

Appendix C

Marine Corps Training Requirements

Formal training requirements are established by Marine Corps orders and directives. Users should consult applicable directives to ensure they have a complete and current listing of training requirements.

Training Requirement	Per	Time Requirement
Marksmanship Rifle: Pvt-GySgt WO-Capt (less than 13 yrs)	MCO 3574.2H	annually Est: 60 hours
Pistol: Pvt-MGySgt/SgtMaj (if assigned by T/O) WO-LtCol		annually Est: 20 hours
Physical Fitness Physical Training (all Marines)	MCO 61003J	3 times per week (3 hrs per week)
Physical Fitness Test (all Marines under 46 years of age)		semiannually 1 hour/PFT
Combat Water Survival Training (Swimmer's ability determines requalification times)	MCO 1500.52A	CWS4 every 2 years CWS3 every 3 years CWS2 every 4 years CWS1 every 5 years WSQ no requalification required
Marine Battle Skills Training (MBST)	MCO 1500.51A	Number of hours dedicated to MBST will vary based on the type of unit; i.e., an infantry battalion accomplishes the bulk of its MBST training during normal unit training.
Nuclear, Biological, and Chemical (NBC) Defense Training (gas chamber)	MCO 3400.3E	Est: 6 hours annually
Leadership	MCO 5390.2D	Est: 4 hours annually
Law of Land Warfare	FM 27-10 w/C 1	Est: 2 hours annually
Substance Abuse	MCO P5300.12 w/C 1-4	Est: 1 hour semiannually
Troop Information	MCO 1510.25C w/C 1	Est: 8 hours annually
Sexual Harassment	MCO 5300.10A	1 hour annually
MCI study/test	MCO 1550.3M	Est: 1 hour weekly

The majority of these additional, secondary training requirements fall under the troop information category. This listing is not inclusive and does not represent additional demands placed on individual units by their higher headquarters, e.g., Marine expeditionary force, division, and wing. Users should consult applicable directives for a complete and current listing of requirements.

Training Requirement	Per	Training Requirement	Per
Suicide Awareness	ALMAR 340-94 MCO 6200.4	Religious Ministries	SECNAVINST 1730.7 MCO 1730.6C
Team Marine	ALMAR 141/94	Insurance Counseling	SECNAVINST 1740.2
Informal Resolution	ALMAR 149/94	USMC Health Prom Prog	MCO 6200.4
System		Semper Fi	
Driver Improvement	MCO 5100.19C w/C1-7	Off-Duty Employment	MCO 5330.3D w/C1
Privacy Act	MCO P5211.2A w/C1-2 Erratum C1-4	Exchange Services	MCO P1700.27 w/C1
Article 137 UCMJ	UCMJ	MWR	MCO 1700.27 w/C1
Standards of Conduct	SECNAVINST 5370.2J	Legal Assistance	JAGINST 5800.7C w/C1-2
HIV/AIDS	SECNAVNOTE 5300	Casualty Assistance	MCO P3040.4D
Code of Conduct	SECNAVINST 1000.9	American Red Cross	MCO 1700.21
Personal Financial	SECNAVINST 1740.2	Health Care	SECNAVINST 6320.8
Management	MCO P5800.8C	Benefits/Champus	
Survivor Benefit Plan	MCO P1741.11B	Club System	MCO P1700.27 w/C1
FDA and VA Insured	VA Pam 26-4/6	Non-Naval Medical and	NAVMEDCOMINST
Loans		Dental Coverage	6320.1
Navy Relief	ALMAR 292/87	DEERS	MCO P5512.11A w/Erratum
Allotments	DFAS-KC 7220.45R	Family Programs	MCO P1700.24A
SGLI	MCO P1741.8C	Sponsorship Program	MCO 1320.11D
BAS	MCO 10110.47	Space A Travel	MCO 1320.11D
Passenger Transportation	JTR MCO P4600.7C w/C1-7	Transportation of Personal Property	MCO 4600.7C w/C1- 7 and JTR
Equal Opportunity/ Human Relations	MCOs 1700.24A, 5300.10A/ALMARS 288/91, 50/92	Food Service Patron Education	MCO P10110.34E
		Voluntary Education	MCO 1560.26 w/C1/ 27A/28B