

## FITNESS

### PHYSICAL FITNESS IS NOT AN OBLIGATION

#### IT IS A FUNDAMENTAL WAY OF LIFE

Marine Corps Expeditionary and Combat Skills Training (MCECST) Course is an academically rigorous, physically demanding, NEC-awarding eight week course designed to TRAIN, CHALLENGE, and PREPARE Religious Program Specialists for service with the Fleet Marine Force. Statistically we have seen that the majority course drops occur from improper physical conditioning prior to arrival both in accession and fleet returnee students.

This brochure will hopefully assist you in mentally and physically preparing for the course you are about to attend as well as providing key points of contact and additional resources.

### COURSE PHYSICAL REQUIREMENTS

At MCECST you will conduct at a minimum the following graded physical fitness evolutions in addition to over 40 hours of combat conditioning and physical training:

- Navy Physical Readiness Test (PRT)
- Marine Corps Physical Fitness Test (PFT)
- Marine Corps Combat Fitness Test (CFT)
- 2 / 4 / 6 / 8 Mile Conditioning Hikes
- High Intensity Tactical Training (HITT)
- Marine Corps Martial Arts Program "Tan Belt" Certification

**\*\*\*RUNNING IS THE ONLY CARDIO OPTION  
AUTHORIZED ON THE PRT\*\*\***

If at previous commands you opted to perform the alternative cardio you are strongly advised to begin training for the run PRIOR to arriving, and if available conduct a mock BCA and PRT with your local Command Fitness Leader (CFL).

## ADDITIONAL INFORMATION

### UNIFORMS

Although it should go without stating, ensure you check in to MCECST with a full sea bag to include: both sets of dress uniforms, correct patches, ribbons, etc. You are NOT authorized to wear command ball caps, patches or MCMAP "rigger" belts. You will receive a USMC uniform issue during your initial week on deck.

### MEDICAL

If applicable, ensure you bring enough prescription refills to last the duration of the course (+60 days) as well as a minimum of two pair of prescription glasses and a current "No-Shave" chit signed by your medical provider.

Additionally bring any sports medical equipment (k tape, braces, moleskin, etc.) you are currently using.

### POINTS OF CONTACT (POC):

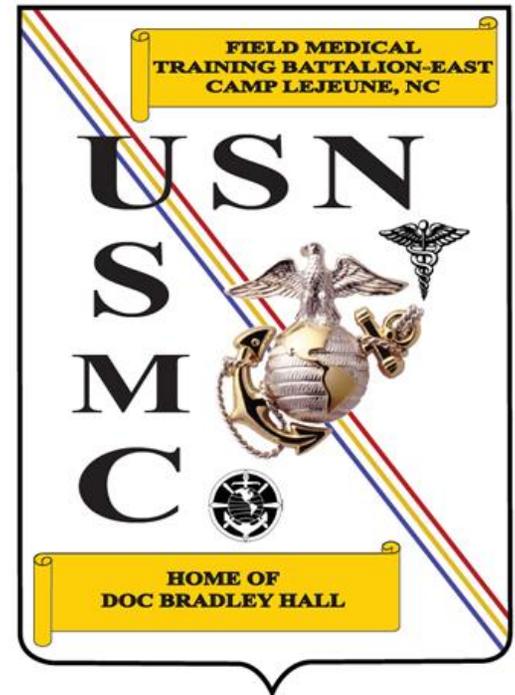
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<http://www.trngcmd.marines.mil/Units/South-Atlantic/FMTB-E/>



## MARINE CORPS EXPEDITIONARY AND COMBAT SKILLS TRAINING (MCECST)

### PREPARATION GUIDE



*"To train the Navy's finest to serve with  
the few and the proud."*

*Camp Johnson, NC*

# MCECST COURSE OVERVIEW

## BOTTOM LINE UP FRONT (BLUF):

**\*\*\*YOU WILL NEED TO PHYSICALLY PREPARE YOURSELF TO ATTEND THIS COURSE!!\*\*\***

## COURSE OUTCOME:

Marine Corps Expeditionary Combat Skills Training (MCECST) is designed to train Navy Religious Program Specialists (RP) in the skills essential for combat survival, delivery of religious program support in an expeditionary environment, and the several associated technical, military tactical, and defensive techniques required for duty with the Marine Corps operating forces.

## COURSE SCOPE:

Emphasis is on force protection, logistical and administrative support for a Religious Ministry Team (RMT) delivering religious programs support to Marine Corps operating forces. This includes familiarization with Marine Corps organization and procedures, competency in Marine Corps Martial Arts (Tan Belt), providing religious program support, logistics, and administrative support in an expeditionary environment. Additionally, training will include general military subjects, individual and small unit tactics, military drills, **physical training** and **conditioning**, combat life saver training, and weapons familiarization. Completion of MCECST results in the student receiving the Navy Enlisted Classification (NEC) A17A (formerly 2401), Marine Basic Combat Skills Specialist.



## NAVY PHYSICAL READINESS TEST (PRT)

The Navy Physical Readiness Test consists of four total events to include the Body Composition Assessment (BCA), Push-Ups, Curl-Ups and Cardio. **RUNNING IS THE ONLY AUTHORIZED CARDIO AT FMTB-E.**

EVENTS
BODY COMPOSITION ASSESSMENT
CURL UPS (2:00 MIN)
PUSH UPS (2:00 MIN)
1.5 MILE RUN (NO OTHER OPTION)
For additional information please visit: <a href="http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/default2.aspx">http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/default2.aspx</a>



## MARINE CORPS PHYSICAL FITNESS TEST (PFT)

The Marine Corps Physical Fitness Test consists of four total events to include the Body Composition Assessment (BCA), Pull Ups, Sit Ups and Cardio. **RUNNING IS THE ONLY AUTHORIZED CARDIO AT FMTB-E.**

EVENTS
BODY COMPOSITION ASSESSMENT
PULL UPS/PUSH UPS (2:00 MIN)
CRUNCHES (2:00 MIN)
3 MILE RUN (NO OTHER OPTION)
For additional information please visit: <a href="http://www.fitness.marines.mil/PFT-CFT_Standards17/">http://www.fitness.marines.mil/PFT-CFT_Standards17/</a>



## MARINE CORPS COMBAT FITNESS TEST (CFT)

The Marine Corps Combat Fitness Test consists of three total events to include the Movement to Contact, Ammunition Lift, and Maneuver Under Fire.

EVENTS
MOVEMENT TO CONTACT
AMMUNITION CAN LIFT
MANUEVER UNDER FIRE
For additional information please visit: <a href="http://www.fitness.marines.mil/PFT-CFT_Standards17/">http://www.fitness.marines.mil/PFT-CFT_Standards17/</a>



## MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)

The Marine Corps Martial Arts Program (MCMAP) "Tan Belt" Certification consists of 40+ hours of instruction, combat conditioning and sustainment spread across 43 training days culminating with the qualification and attainment of the Marine Corps Martial Arts "Tan Belt".



For additional information please visit:  
<http://www.marines.mil/Portals/59/Publications/MC0%201500.59.pdf>

43 TRAINING DAYS OF PHYSICALLY DEMANDING, HIGH OPTEMPO INSTRUCTION