

HPC Physical Fitness Course Catalog

Strength and Conditioning

WOD Hours: A “Workout of the Day” will be written for Marines and Sailors to execute during WOD Hours. This is held as a class for 2d MLG Marines and Sailors to receive instruction from the Strength and Conditioning Coach and members of the HPC team to ensure proper technique, skill, and output. This is a great opportunity to ask questions, get feedback on your form and programming, and meet different support assets roaming the HPC from across 2d MLG.

Program Design: Dive into program design for the tactical athlete. Discussions on what adaptations are needed for tactical athletes, how to design individual training sessions, and how to modify and progress training blocks.

Barbell Fundamentals: Practical application session at the HPC where Marines and Sailors will learn foundational barbell movements. Marines and Sailors will receive individual coaching and feedback on lifting execution and will be taught what to look for in others when leading PT sessions.

Nutrition

Understanding Supplements: Build an understanding of how supplements can enhance physical and mental performance using a scientific and researched-based approach, including effective doses and how to evaluate the quality of a supplement. Learn how to use supplements the smart way following a research-based approach, DOD requirements, and current market trends. Bring your supplements for a chance to have your routine evaluated by the Sports Dietitian for safety and effectiveness.

Make your Own Macros: Learn how to calculate your own daily need for calories, protein, carbs, and fats. Take your daily need and apply this to building a personal meal plan that can be adjusted to your training schedule and intensity.

Body Composition Optimization: Whether you’re looking to gain or lose weight or just maintain a healthy amount of lean mass- learn how to skip the fad diet and use nutrition-based techniques to create long-lasting changes to meet your goal.

Athletic Training

Core 101: This class is designed for all Service Members (SM) and is 60 mins in length. It is the foundation for all things related to core and the lumbar spine. SMs will learn the anatomy of core structures, how the core muscle’s function, as well as how to activate each muscle. There will be a lab on the HPC gym floor where we will go over isolation of each muscle group, and a second lab that covers the accessory work necessary to set the foundation for any dynamic activity (running, hiking, reduce pain with prolonged sitting and standing). This class is essential for any dynamic activity as core is utilized in most movements. This will lead to reduced pain and a better understanding how to manage the spine during exercise.

Women's Wellness Workout: This class is 30 min and is designed for prenatal women as well as post-partum women. This class is going to teach women how to engage pelvic floor and all the muscles that are challenged during pregnancy as well as post-partum. There is isolating of the core, which includes pelvic floor as well as some cardiovascular components to challenge the cardiovascular systems in the body.

Hiking Optimization: This class is 60 mins and designed for all SM as well as units to utilize prior or leading up to a hike that may be scheduled or preparing for readiness for TEEPs. This can be utilized by individual SM or groups of 20-30 SMs. These exercises protect the SM from potential common injuries that occur during hikes. This class is also a great option for people that have minor aches and pain that are exacerbated by hiking. Great to reduce injury, prepare the body for unload activities, and decrease symptoms that occur after hiking.

Accessory Workout for Upper Extremity: This 60 min class is designed for all SM who would like to reduce injury and optimize performance in the upper extremity. This class covers all the accessory muscles that support dynamic exercises. These muscles are important in supporting the big movers when they fail. Most of these exercises cannot be isolated in the gym and are more foundational in nature. These exercises will reduce injury, limit potential injuries, and help strengthen muscles when lifting at the gym. These Classes are also beneficial for CFT/PFT Prep

Accessory Workout for Lower Extremity: This 60 min class is designed for all SM who would like to reduce injury and optimize performance in the lower extremity. This class covers all the accessory muscles that support dynamic exercises. These muscles are important in supporting the big movers when they fail. Most of these exercises cannot be isolated in the gym and are more foundational in nature. These exercises will reduce injury, limit potential injuries, and help strengthen muscles when lifting at the gym. These Classes are also beneficial for CFT/PFT Prep.

Taping 101: This 30 min class is designed for healthcare providers and SM who would like tools for musculoskeletal (MSK) management in the field. SM will also be provided education on how to manage blisters out in the field. SM will learn basic tape jobs to help keep SM safe while continuing to train. We will learn how to tape (ankles, Achilles, wrists, toes, fingers, arch, and turf toe). This class is 30 mins long, so, 1 or 2 taping methods will be taught each week. Check out the schedule for specific sessions.

Corpsman Education Class: General 60 min class for Corpsman or Medical Providers covering basic MSK principals to use out in the field as well as continuing education for MSK principals. This class will cover an array of topics Corpsman find valuable to learn from MSK subject matter experts, and each month, will review different body part evaluations.

Talk like Doc: This course is a 30-minute, monthly, crash course open to all SM. Content will change periodically, however, core objectives of this course are to give SM a better understanding of medical terminology, anatomy, and how to communicate effectively with healthcare providers. Being able to provide a descriptive, yet accurate history when being evaluated by a medical provider is critical for the provider to determine an appropriate and effective plan of care. Content will be biased to musculoskeletal and related neurologic structures and systems as well as understanding Pain and how it impacts readiness.

Recovery: Recovery sessions will be held weekly for 60 mins and rotate through upper body, lower body, and mobility focused content. These sessions are open to anyone. Participants will be educated in proper techniques of foam rolling, stretching to isolate specific muscles as well as self-mobility drills. Improving physical wellbeing is reliant on one's ability to move effectively and recover from activity. This course will give participants the tools to incorporate effective recovery routines in their fitness schedules currently and post-service.

Mobility and Stability: This course is designed for all Service Members (SM). This course will last 60 minutes. Without mobility, SM lack the foundations to reach full potential day in and day out. Increasing mobility is not just about "being flexible." Range of motion should be fluent, and resilient under stress, while optimizing the most muscle mass to carry out day to day operations. SM will learn to identify deficits in mobility in the upper and lower body. SM will also learn to effectively stabilize increased mobility to unleash their body's full potential. The class will provide SM the tools necessary for pain reduction, increasing SM ability to carry out the demands of their respective jobs, improve CFT/PFT scores and lifts in the gym.