



Department of Defense

DIRECTIVE

NUMBER 1308.2
February 4, 2005

PDUSD(P&R)

SUBJECT: Joint DoD Committee on Fitness

References: (a) DoD Directive 1308.2 "Joint DoD Committee on Fitness," January 25 1985 (hereby canceled)
(b) DoD Directive 1308.1 "DoD Physical Fitness and Body Fat Program," June 30, 2004
(c) DoD Instruction 1308.3 "DoD Physical Fitness and Body Fat Programs Procedures," November 5, 2002

1. REISSUANCE AND PURPOSE

This Directive:

1.1. Reissues reference (a).

1.2. Consistent with references (b) and (c), formalizes the functions and responsibilities of the Joint DoD Committee on Fitness regarding the coordination and support of fitness programs within the Military Services.

2. APPLICABILITY

This Directive applies to the Office of the Secretary of Defense, the Military Services, the Chairman of the Joint Chiefs of Staff, the Combatant Commands, the Office of the Inspector General of the Department of Defense, the Defense Agencies, the DoD Field Activities, and all other organizational entities in the Department of Defense (hereafter referred to collectively as the "DoD Components"). The term "Military Services," as used above, refers to the Army, the Navy, the Air Force, and the Marine Corps.

3. 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 aerobic fitness (heart and lungs), muscular fitness (muscle strength and endurance), flexibility, body composition (fat versus muscles), and weight management.

4. POLICY

It is DoD policy that physical fitness is a vital component of combat readiness and is essential to the general health and well being for Armed Forces personnel. Individual Service members must possess the aerobic capacity, muscular strength and endurance, and whole body flexibility to successfully perform in accordance with their Service-specific mission and military specialty. These qualities, as well as balance, agility, and explosive power, together with body composition within an optimal range, form the basis of the DoD Physical Fitness and Body Fat Program.

5. RESPONSIBILITIES

5.1. The Principal Deputy Under Secretary of Defense for Personnel and Readiness (PDUSD(P&R)), under the Under Secretary of Defense for Personnel and Readiness, shall designate a DoD physical fitness coordinator to function as the operational Chairperson of the Committee. This Chairperson shall prepare the committee agenda and minutes.

5.2. The Chairperson shall ensure the Committee:

5.2.1. Functions as a forum for exchanging policy and program information.

5.2.2. Establishes internal operating objectives to support fitness programs within the Military Services.

5.2.3. Functions as the focal point for dealing with Agencies outside the Department of Defense for topics that affect all of the Military Services. This functional assignment does not prevent the fitness program managers, trainers, educators, and researchers of the respective Military Services from interacting with professional organizations, associations, and industry.

5.2.4. Functions as a focal point for publicizing and promoting fitness in the Department of Defense.

5.2.5. Explores opportunities for joint training.

5.2.6. Functions as a focal point for fitness research.

5.2.7. Meets at request of the DoD coordinator.

5.2.8. Periodically sponsors a conference providing a broad forum for policy and program updates, exchanging and coordinating research findings, and guest presentations from recognized subject matter experts. The Military Services shall have rotating responsibilities for hosting fitness conferences.

5.2.9. Be composed of a representative from the Assistant Secretary of Defense for Health Affairs (ASD (HA)) and a primary representative for fitness from each of the Military Services. These representatives shall constitute the primary committee membership. Each Military Service may appoint additional members with the approval of the primary committee. These appointments shall be on an ad hoc basis and shall serve to provide the Committee with expertise for a specific area of concern or interest. Such appointments shall be the responsibility of the individual Military Service.

5.2.10. Prepares and send minutes of the committee meeting to the PDUSD(P&R), the ASD(HA), and the appropriate Assistant Secretaries of the Military Services.

6. EFFECTIVE DATE

This Directive is effective immediately. Notification of appointment to the Joint DoD Committee on Fitness shall be sent to the office of PDUSD (P&R) within 30 days of issuance of this Directive.



Paul Wolfowitz
Deputy Secretary of Defense