

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.

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