



# United States Naval Sea Cadet Corps

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30 July 1996

## NSCC ACTION LETTER 8-96

To: Distribution

Subj: NSCC PHYSICAL EXAMINATION REQUIREMENTS

Ref: (a) NSCC: Administrative Manual  
(b) BUMED ltr 6120.5, Ser 25/0024 of 15 July 1996

1. **Purpose:** To cancel the requirement for urinalysis and hemoglobin (blood) tests, except as specified below, as part of the routine physical examination for enrollment in the NSCC program.

2. **Discussion:** Reference (a) outlines the requirements for a physical examination to determine if an applicant for the NSCC/NLCC program can fully participate in NSCC activities. The physical is similar to a sports physical; requirements are given on the NSC-5B which is used to record the results of the examination. Reference (b) states that current guidelines from the American Academy of Family Physicians and American Academy of Pediatrics suggests that routine screening of adolescents by urinalysis and hemoglobin have not proven to be cost effective. Consequently, these tests which are listed on the NSC-5B are no longer required except under the following conditions:

a. Appropriate tests must be performed if the applicant has a history of problems involving the urinary tract or history of anemia. Female applicants involved in outside activities as ballet, gymnastics, competitive swimming or competitive running may be particularly prone to severe anemia and shall be given special consideration for close screening.

3. **Action:** Effective immediately urinalysis and hemoglobin (blood) tests are no longer required as part of the physical examination as recorded on the NSC-5B for enrollment in the NSCC program except as noted in paragraph 2a above.

4. **Cancellation:** This Action Letter remains in effect until incorporated into the next revision of NSC Form NSC-5B.

A handwritten signature in black ink, appearing to read "A. J. Kreiser".

A. J. Kreiser

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