

Physical Requirements

1. Students must be able to meet the following physical requirements during the course:

- a. Pass APFT.
- b. Conduct, demonstrate, and lead physical fitness training.
- c. Negotiate rough terrain under varying climatic conditions.
- d. Walk a minimum of 3200 meters with load carrying equipment (LCE) in a minimum of three hours.
- e. Lift and carry all required packing list items (OCIE and CTA 50-900) for short distances.
- f. Carry a 48 pound combat load that contains mission essential equipment (weapon, helmet, uniform, LCE included in 48 lbs).
- g. Lift and carry fuel, water, ammo, MREs or sandbags.
- h. Low crawl, high crawl and rush for three to five seconds.
- i. Move over, through and around obstacles.
- j. Carry and fire individually assigned weapon.

2. Commandants may not supplement these course graduation requirements. (REF: AR 350-1, Chap 3; AR 611-1, Chap 6; TR 350-10, Chap 2, Para 2-7; DA MSG: 092054Z SEP 04, SUBJECT: Selection and Scheduling of Soldiers for Army Schools; and DAMO-TR, DTG: 051617Z May 08, ALARACT 120/2008), SECARMY Memorandum Subject: Army Directive 2012-20 (Physical Fitness and Height and Weight Requirements for Professional Military Education, dated 17 September, 2012)

From WLC Course Management Plan Appendix C (Jan 2013)