

Announcing Creation of the 6OK – Human Performance Specialist AQD

As the nature of warfare continues to change and optimum physical performance of our warfighters becomes even more vital, Navy Medicine has realized the need to provide the best medical support to those warfighters by the clinicians best suited to work with those populations. Just as a physical therapist specializing in pediatric patients and a cardiologist are best qualified to deal with children and heart conditions, respectively, so too are those medical providers with in-depth knowledge in the realm of physical performance best suited to work with those communities that have the most need for top physical performance in their professions.

Presently, there is an informal community of physicians, physical therapists and others who have self-selected for training and assignment in human performance roles, yet there are no formal means that identify and screen for this rapidly growing community. The BUMED Human Performance Sub-Community, as a part of the Neuromusculoskeletal Advisory Board, sought to aid the medical forces in identifying these individuals and created the 6OK – Human Performance Specialist Additional Qualification Designator (AQD), which just received approval from the Navy Officer Occupational Classification System (NOOCS) board. This AQD will be awarded to qualified officers upon release of the 2021 revision of the NOOCS manual, volume I part D.

The intent of this AQD is to recognize those officers with extensive background in human physical performance and will assist detailers and specialty leaders in identifying officers who may be preferentially detailed to operational units or commands with communities where warfighters require elite human performance. Examples of these assignments include, but are not limited to, Naval Special Warfare, Fleet Marine Force, and Expeditionary Warfare commands.

Multiple paths to qualification exist, and this designation will cross several Corps and many qualified personnel will work in and outside of BSO-18 commands. This AQD will raise awareness of this skillset and aid in tracking as personnel move between the various BSOs. Awarding of this AQD requires both academic and physical fitness components. Criteria for qualification are as follows:

1. Obtain Certified Strength and Conditioning Specialist (CSCS) or equivalent credential; **AND**
2. Complete 25 hours of one-on-one mentorship with another Human Performance professional; **AND**
3. Complete a minimum of 12 months in Human Performance Program with SOCOM, NECC, USMC or similar setting; **OR** Complete a Navy Operational Fitness and Fueling System (NOFFS) Operational Facilitator Course; **AND**
4. Complete three consecutive cycles of Excellent Low or better in all three parts of the PRT; **AND**
5. Complete a performance improvement project in the field of Human Performance with your local command, community, or service.

Emphasizing this AQD in the assignment process is one method our force leverages our Power and Performance by assigning the right People to the right Platforms at the right times.

For any questions, concerns, or additional information regarding the HP AQD please contact LCDR Mark Riebel (mark.riebel@navy.mil) or CDR Kevin Bernstein (kevin.m.bernstein.mil@mail.mil).