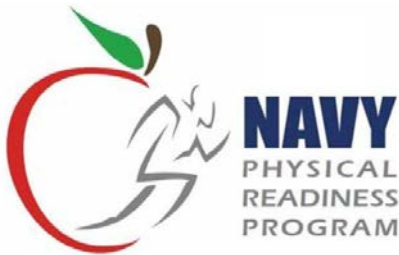


2025-2026

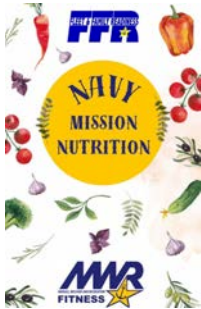
# NAVY FITNESS EDUCATIONAL COURSES



## COMMAND FITNESS LEADER (CFL) COURSE SCHEDULE

13-17 April 2026

27-31 July 2026

Registration packets submitted to: [cfltraining@us.navy.mil](mailto:cfltraining@us.navy.mil)

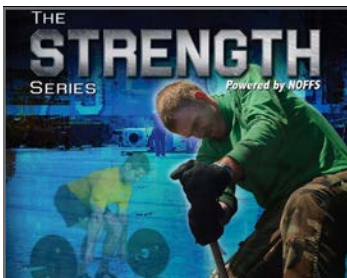
## MISSION NUTRITION COURSE SCHEDULE

11 March 2026

08 July 2026

Registration Information: Scan QR Code or visit  
<https://myffr.navyaims.com/navyma/navyma.html>

## NOFFS COURSE SCHEDULE



28 October 2025  
28 April 2026  
28 July 2026



24 February 2026  
26 May 2026  
25 August 2026



31 March 2026  
30 June 2026  
22 September 2026

Registration Information: Scan QR Code or visit <https://myffr.navyaims.com/navyma/navyma.html>

SCAN TO REGISTER

ADDITIONAL COURSE INFORMATION

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## COMMAND FITNESS LEADER (CFL) COURSE:

A 5-day CFL certification course, which covers the administrative actions and duties of a CFL, basic exercise physiology and nutrition principles, basic PRIMS training, and daily gym sessions teaching various methods for exercise programming. Upon the conclusion of this course, CFLs will have the skills, education, and motivation to lead the way in establishing and maintaining a culture of fitness for their command and the U.S. Navy.

Open to all Active Duty Personnel

Applicant's must meet pre-course requirements and be nominated through their Chain-of-Command

Course Information and Registration: <https://www.navyfitness.org/fitness/cfl-information/cfl-course-application-and-registration>

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## MISSION NUTRITION COURSE:

Mission Nutrition is a standardized, science-based 1-day course focused on improving your nutritional knowledge and awareness. In this class, you will learn about a variety of every day nutrition topics and ways to improve your eating habits as well as your overall health. Topics include grocery shopping, weight control and balance, fueling for performance, the effect of emotional eating among many other relevant subjects for discussion. Don't expect a simple presentation either. In this course, you actually learn and practice some of the skills through a variety of experiences such as: workgroups & in-class exercises, group discussions, as well as exploring outside resources.

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## NOFFS COURSES:

The Navy Operational Fitness and Fueling System (NOFFS) project provides the Navy with a "best in class" physical fitness and nutrition performance resource that provides guidance to Sailors and Navy health and fitness professionals. NOFFS instructs individuals on how to physically train effectively and safely, and how to make healthy nutrition choices in both shore-based and operational environments.

### **STRENGTH LAB**

Course Length: 2 hours

The Strength Series helps to develop the strength that is needed to perform at the highest of levels. There are three training phases within the series intended to progressively build a user's total work capacity and improve cardiovascular fitness: Build Muscle, Get Strong, Get Powerful.

### **SANDBAG LAB**

Course Length: 2 hours

The Sandbag Series provides you with a training plan that develops the raw strength and power needed to meet the performance demands placed upon you in any environment. This series progresses through three phases of training: Build Your Base, Gain Muscle, and Get Powerful. Each phase builds upon the work completed in the previous phase and preparing you for what's to come.

### **ENDURANCE LAB**

Course Length: 2 hours

The Endurance Series focuses on developing cardiovascular fitness while providing training methods to improve muscular strength. Frequently, endurance training enthusiasts focus on cardiovascular conditioning, neglecting complimentary components necessary for a well-balanced program, which places a great deal of stress on the body and, over time, can lead to training plateaus or injury. The workouts in this series are designed to assist with breaking through those training plateaus while decreasing injuries. To achieve this, we have also included additional training components in conjunction with cardiovascular training that are vital to your sustained success with endurance activities, including: Pillar Prep, Movement Prep, Strength, and Plyometrics.

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### **NOFFS SHORT COURSE**

Course Length: 6 - 8 hours

\*Available upon request. Minimum 10 participants to conduct a course.

Facilitated by certified NOFFS instructor at local MWR Fitness facilities. With both seminar and practical components, the purpose of the NOFFS Short course is to educate Sailors on the NOFFS methodology and Operational Series. This brief introduction provides the opportunity to explore the capabilities of the system and all of the tools and applications used to access NOFFS worldwide.

