



US Navy Civil Engineer Corps Collegiate Corner



April 2023

Greetings!

The end of the Spring Semester is near! As you prepare for final exams, capstone projects, the Fundamentals of Engineering exam, and everything else on your list, take a moment to read the below text and learn more about the Navy’s Physical Fitness Assessment and maintaining your military records.

Your Accessions team is here to make sure you are knowledgeable about the CEC and are prepared for the challenges ahead. We send out the newsletters monthly to keep you informed about current events in the CEC, leadership development, and to answer questions you have with regards to the Navy, CEC, Seabees, etc. We look forward to you joining the ranks!

- CEC Accessions Team

PROFESSIONAL TOPIC

US Navy Physical Fitness Assessment (PFA)

It is important for all Service members to maintain an optimal level of physical fitness necessary for world-wide deployment, whenever or wherever needed. The Navy uses a holistic approach to overall wellness via exercise, nutrition, physical and mental health, weight control, tobacco cessation and prevention of alcohol abuse education; all of these factors contribute to overall wellness. In this section, we will describe the requirements surrounding the Navy Physical Fitness Assessment and provide links to reference the instruction.

The Physical Fitness Assessment is comprised of the following factors: Body Composition Assessment, Push-ups, Forearm Plank, and cardiorespiratory endurance exam. The 1.5 mile run or walk test is an indicator of cardio-respiratory endurance. The alternate cardio options: stationary bike, treadmill, Concept 2 rower and 500-yard or 450-meter swim tests are also indicators, but participation in these event are at the Commanding Officer’s discretion.

The PFA cycles are conducted either once or twice per calendar year as announced in October of each year.

Sailors who fail to meet PFA standards will be subject to administrative actions. Members failing to meet BCA or PRT standards will participate in a Fitness Enhancement Program (FEP).

US Navy Physical Readiness Program Website: [Physical Readiness](#)

Current Physical Readiness Program Instruction: [OPNAVINST 6110.1K](#)

Current Physical Readiness Program Calendar Year 2023 PFA Cycle Announcement: [CY 2023 PFA Announcement](#)



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Nutrition Resources: [Nutrition Resources](#)

Body Composition Assessment Guide: [BCA Guide](#)

Physical Readiness Test Instruction: [PRT Instruction](#)

CAREER FOCUS

Maintaining your Military Records

The accuracy and completeness of your military record is your responsibility. Although the information in your record is inputted by someone else, it is crucial that you periodically verify that the data was entered and it is correct. This article focuses on five Navy websites that allow you to review your record. You must have a Common Access Card (CAC) reader-enabled computer to access the websites.

1. My Navy Portal (<http://my.navy.mil/>). The Navy's new web portal designed to aggregate several personnel, training and education websites into one location. Here are some important things to know about MNP:
 - a. Today, the places Sailors go to access their personnel information is spread across a multitude of websites. Over time, that capability will be integrated into My Navy Portal.
 - b. This is the first step in providing a one-stop shop for Sailors to access their personnel information. Our Sailors deserve a modern personnel system and we are committed to giving it to them.
2. Bureau of Naval Personnel Online (BUPERS) (<https://www.bol.navy.mil/>). After logging into BUPERS, you will be able to view the following records:
 - a. Official Military Personnel File (OMPF) – electronic copies of official documents submitted to the Navy Personnel Command. Specifically, copies of your Fitness Reports (FITREPS) which are annual counseling reports that depict your performance during the year at your assigned command. FITREPS must be reviewed to ensure there are no gaps in the reporting cycles, the general data is correct, and there are no adverse comments that you do not agree with.
 - b. Officer Data Card and Performance Summary Review (ODC and PSR) – summaries of your FITREP trait scores, your reporting senior averages, and summary group averages. The ODC also list a history of your tour assignments, warfare qualifications, personal awards, acquisition certifications, and professional registrations. You may request electronic copies of your ODC and PSR.



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- c. Individual Medical Readiness (IMR) Status – Navy Medicine’s Medical Readiness Reporting System (MRRS) shows what immunizations are due, when your dental exam is due, when your Periodic Health Assessment (PHA) is due, and whether or not you are fully medically ready. Your actual medical and dental records will be given to you when you complete OCS. You will need to turn your records into the medical and dental clinics at your assigned naval installation.
 - d. Physical Readiness Information Management System (PRIMS) – a list of every official Physical Readiness Test (PRT) performed in the last seven years. PRIMS data is manually inputted by your Command Fitness Leader (CFL) and must be verified for accuracy and completeness.
3. Navy Standard Integrated Personnel System (NSIPS)
www.nsips.navy.mil. In NSIPS, you are able to view your Electronic Service Record (ESR), view your official orders, and create leave requests.
 4. Navy Family Accountability and Assessment System (NFAAS)
<https://navyfamily.navy.mil/>. You must verify the accuracy of your physical address, phone numbers, and dependents’ addresses (if applicable) semi-annually; usually in March and October. NFAAS standardizes a method for the Navy to account, assess, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event.

SAPR AWARENESS MONTH

**Sexual Assault
Prevention & Response (SAPR)**

RESPECT.

PROTECT.

EMPOWER.

- Treat every person with respect.
- Embrace the diversity of ideas, experiences and backgrounds of individuals.
- Exercise discipline in conduct and performance.

- Take responsibility for my actions.
- Hold others accountable for their actions.
- Intervene when necessary.
- Uphold the highest degree of integrity in professional and personal life.

- Be a leader and encourage leadership in others.
- Grow personally and professionally every day.
- Contribute to team success through actions and attitudes.



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Every year, the Navy participates in Sexual Assault Awareness and Prevention Month (SAAPM) during April with awareness-raising events, command-sponsored activities to engage Sailors in prevention and active intervention strategies, and trainings that provide tools and actionable skills to Service members, Department of Defense (DoD) civilians, contractors, and family members.

Commander, Navy Installations Command (CNIC) is joining other Navy components and services to observe SAAPM with a variety of activities and events at installations across the enterprise. Although sexual assault prevention is a year-round effort, SAAPM offers additional opportunities for members of the DoD community to renew our commitment to eliminating sexual assault from our ranks. Every Sailor, civilian, and family member has a role in preventing sexual assault. Understanding how to recognize opportunities for intervention is vital to stopping unsafe behavior, to include retaliation. Each day we can take steps to foster a culture of dignity and respect with proper ethical behavior, even when no one is watching.

Respect. Protect. Empower.

We continue to use our Call to Action, “Respect. Protect. Empower.” coupled with the 21st Century Sailor Signature Behaviors to illustrate specific actions we can all take to keep one another safe and engage in sexual assault prevention.

- At all times, we commit to treating others with **Respect**.
- **Protect** one another from harm through active intervention.
- **Empower** those around you to speak up or intervene.

Respect is an integral part of healthy relationships with friends, family, co-workers, and our communities, and some of the best modeling occurs in the spaces where we live, work, and play. When members of our family or community need help, we feel a great sense of duty to support and help them navigate life’s difficulties. So, we call upon Sailors, families, and communities to protect one another by looking out for signs of unhealthy relationships, whether living on or off base. Protecting one another also includes actively intervening or enlisting the support of your command or the local Fleet and Family Support Center (FFSC) to prevent harm.

Finally, we can all empower one another by providing non-judgmental support and referrals to those seeking advocacy, mentorship, and other services. As a Navy family, we can generate powerful change that benefits us all.

Ways to Get Involved

There are many ways that you can get involved in SAAPM and the Sexual Assault Prevention and Response (SAPR) Program. At each Navy installation, the Sexual Assault Response Coordinator (SARC) is the central point of contact (POC) for SAAPM events and activities. Your installation SARC can provide you with information on SAAPM events and volunteer opportunities. You can find contact information for your installation SARC by checking your local installation website, or by checking the Plan of the Week or Plan of the Day.



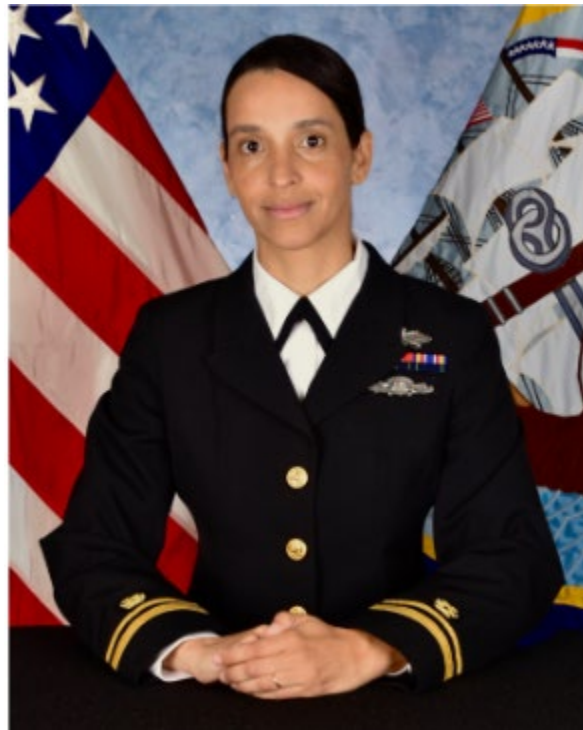
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Commands have multiple opportunities to participate during SAAPM and should consult with their SARC's to ensure that April efforts are a part of a larger, holistic year-round SAPR marketing and outreach plan.

ACCESSIONS OFFICER FOCUS

Lieutenant Marcella Cupello



We'd like to also take the opportunity to welcome Lieutenant Marcella Cupello to the team as the new South Region Accessions Officer. LT Cupello is a native of Rio de Janeiro, Brasil. She graduated from Florida Gulf Coast University with a Bachelor of Science degree in Civil Engineering in May 2012. Prior to commissioning, she served as a US Navy Seabee Builder (BU) with Naval Mobile Construction Battalion 133 in Gulfport, MS from 2013 until 2018. She received her commission via Officer Candidate School in Newport, RI on February 2019.

LT Cupello attended the Civil Engineer Corps Officers School in October 2019 and reported to her first duty station as an officer at Public Works Department Naval Air Station Jacksonville serving as a Construction Manager. She then transferred to Amphibious Construction Battalion



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TWO in Little Creek, VA where she served as the Charlie Company Commander and Command Legal Officer from May 2022 until March 2023. Her leadership was a critical component in the successful decommissioning of ACB-2.

Welcome to the team Lieutenant Cupello!

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