

Master Fitness Trainer Course

**9E-SI6P/920-ASIP5 (DL), Ph 1
9E-SI6P/920-ASIP5, Ph 2**



INDIVIDUAL STUDENT ASSESSMENT PLAN

**FY 2015
02 May 2014**

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CHAPTER 1 – General

Memorandum for Students

ATCG-MTT-PDID

02 May 2014

MEMORANDUM FOR STUDENT

SUBJECT: Individual Student Assessment Plan (ISAP) for the Master Fitness Trainer (MFT) Course (MFTC), 9E-SI6P/920-ASIP5 (DL), Ph 1 and 9E-SI6P/920-ASIP5, Ph 2, Ver 2.0.

PURPOSE: Establish policy, procedures and criteria for successful completion and certification as a Master Fitness Trainer (MFT). Establish how the proponent school will determine if the student has demonstrated a sufficient level of competency to pass the specified training course. Establish how the student's performance will be evaluated. Identify all course assessments and assessment strategy in order to evaluate the student on the training received.

Requirements:

- a. Inform students, facilitators, and other personnel of graduation requirements.
- b. A copy of the ISAP must be provided or posted for the students' reference and explained to each student at the beginning of each course.

c. Students must:

- (1) Successfully attend and complete 100% of the Master Fitness Trainer Course.
- (2) Successfully pass all assessments. These assessments include:

- The Army Physical Fitness Test (APFT)
- Leadership Assessment 1
- Leadership Assessment 2
- PRT Program Oral Presentation
- All written examinations

(3) A student who does not achieve is rated "NO-GO" on a Leadership Assessment and/or the written examination shall be retrained and re-tested. Written examinations require 70% to receive a "GO". Performance examinations and hands-on tasks require a "GO" for each task. Students who fail to achieve the specified standard for each assessment will not receive a Master Fitness Trainer Certification.

d. The Army Physical Fitness Test (APFT) will be administered on Day 1 of Phase 2 of the course. This APFT must be passed with a minimum score of 240 points with a minimum of 80 points in each event.

e. Personnel must be in compliance with body composition standards as specified in AR 600-9.

1-1. Written Examinations. The written examinations consist of two (2) 25-question multiple choice exams during Phase I and one (1) 50-question final exam at the end of week 2 in the resident phase. Students are required to achieve a minimum score of 70% to receive a “GO”.

a. Upon completion of an exam, the Facilitator will immediately conduct a review of each question and the correct answer. The written exams consist of the initial test and one re-test if required. Students must successfully complete the following written examination lesson. This lesson covers both quizzes and examination:

Lesson Id/Version	Technique of Delivery	Hours	Method of Instruction
805P-MF2X264D/2	Large Group Instruction	2.0	(TE) Test

Security Clearance for Exam/Test: Unclassified

Lesson Title: Conduct MFTC Certification Examination

Action

Text: Conduct Master Fitness Trainer Course Written Examinations

Condition: Given all required testing materials and FM 7-22, Army Physical Readiness Training.

Standard: Conduct Master Fitness Trainer Course Written Examinations IAW Individual Student Assessment Plan (ISAP) and Course Management Plan (CMP)

Remarks: No Data

Lesson Id/Version	Technique of Delivery	Hours	Method of Instruction
805P-MF2X264R/2	Large Group Instruction	4.0	(TE) Test

Security Clearance for Exam/Test: Unclassified

Lesson Title: Conduct MFTC Certification Examination

Action

Text: Conduct Master Fitness Trainer Course Written Examinations

Condition: In a large group classroom, given a FM 7-22 and all testing materials.

Standard: Conduct Master Fitness Trainer Course Written Examinations IAW Individual Student Assessment Plan (ISAP) and Course Management Plan (CMP)

Remarks: No Data

1-2 Performance Examinations. Standards for performance examinations are explained in the following MFTC lessons:

<u>LESSON</u>	<u>LESSON TITLE</u>
MF2X262R	PRT Leader Assessment
MF2X263R	Army Physical Fitness Test (APFT)
MF2X265R	PRT Program Presentations

Students must successfully complete the following performance examination:

Lesson Id/Version	Technique of Delivery	Hours	Method of Instruction
805P-MF2X262R / 2	Large Group Instruction	10.0	(PH) Practical Exercise (Hands-On)

Security Clearance: Unclassified

Lesson Title: PRT Leadership Assessment 1 and 2.

Action

Text: Lead Physical Readiness Training (PRT) Drills, Exercises, and Activities.

Condition: On a PRT field or in a Fitness Lab, given PRT Leadership Assessment Checklist 1 and 2, in designated physical training uniform.

Standard: Lead PRT Drills, Exercises, and Activities IAW FM 7-22 and the MFTC Exercise Leadership Assessment I and 2.

Lesson Id/Version	Technique of Delivery	Hours	Method of Instruction
MF82X263R / 2	Large Group Instruction	4.0	(TE) Test

Security Clearance for Exam/Test: Unclassified

Lesson Title: Army Physical Fitness Test (APFT)

Action

Text: Conduct the Army Physical Fitness Test (APFT).

Condition: In a physical training area with a running track, given a run number, DA Form 705, and in designated Army Physical Fitness Uniform.

Standard: Conduct the Army Physical Fitness Test (APFT) IAW FM 7-22, Appendix A. This APFT must be passed with a minimum score of 240 points and a minimum of 80 points in each event.

Lesson Id/Version	Technique of Delivery	Hours	Method of Instruction
MF805065R / 1	Large Group Instruction	6.0	(TE) Test

Security Clearance for Exam/Test: Unclassified

Lesson Title: PRT Program Oral Presentations

Action

Text: Conduct Unit PRT Program Presentations

Condition: In a classroom with a student developed unit and individual PRT program, in designated physical training uniform.

Standard: Present your personally designed unit and individual program to the MFTC cadre and class IAW guidelines specified by your MFTC Facilitator and IAW FM 7-22.

1-3 Testing, Study Hall, and Retesting:

1-3-1 Student Testing Procedures

a. Phase 1:

(1) All students will take on versions of examinations 1 and 2 during Phase 1 of the Master Fitness Trainer Course.

(2) All online testing results will be monitored by a certified Master Fitness Trainer Course facilitator.

(3) Written examination will be continuous.

(4) In the event of a test failure (failing to achieve a minimum 70% passing score) retesting procedures below will be followed.

(5) In the event of difficulties with the online exams, contact the U.S. Army Physical Fitness School during normal duty hours. (See paragraph 1-5).

b. Phase 2:

(1) Students will be evaluated on subject material using both written and performance examinations.

(2) Performance and written examinations will be continuous; they will not be interrupted by lunch, briefings or other distractions.

(3) Mandatory study hall (remedial training) will be conducted for students having academic difficulties. Every effort will be made to ensure students receive the assistance they need. The following guidance is provided:

- A mandatory study hall will be conducted the day of the "NO-GO". This will assist the student in keeping up with peers and ensure the student does not miss other scheduled training. All re-testing will be conducted the following day.
- Mandatory study hall will be monitored by a certified MFTC facilitator. Peer facilitators will be used whenever possible.
- During the study hall, students in a "NO-GO" status will be required to receive a series of check on learning questions from the facilitator monitoring the study hall.
- If check-on-learning questions are answered correctly, the student must receive a rehabilitative counseling review (Part III Plan of Action of DA Form 4856-E) by the facilitator. Retest results will be annotated in Part IV of DA Form 4856-E.

1-3-2 Performance and Written Examination Re-testing Procedures

a. Re-test procedures (*Phase 1*):

(1) No more than two retests are allowed for any written examination.

(2) The re-test will be administered online during Phase 1 and will be monitored by a certified MFTC facilitator.

(3) In the event the student fails his/her retests, the student will be dropped from the course.

b. Re-test procedures (*Phase 2*):

(4) No more than two retests are allowed for any written examination.

(5) The re-test will be administered online during Phase 1 and will be monitored by a certified MFTC facilitator.

(6) In the event the student fails his/her retests, the student will be dropped from the course.

(7) For the Master Fitness Trainer Course, no retest is authorized for the APFT. If the approved standards are not achieved, the student will be dropped from the course.

1-4 MFTC Student Spot Report (USAPFS Form 1403-R)

a. USAPFS Form 1403-R will be used as a method of identifying and recording student performance during Phase 2 only.

b. Any student that receives 3 or more negative Spot Reports will be subject to removal from the course. Prior to any student being removed from the course for negative performance, the MFTC Lead Facilitator must:

(1) Obtain approval from the Chief, USAPFS prior to notifying any student he/she is removed from the course for negative performance.

(2) Notify the student's chain of command once approval is received.

(3) Counsel the student and record all actions on DA Form 4856-R.

1-5 Contacting the U.S Army Physical Fitness School (USAPFS)

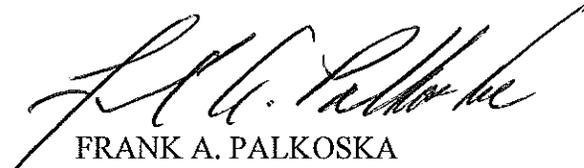
a. MFTC Course Manager:

- (803) 751-2682 (Commercial)
- (DSN: 751-2682)

b. Phase 1 Certified Master Fitness Trainer Online Facilitator:

- (803) 751-4527 (Commercial)
- (DSN: 738-4527)

c. Normal Duty Hours: 0700-1700 (EST) Monday thru Friday.



FRANK A. PALKOSKA
Chief, U.S. Army Physical Fitness School

**UNITED STATES ARMY
PHYSICAL READINESS DIVISION
CERTIFICATE OF TRAINING**

TO ALL WHO SHALL SEE THESE PRESENTS GREETINGS. BE IT KNOWN THAT

SFC MELISSA C. SOLOMON

HAVING SUCCESSFULLY FULFILLED THE REQUIREMENTS OF A MASTER FITNESS TRAINER,
HAS BEEN DECLARED A GRADUATE OF THE

MASTER FITNESS TRAINER COURSE

CLASS 13-01 (153 HOURS)
22 OCTOBER 2012 TO 16 NOVEMBER 2012

IN TESTIMONY WHEREOF WE DO CONFER THIS DIPLOMA
GIVEN AT FORT JACKSON, SOUTH CAROLINA,
ON 16 NOVEMBER 2012

FRANK A. PALKOSKA
DIVISION CHIEF, GS-13
U.S. ARMY PHYSICAL FITNESS SCHOOL (USAPFS)

CERTIFICATE# 130101

Master Fitness Trainer Course Spot Report		U.S. Army Physical Fitness School 3255 Sumter Ave, Bldg 3255 Fort Jackson, SC 29207		
PART I – RECORD OF OBSERVATIONS AND COUNSELING		DATE OF OBSERVATION:		
a. SUMMARY OF OBSERVATION: Summarize most significant leadership behavior(s) and include Army Values Assessment. Use sufficient detail to support report.				
b. COUNSELING: Provide student with a plan to sustain or improve observed behavior(s).				
PART II – OVERALL ASSESSMENT (Circle One)		EXCELLENT	SUSTAIN	IMPROVE
RATED STUDENT NAME:		UNIT:		
RATED STUDENT SIGNATURE:		MFTC LEADER:		

USAPFS FORM 1403-R NOTE: Signature indicates that counseling was administered as reflected in Part Ib above, and does not imply agreement with ratings.

Master Fitness Trainer Course Spot Report		U.S. Army Physical Fitness School 3255 Sumter Ave, Bldg 3255 Fort Jackson, SC 29207		
PART I – RECORD OF OBSERVATIONS AND COUNSELING		DATE OF OBSERVATION:		
a. SUMMARY OF OBSERVATION: Summarize most significant leadership behavior(s) and include Army Values Assessment. Use sufficient detail to support report.				
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RATED STUDENT NAME:		UNIT:		
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