



DEPARTMENT OF THE NAVY
UNITED STATES NAVAL ACADEMY
121 BLAKE ROAD
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COMDTMIDNINST 6100.3
Physical Education
23 January 2001

COMDTMIDN INSTRUCTION 6100.3

From: Commandant of Midshipmen

Subj: PHYSICAL EDUCATION CURRICULUM REQUIREMENTS

Ref: (a) COMDTMIDNINST 6110.2B (Midshipmen PRT Procedures)
(b) COMDTMIDNINST 5400.6B (Midshipmen Regulations)

Encl: (1) Grading Procedures and Graduation Requirements
(2) Test Standards
(3) Swimming Requirements
(4) Deficiency Procedures
(5) Review Boards and Graduation Status

1. Purpose. To provide requirements and procedures for the Physical Education (PE) program at the United States Naval Academy.

2. Cancellation. CSORM Section 11. This directive is a complete revision and should be reviewed in its entirety; no special markings appear as changes are extensive.

3. Applicability. Provisions of this instruction apply to all midshipmen.

4. Policy

a. Physical readiness is a crucial element of life in the Naval Service. Mission readiness and operational effectiveness are built on the physical fitness of the individual. The Naval Academy's PE curriculum is designed to provide graduates with a solid foundation in physical readiness. Specifically, four areas are addressed in the curriculum: water survival, physical development, personal conditioning, and recreational sports.

b. All midshipmen are required to meet the standards set forth in this instruction. Midshipmen who are unable to meet the requirements are subject to separation from the Naval Academy.

5. Action

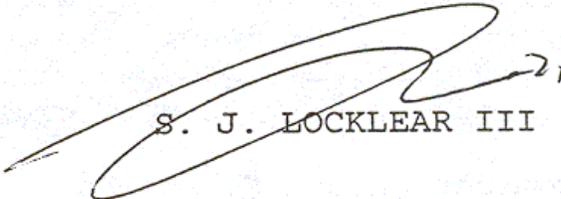
1. Head, Physical Education will:

(1) Implement all aspects of the PE curriculum.

(2) Ensure instructors are available to assist and provide guidance to midshipmen in any of the areas addressed in this instruction.

(3) Periodically review the PE curriculum, recommending appropriate changes and updates, as required.

b. All midshipmen are responsible for meeting the requirements of this instruction.


S. J. LOCKLEAR III

Distribution:
A

GRADING PROCEDURES AND GRADUATION REQUIREMENTS

1. Summary. All graded Physical Education (PE) tests or courses taken within a semester are equally weighted toward a final semester average. Any one grade of incomplete will result in a final grade of incomplete. A semester grade of "F" will result if any one component of a test is failed. When the failure or incomplete status is removed, the semester grade will be recalculated. Midshipmen must also successfully pass a Physical Readiness Test (PRT) each semester of each academic year or be subject to the PRT policy outlined in reference (b). PE curriculum course requirements are as follows:

Core Courses

Year Subject

4/C	Personal Conditioning Swimming
3/C	Swimming Boxing Wrestling
2/C	Swimming Judo Elective
1/C	Two Electives

2. Validation. Midshipmen may validate core courses by taking a validation test. This validation test will be based on validation standards set by the PE Department Course Chairman. Validation will be based on a demonstration of skill and proficiency, and requires a minimum score of 90.0 percent. A course validation is only in effect for one semester; subsequent courses require a new validation. At no time will validations be permitted for elective courses. All midshipmen must report to the first scheduled class section and confirm their status (validated or deferred) with the head instructor. Those midshipmen who have validated will not normally be required to attend class for the remainder of the semester. Midshipmen with a deferral will attend class but will not be required to participate in strenuous physical activity. If validation or deferment is not recorded, the course must be completed with the regularly scheduled class. If a discrepancy exists, midshipmen are required to go to the Marking Office.

3. Grade Recording. It is the responsibility of each midshipman to ensure their grade is properly recorded at the test site. A midshipman leaving the test site without a properly recorded grade has failed to meet the administrative requirements for the class, and will then be considered a failure. If the grade is only partially recorded, the test will also be marked as a failure. A test grade or score will be accepted only if it is recorded immediately; that is, once the period of instruction has ended and the class dismissed, no scores will be accepted.

Enclosure (1)

TEST STANDARDS

1. Boxing and Judo

a. Instructors will assign grades based on proficiency of form, offense, defense, fortitude, and ring craft during the testing period. Only those midshipmen with valid excusals will be exempt from this test. Midshipmen excused on the test day must take a make-up test as soon as their excusal expires.

b. Midshipmen must score a minimum of 12 out of 20 points in each category to pass. Sixty points are needed to obtain a grade of "D".

c. Attendance is mandatory and unexcused absences may constitute a failure.

d. Make-ups for incomplete will be offered monthly by the Physical Education (PE) Department.

e. Midshipmen who fail to meet the minimum requirements must meet with the Boxing or Judo Curriculum Chair for extra instruction until a passing grade is obtained.

2. Wrestling

a. Instructors will assign grades based on execution of take-downs, rides, pins, escapes, and reversals. Aggressiveness and combat strategy during the testing period are also accounted for in the final grade. Only those midshipmen with valid excusals will be exempt from this test. Midshipmen excused on the test day must take a make-up test as soon as their excusal expires.

b. Midshipmen must score a minimum of 12 out of 20 points in each category to pass. Sixty points are needed to obtain a grade of "D".

c. Attendance is mandatory and unexcused absences may constitute a failure.

d. Make-ups for incompletes will be offered monthly by the PE Department.

e. Midshipmen who fail to meet the minimum requirements must meet with the Wrestling Curriculum Chair for extra instruction until a passing grade is obtained.

3. Personal Conditioning

a. Grades are determined by written tests administered during the lecture sessions, and by the instructor's assessment of midshipmen during the personal conditioning labs and weight training sessions. Each midshipman will receive a grade based on quizzes, a minimum of one written exam, and instructor input.

b. Attendance is mandatory and unexcused absences may constitute a failure.

c. Midshipmen will be permitted to make up missed class work by attending a session that meets at alternative times during the week, or by completing appropriate assigned tasks.

d. Remediation may be scheduled with the Personal Conditioning Curriculum Chair for completing the appropriate assigned tasks. The amount of work assigned must be equivalent to the work required to pass the course through regular class attendance, participation, and successful completion of written exams.

Enclosure (2)

SWIMMING REQUIREMENTS

1. Swimming tests are graded subjectively except for those indicated as timed events. All swimming tests given within a particular course must be completed successfully during the semester in which administered, including the tower jump.

A failure in any test will result in a final grade of "F". Swimming requirements for each class are:

a. Fourth Class

(1) Graded

(a) 50-meter elementary backstroke using 6-11 strokes per 25 meters (25% of grade).

(b) 50-meter breaststroke using 6-11 strokes per 25 meters (25% of grade).

(c) 200-meter swim with maximum time of 5:12 (50% of grade).

(2) Pass/Fail

(a) Tower jump. To meet the requirement, each midshipman must properly jump from the 5-meter platform.

(b) 40 foot underwater swim from a surface dive.

b. Third Class

(1) Graded

(a) 100-meter crawl stroke using good breathing, arm stroke, and flutter kick (25% of grade).

(b) 50-meter sidestroke using 6-11 strokes per 25 meters (25% of grade).

(c) 400-meter swim with maximum time of 11:00 (50% of grade).

(2) Pass/Fail

(a) Tower Jump. To meet the requirement, each midshipman must properly jump from the 10-meter platform.

(b) Clothing inflation of white works trousers with blouse on (3-minute time limit).

(c) 50-foot underwater swim from a surface dive wearing white works top and trousers.

c. Second Class

(1) Graded. 40-minute swim in khaki uniform. Midshipmen must swim 0.5 to 1.0 mile without touching the end of the pool, side of the pool, or lane markers. The distance covered within the 40-minute time-frame determines the grade received (100% of grade).

(2) Pass/Fail. Clothing inflation of khaki trousers with shirt on (2-minute time limit).

Enclosure (3)

DEFICIENCY PROCEDURES

1. This section explains the definitions and procedures for midshipmen who are deficient in Physical Education (PE) marking subjects, and assigns responsibility for the administration of the sub-standard and remedial squads.

2. Incomplete: An "incomplete" status begins immediately after missing a regularly scheduled curriculum test if the midshipman is on a valid waiver or deferral. Incomplete status remains in effect up to thirty calendar days following the expiration of the waiver or deferral. If the

thirty-day grace period expires and the test is not made-up, the incomplete status becomes a Marking Office Failure (MOF). If leave, movement orders, or military obligations occur during the thirty-day grace period, the midshipman must inform the Marking Officer of the mitigating or extenuating circumstances prior to the deadline and before departing the area. The Marking Officer may extend the incomplete period.

3. Marking Office Failure (MOF): An incomplete becomes a MOF when thirty calendar days have elapsed after the expiration of a valid waiver and the midshipman has not completed the deficiency or personally arranged a make-up schedule with the Marking Officer (Marking Office Waiver). The deficiency must be cleared with the Marking Officer before the thirty-day grace period expires. A MOF represents an administrative failure for a PE subject. MOFs for courses other than swimming or the PRT are made up by participating in extra instruction, or by retesting. Retests are conducted monthly by the PE Department. Swimming and the PRT MOFs are corrected in remedial or sub-squad workouts. A grade of 60.1% will replace a MOF when the requirements of the course/test are fulfilled.

4. Failure: A midshipman earns a "failure" when the minimum physical and administrative requirements are not met in a PE test or subject. Swimming and PRT failures are corrected in remedial or sub-squad workouts. A midshipman may correct failures for courses other than swimming and the PRT through extra instruction and retesting with course instructors. Only a grade of 60.0% may be earned by the midshipman when the requirements of the course or test are met. Failures and MOFs in the PRT or swimming require mandatory attendance at company remedial or sub-squad workouts.

5. Medical Chits

a. When receiving a medical chit, it is the midshipman's responsibility to ensure his/her doctor knows which activities the midshipman may require exemption from. Authorized medical personnel must initial any alterations to medical chits.

b. All chits specifically excusing midshipmen from physical activity will be taken to the Marking Office on the day the chit is issued. A

drop box located outside the Marking Office is accessible any time Macdonough Hall is open. One legible copy of the chit, with the midshipman's alpha code written at the top, will be placed in the drop box. The Marking Office must receive a copy of the chit before routing the chit to the Company Commander/Officer in order to administratively "freeze" the PE grade until status is determined. Failure to properly follow procedures or late submission will result in inaccurate data being promulgated.

c. When a medical chit expires, midshipmen have thirty calendar days to make-up any PE deficiencies. If circumstances prevent this, the midshipman must report immediately to the Marking Officer before the deadline to discuss their situation. Failure to take any action within the thirty calendar days will result in the incomplete becoming a MOF, with a maximum grade of 60.1%.

d. The remaining Marking Office stamped copies of the medical chits will be delivered to the Company Commander/Officer for signature. Midshipmen are responsible for bringing a stamped and approved copy to every PE class muster.

e. Midshipmen should contact their Company PE Officer if they have questions concerning PE deficiencies. If the question cannot be resolved, midshipmen must contact the Marking Office.

6. Leave/Liberty. Midshipmen with PE deficiencies will conform to leave and liberty policies outlined in references (a) and (b).

7. Varsity Athletic Deferrals and Course Offerings

a. Varsity athletes, regardless of being in or out of their sport's traditional championship season shall attend, actively participate in, and be tested for all PE classes.

b. Varsity athletes, with the concurrence of their Head Coach and Company Officer, may request excusal from the lead instructor for their combative (judo and boxing) classes during their championship season. Also, during a varsity athlete's championship season, he or she may request excusal from a test (swimming, boxing or judo) if that test occurs on the day of a competition, but the test must be satisfactorily completed at the first opportunity.

c. Varsity athletes who become deficient in a PE class, during their championship season, are not required to attend the applicable deficiency squad while they are in season. Multiple sport varsity athletes will be responsible for making up their deficiency(ies) prior to competing in the following sports season.

d. When choosing PE course electives, athletes that appear on either varsity or junior varsity team lists may not choose that particular sport as an elective course (team managers are exempt from this restriction).

REVIEW BOARDS AND GRADUATION STATUS

1. Midshipmen who fail or are incomplete in a Physical Education (PE) test/subject are considered to be deficient and subject to action by the following boards:

a. Physical Education Evaluation Board (PEEB). The duties of the PEEB include review of deficient cases and forwarding appropriate cases to the Commandant of Midshipmen Physical Education Review Board (PERB). Membership of the PEEB includes:

- (1) Head, Physical Education Department
- (2) Executive Officer, Physical Education Department
- (3) Deputy Physical Education Officer
- (4) Physical Education Marking Officer
- (5) Physical Education Remedial Officer

b. Physical Education Review Board (PERB). The duties of the PERB include review of deficient cases forwarded by the PEEB. Action includes issuance of a letter of warning or letter of probation, forward case to the Commandant of Midshipmen with recommendation for referral to the Academic Board or permanent waiver of PE requirements. Membership of the PERB includes:

- (1) Deputy Commandant of Midshipmen
- (2) Brigade Medical Officer
- (3) Head, Physical Education Department
- (4) Executive Officer, Physical Education Department
- (5) Deputy Physical Education Officer
- (6) Physical Education Marking Officer
- (7) Physical Education Remedial Officer

2. Guidelines for deficiencies:

a. Issue a Letter of Warning to any midshipman with a current semester failure.

b. Issue a Letter of Probation to any midshipman with one or more failures from previous semesters, or to any midshipman meeting the requirements for a Letter of Warning, who already received a Letter of Warning during the current semester.

c. Issue a Letter of Warning or Probation to a first-class midshipman in danger of not meeting graduation requirements.

d. Issue a Letter of Warning or Probation to any midshipman who is judged by the Board to be a potential PE risk.

e. Forward a case to the Academic Board. A case forwarded to the Academic Board is subject to discharge for failure to meet the Naval Academy PE requirements.

f. Forward a case to the Academic Board for permanent waiver of a PE requirement based on Brigade Medical Officer recommendation.

3. Delayed Graduation. Any first-class midshipman who has not successfully completed the PE graduation requirements by completion of the last-scheduled exam will be referred to the Academic Board. If retained by the Academic Board, the midshipman may be a delayed graduate and assigned to the Remedial Physical Fitness Training Program under the guidance of the PE Department until the Academic Board's specified requirements are met.

Enclosure (5)