee shall approve and select areas of interest to be discussed.
9. Be composed of a representative from the Office of the Deputy Assistant Secretary of Defense for Professional Affairs and Quality Assurance (Health Affairs), and a primary representative for fitness from each Military Service. These representatives shall constitute the primary committee membership. Each Military Service may appoint additional members with the approval of the primary committee. These appointments will be on an ad hoc basis, and will serve to provide the committee with expertise in a particular area of concern or interest to the committee. Such appointments shall be the responsibility of the individual Military Service.
10. Prepare and send minutes of the committee meeting to the Deputy Assistant Secretary of Defense for Military Personnel and Force Management, Deputy Assistant Secretary of Defense for Professional Affairs and Quality Assurance (Health Affairs), and the appropriate Assistant Secretaries of the Services.

G. EFFECTIVE DATE AND IMPLEMENTATION

This Directive is effective immediately. Notification of appointment to the Joint DoD Committee on Fitness will be sent to the Office of the Deputy Assistant Secretary for Military Personnel and Force Management within 30 days of issuance of this Directive.



William H. Taft, IV
Deputy Secretary of Defense

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