



DEPARTMENT OF THE NAVY

UNITED STATES NAVAL ACADEMY

121 BLAKE ROAD

ANNAPOLIS, MARYLAND 21402-5000

USNAINST 6110.1A
13/PhysEd

14 SEP 2004

USNA INSTRUCTION 6110.1A

From: Superintendent

Subj: HEALTH AND PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1G

1. Purpose. To publish information concerning the health and physical readiness program for Navy personnel per reference (a).
2. Cancellation. USNAINST 6110.1. This is a complete revision and should be reviewed in its entirety.
3. Background. Leadership and physical fitness go hand-in-hand. Physical fitness results in the mental keenness and physical stamina demanded of those who lead men and women in the Naval Service.

4. Information

a. Reference (a) implements a health and physical readiness program and contains specific information on the policy of the Chief of Naval Operations in regard to this program. All members of the Navy, except those temporarily excused for medical reasons, are personally responsible for attaining and maintaining themselves in a condition of physical fitness enabling them to perform their duties whenever and wherever required. Such conditioning should be accomplished through regular participation in a physical fitness program.

b. The Head, Physical Education Department, is assigned the responsibility of Command Fitness Coordinator (CFC). Each department within the command will designate its own Fitness Coordinator.

c. Head, Physical Education Department, as overall CFC is responsible for:

- (1) Administering the physical fitness program per reference (a).
- (2) Scheduling the Physical Readiness Test (PRT) every six months.
- (3) Providing results to reporting seniors for fitness report purposes.

d. Each Department Fitness Coordinator (DFC) is responsible for:

14 SEP 2004

(1) Maintaining the Risk Factor Screening data.

(2) Making sure Sections A, B, C are completed on each individual's Risk Factor Screening sheet before the scheduled tests.

(3) Taking appropriate administrative action when required by reference (a).

(4) Organizing and implementing a remedial program for those individuals who fail the PRT.

e. Complete program requirements and standards are contained in reference (a).

5. Action

a. The PRT will be administered every April/May and October/November for three days with two early testing days and two make-up days. Specific dates will be published in the Weekly Administrative Bulletin (WAB). O-5s and above unable to take the test during published dates due to schedule conflicts may schedule an individual test with their DFC.

b. Individuals failing to meet prescribed minimum standards during semi-annual testing will be retested at intervals not to exceed 30 days until standards can be met. Retesting will be terminated and remedial fitness training will begin 60 days after the annual test if standards have not been met. Anyone failing to pass the PRT in the allotted time will receive a Fitness Report entry as required by reference (a).



T. D. RAINS
Deputy/Chief of Staff

Distribution:
AA