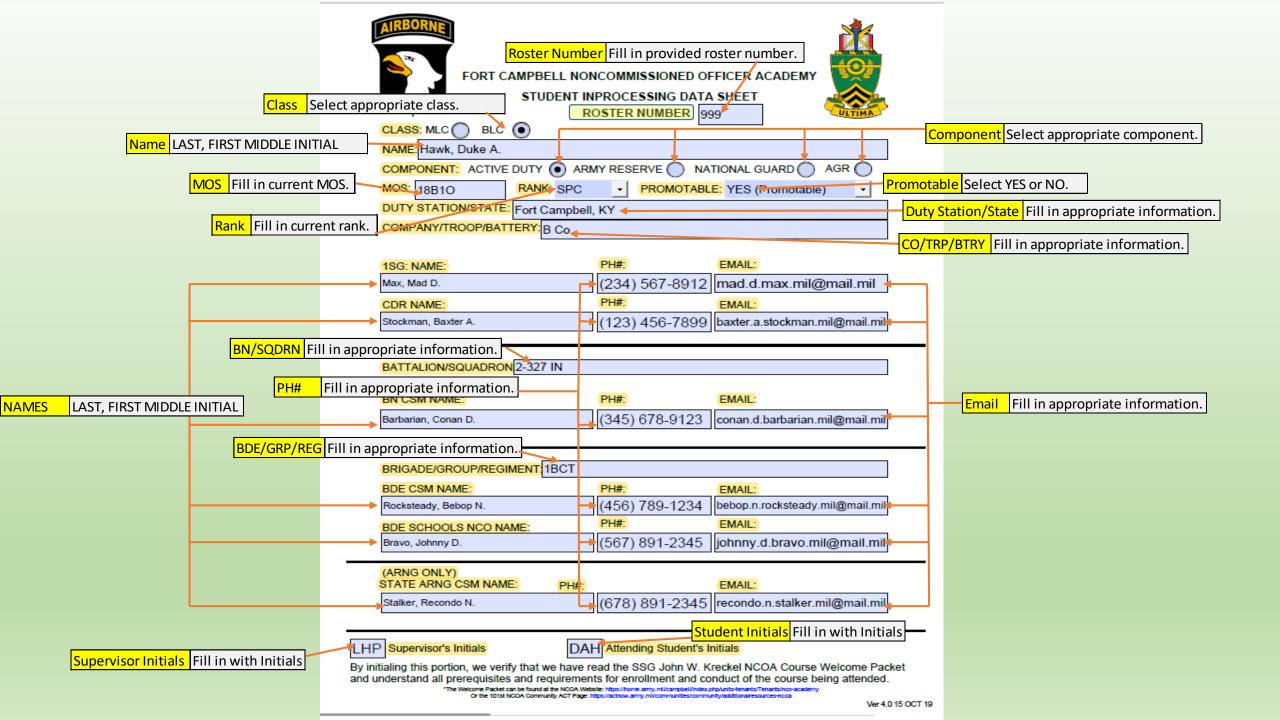
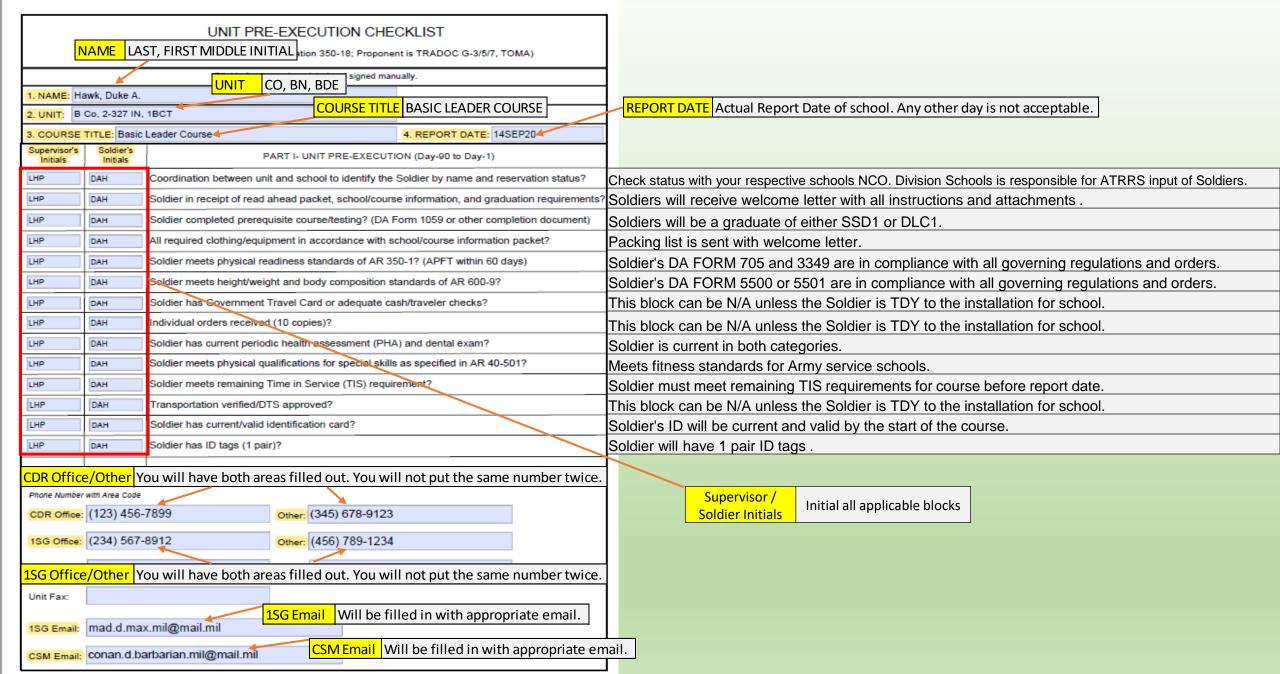
BLC ADMIN GUIDE

CONTENTS

- 1. TF350-18-2-R-E UNIT PEC (slides 3-5)
- DA FORM 705(slides 6,7)
- 3. DA FORM 5500/5501 (slides 6,8,9)
- 4. DA FORM 3349 (PROFILE) (slides 10-15)





PART II - ROUTINE PREREQUISITES TASK SOLDIER DATA REGULATION DATA CL CO EL FA GM CL CO EL FA GM Minimum Aptitude Score (if applicable) 92 MM SC ST OF ST 99 96 Key: CL-Clerical/ADMIN; CO-Combat/CMBT; EL-Electronic/ELEC; FA-Field Artillery/FA; GM-General Maintenance/MAINT; GT-General Technical/GT; MM-Mechanical Maintenance/MECH; OF-Operators & Food/FOOD; SC-Surveillance & Communication/COMM; ST-Skilled Technical/TECH Physical demand rating/profile S (PULHES) 'See Part III for PT profiles Key: P- Physical capacity/stamina; U- Upper extremities; L- Lower extremities; H- Hearing/ear; E- Eyes; S- Psychiatric Military and civilian vehicle operator license(s) (if applicable): Military license number: Expiration date: State: Civilian license number: Expiration date: PART III-REQUIRED DOCUMENTS Security clearance (if applicable, attach as required) *Permanent profile attendees must have a signed copy of completed DA Form 3349; must include Army doctorapproved alternate aerobic event for APFT. Provide results of medical retention board (if applicable). All required waivers (if applicable) Other requirements (if applicable) Other requirements of DA PAM 611-21 not previously listed: Other requirements (if applicable) Other requirements (if applicable) Other requirements (if applicable) Other requirements (if applicable) have been counseled and have read all requirements applicable to the course I'm selected to attend. Attendance at this course and class will not pose any known hardship on me and/or my family that would detract from or prevent my successful completion of course requirements. Student's Signature: HAWK.DUKE.ARSON.1234567891 have reviewed the above Soldier's qualifications and potential to successfully complete this course, counseled them on these requirements, and hereby verify their readiness to attend Commanding Officer (typed name): CPT CUSTER, GEORGE A. GEORGE.A.CUSTER.1234567899 Commanding Officer's Signature:

Soldier Data Filled out with information from Soldier's SRB

PULHES

Page 2 of 2

Filled out with most up to date physical demand rating/profile information.

Student's Signature Signature of student.

Commanding Officer Typed name needs to include rank.

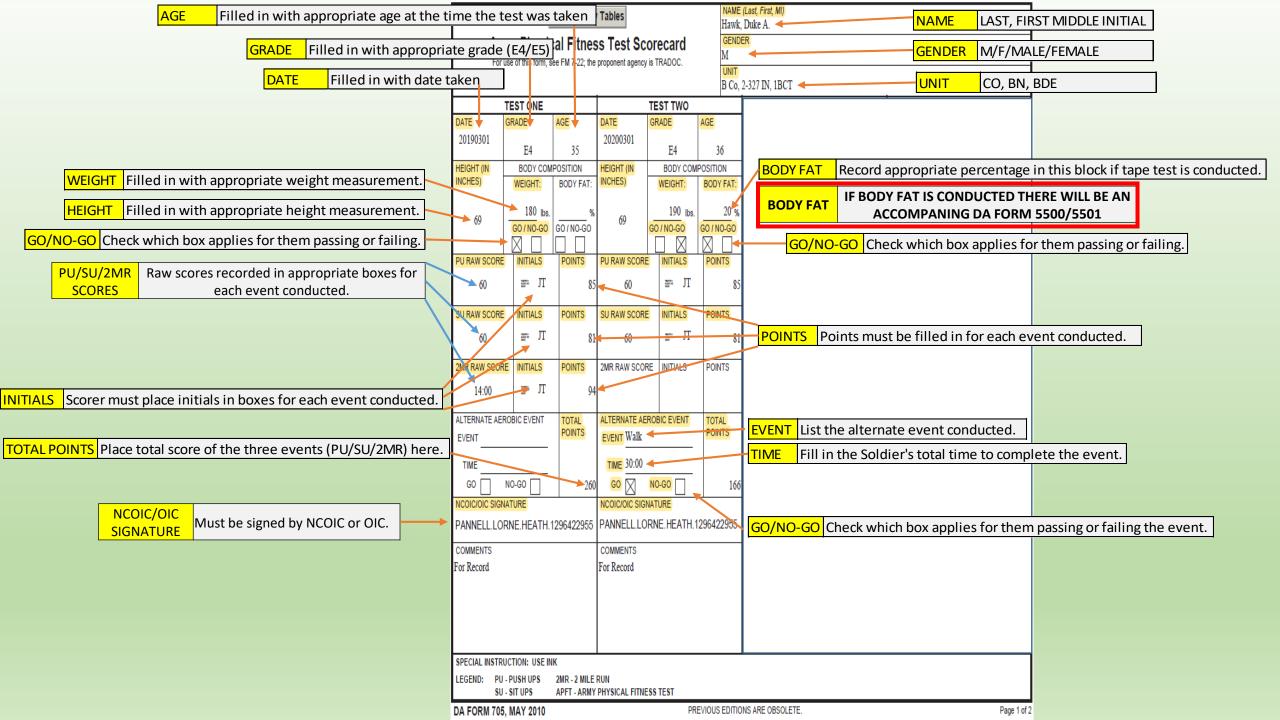
typed name & CPT LAST, FIRST MIDDLE INITIAL
signature Signature of Commander

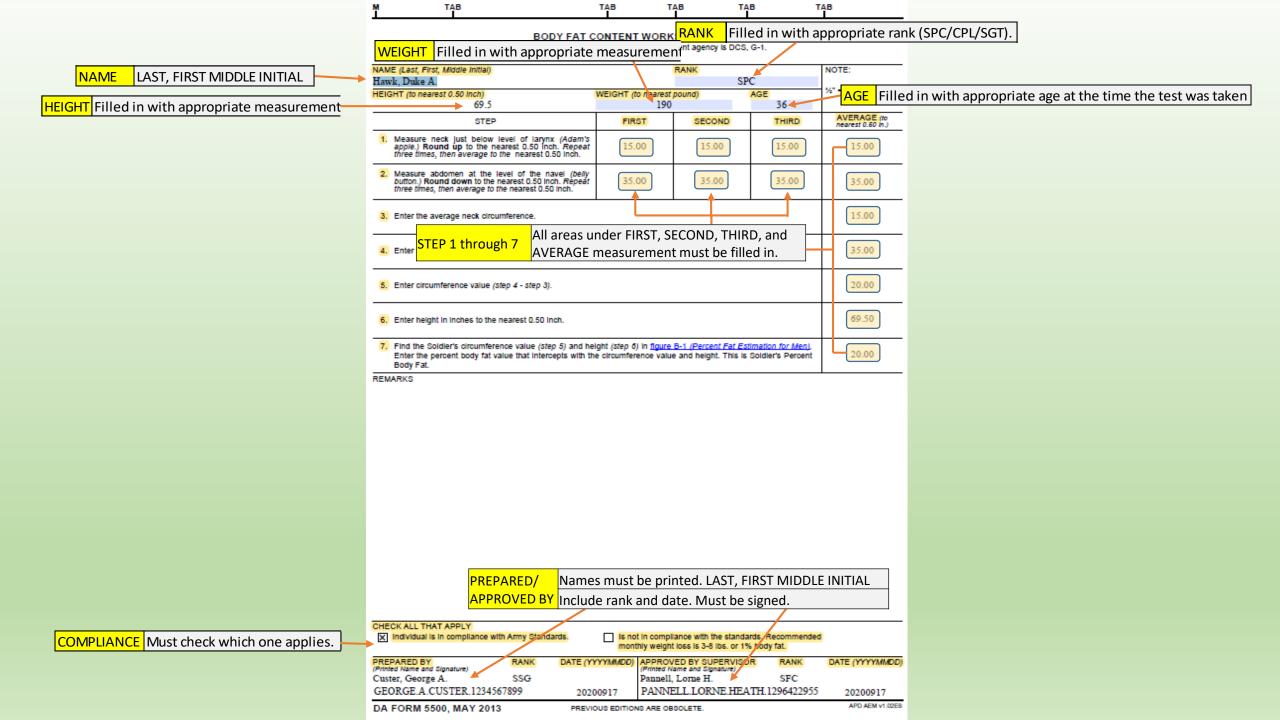
Assumption of Command

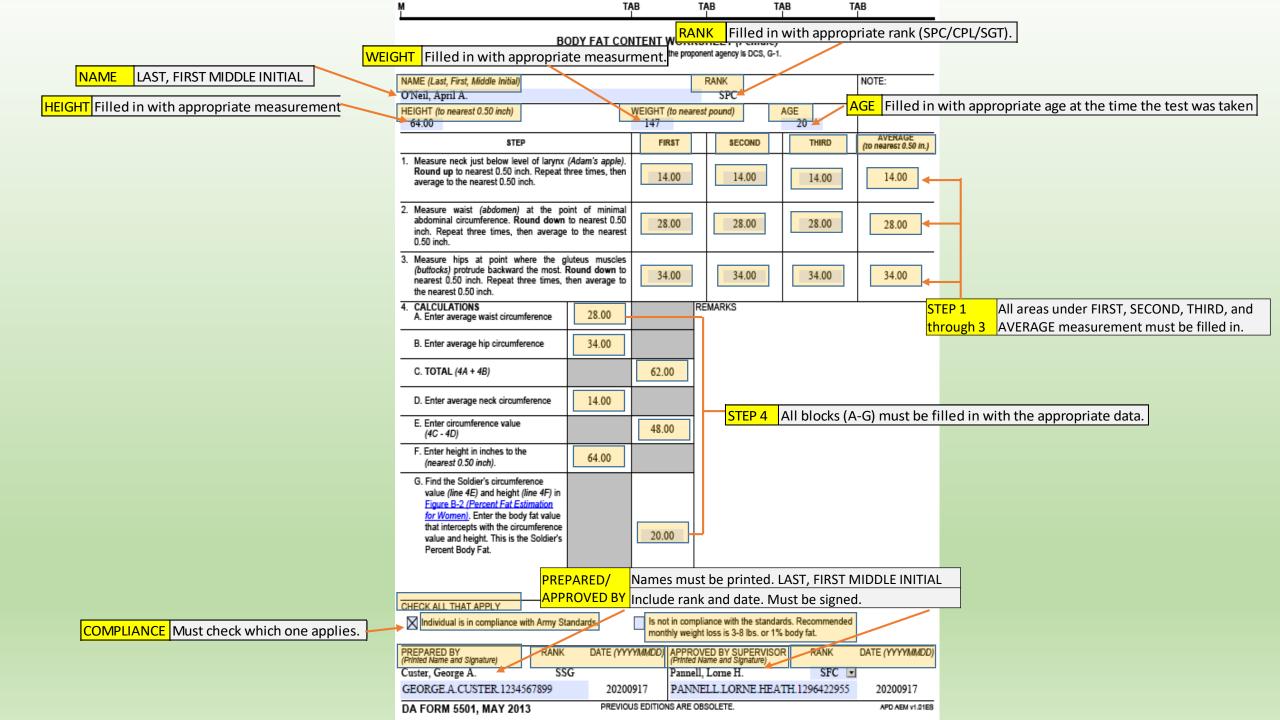
If someone is filling in for the commander you must include a copy of the Assumption of Command orders.

DA FORM 705 and DA FORM 5500/5501 GUIDANCE

The NCOA student attendance requires a valid APFT and Height/Weight for record no earlier date of March 2019. If the student had a condition that hindered their ability to take an APFT and Height/Weight, required documentation needs submitted to accept the APFT and Height/Weight prior to March 2019. Examples of not having a valid APFT and Height/Weight are pregnancy, surgery or injury generating a profile. Copy of profile or memorandum for record from the commander will be acceptable forms for invalid APFT and Height/Weight. The requirements are IAW with HQDA EXORD 164-20 and NCOLCoE Memorandum for conducting BLC. Additionally, the student will be administered an ACFT on Day 1 and any profiles must state what can and cannot be done for the ACFT.







The authorized forms for written profiles in the Army are DD Form 689 (*Individual Sick Slip*) and DA Form 3349 (*Physical Profile*). DD Form 689 is the short form used to communicate to the commander a Soldier's diagnosis of minimally-limiting injuries and illnesses, less than or equal to 7 days in duration. DA Form 3349 is the long form the healthcare provider must generate and sign electronically to be valid. It provides a detailed description of the Soldier's temporary and permanent restrictions. It lists modifications to physical activities including the ACFT as well as those activities and exercises that can be performed to standard. **Exercises not included on the profile are not authorized.** (FM 7-22)

- Soldiers with medical profiles due to an operational deployment will be permitted by their immediate commander to attend appropriate courses (to include PME) within the guidelines of their profile. Soldiers must arrive at the aforementioned course of instruction with a copy of their current profile and memorandum signed by their commander stating the profile has been continuous and is a result of injuries sustained due to an operational deployment.
- Soldiers with temporary profiles preventing full participation in a course that are not a result of
 operational deployment, will be removed or deferred from school attendance consideration by their
 immediate commander, until the temporary profile is removed or the student can complete all course
 graduation requirements.

- Soldiers with a permanent designator of "2" in the physical profile must include a copy of DA Form 3349 (Physical Profile) as part of the course application. They will be eligible to attend courses (to include PME) and train within the limits of their profile, provided they can meet course graduation requirements. Soldiers with a permanent designator of "3" or "4" in their physical profile must include a copy of DA Form 3349, and the results of their MOS Administrative Retention Review as part of the course application.
- Soldiers who have been before a MOS Administrative Retention Review and retained in their MOS or reclassified into another MOS are eligible to attend appropriate courses (to include PME) and train within the limits of their physical profile (DA Form 3349). Commandants will not disenroll or deny enrollment of Soldiers into the course based on physical limiting conditions on their physical profile, IAW MOS Administrative Retention Review adjudication.
- Soldiers must be able to conduct an APFT.
- Soldiers must have ACFT limitations annotated on profile.

Physical Readiness Training

- Exercises not included on the profile are not authorized.
- Profile must state what exercises can be done to standard or modified.

Exercises are divided into two categories, Strength and Mobility or Endurance and Mobility. The Soldier must be able to perform all exercises in one of these categories. On the next slide you will find the two categories. Each category has the list of exercises that are performed. Exercises with a (M) next to them are able to be modified in order to conduct the exercise. Those without a (M) will not be modified.

STRENGTH AND MOBILITY

PREPARATION DRILL		CONDITIONING DRILL 1 & 2	
Bend & Reach	М	Power Jump	М
Rear Lunge	М	V-Up	М
High Jumper	М	Mountain Climber	М
Rower	М	Leg-Tuck and Twist	М
Squat Bender	М	Single Leg Push-Up	М
Windmill	М	Turn and Lunge	
Forward Lunge	М	Supine Bicycle	
Prone Row	М	Half Jacks	
Bent-Leg Body Twist	М	Swimmer	
Push-Ups	М	8-Count T Push-Up	
SHOULDER STABILITY DRILL		RECOVERY	
I Raise		Overhead Arm Pull	М
T Raise		Rear Lunge	М
Y Raise		Extend and Flex	М
L Raise		Thigh Stretch	М
W Raise		Single-Leg Over	М
		Groin Stretch	М
		Calf Stretch	М
		Hamstring Stretch	М

ENDURANCE AND MOBILITY

PREPARATION DRILL		MILITARY MOVEMENT DRILL 1 & 2	
Bend & Reach	М	Verticals	
Rear Lunge	М	Laterals	
High Jumper	М	Shuttle Sprint	
Rower	М	Power Skip	
Squat Bender	М	Crossovers	
Windmill	М	Crouch Run	
Forward Lunge	М	RECOVERY	
Prone Row	М	Overhead Arm Pull	М
Bent-Leg Body Twist	М	Rear Lunge	М
Push-Ups	М	Extend and Flex	М
HIP STABILITY DRILL		Thigh Stretch	М
Lateral Leg Raise		Single-Leg Over	М
Medial Leg Raise		Groin Stretch	М
Bent-Leg Lateral Raise		Calf Stretch	М
Single-Leg Tuck		Hamstring Stretch	М
Single-Leg Over			

Conduct Individual Training

For this training the Soldier:

- Must be able to perform certain individual task found in the SMCT.
- Must be able to carry a weapon.
- Must be able to wear helmet and load bearing equipment. (FLC, Assault Pack)
- Must be able to walk to location of training wearing gear.
- Must be able to function in outdoor conditions.
- Must be able to stand longer than 30 minutes.

Pregnancy

Soldiers who are pregnant prior to the course may not attend BLC until medically cleared. A Soldier who is diagnosed as pregnant while attending BLC may continue, provided written documentation from the doctor states she can participate in all course physical requirements. Soldiers medically dis-enrolled for pregnancy after enrollment are eligible to return to the course when medically cleared.

Pregnant and postpartum Soldiers **must be cleared by a medical provider** to meet all course physical requirements. This can be done with a memorandum from the provider. **The Soldiers profile will conform to the guidelines listed in the previous <u>PROFILE</u> slides (10-14).**