

2020 NAVY

TRAININGS

- ✓ NOFFS Workshop
- ✓ Mission Nutrition
- ✓ FFR Performance Nutrition
- ✓ CFL Course
- ✓ American Red Cross Adult & Pediatric FA/CPR/AED

NAVY OPERATIONAL FITNESS & FUELING SYSTEM

NOFFS provides Sailors with an evidence-based performance tool that will address injury prevention by physically training operational job movement patterns. NOFFS emphasizes how to specifically improve the functional performance of a Sailor during daily operations, including: lifting, pushing, pulling, carrying, aerobic/anaerobic demands, body movement skills with balance, agility & coordination.

NOFFS WORKSHOP

9 a.m. - 4 p.m.

- ✓ January 15
- ✓ March 25
- ✓ May 13
- ✓ July 15
- ✓ September 16
- ✓ November 18

FLEET AND FAMILY READINESS PERFORMANCE NUTRITION

This class focuses on the holistic and tactical aspect of nutrition. The mission is to optimize the Warfighter at sea by providing performance-based nutrition to improve lethality, mission readiness, and resiliency. Topics will include: ketogenic diet, whole foods diet, behavior change, nutrient timing, tactical nutrition, etc.

FFR PERFORMANCE NUTRITION

9 a.m. - 4 p.m.

- ✓ January 21
- ✓ February 18
- ✓ May 26
- ✓ June 16
- ✓ September 22
- ✓ October 27

AMERICAN RED CROSS ADULT & PEDIATRIC FIRST AID/CPR/AED

This course teaches students how to recognize & care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for adult and pediatric victims. Successful students will receive a First Aid/CPR/AED certificate valid for two years.

FA/CPR/AED

8 a.m. - 2 p.m.

- ✓ January 14
- ✓ March 10
- ✓ May 12
- ✓ July 21
- ✓ September 15
- ✓ November 17

MISSION NUTRITION

Mission Nutrition is a standardized, science-based course focused on improving your nutritional knowledge & awareness. You will learn about a variety of every day nutrition topics (grocery shopping, weight control & balance, fueling for performance, etc.) and ways to improve your eating habits as well as your overall health.

MISSION NUTRITION

9 a.m. - 4 p.m.

- ✓ February 12
- ✓ April 15
- ✓ June 10
- ✓ August 19
- ✓ October 14
- ✓ December 9

COMMAND FITNESS LEADER (CFL) COURSE

A five-day, 40-hour course, which covers the administrative actions and duties of a CFL, basic exercise physiology and nutrition principles, basic PRIMS training, as well as intense, daily gym sessions teaching various methods for exercise programming. Upon completion of the 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 United States Navy.

CFL COURSE

7 a.m. - 4 p.m.

- ✓ February 23-27
- ✓ May 17-21
- ✓ October 18-22



MWR
MORALE, WELFARE AND RECREATION
BAHRAIN

439-3161