



DEPARTMENT OF THE ARMY
C BATTERY, 2D BATTALION, 6TH AIR DEFENSE ARTILLERY
2745 MINOR ROAD
FORT SILL, OK 73503

ATSA-TPY-C

1 January 2017

MEMORANDUM FOR Students, Army Medical Department Direct Commission Course

SUBJECT: AMEDD Direct Commissioning Course Physical Readiness Preparation

1. Trainees participating in the Army Medical (AMEDD) Direct Commission Course (DCC) should begin preparing for the Army's Physical Readiness Training Program (PRT) as soon as possible.

2. AMEDD DCC Trainees will conduct daily PRT and complete a diagnostic Army Physical Fitness Test (APFT).

3. The following resources can be used to prepare:

a. Field Manual 7-22:

<http://www.westpoint.edu/dpe/SiteAssets/SitePages/Cadet%20Additional%20Prep/FM%207-22%20Army%20Physical%20Readiness%20Training.pdf>

b. Army's PRT Pocket Manual:

https://www.goarmy.com/content/dam/goarmy/downloaded_assets/pt_guide/pocket-pt-guide.pdf

4. The point of contact for this memorandum is CPT John Young at (580)558-5095 or john.r.young147.mil@mail.mil.

A handwritten signature in black ink, appearing to read "M. Luemann", is positioned above the typed name.

MATTHEW J. LUDEMANN
CPT, AD
Commanding