



DIRATHINST 6100
26 APRIL 2010

DIRECTOR OF ATHLETICS INSTRUCTION

From: Director of Athletics

Subj: PHYSICAL EDUCATION REQUIREMENTS FOR GRADUATION FROM THE
UNITED STATES NAVAL ACADEMY

Ref: (a) DIRATHINST 6110.2; Subj: Midshipmen Physical Readiness Test
(PRT) Procedures
(b) COMDTMIDNINST 5400.6L; Subj: Midshipmen Regulations

Encl: (1) Graduation Requirements
(2) Physical Education Requirements by Class
(3) Physical Education Curriculum Summary
(4) Physical Education Grading, Deficiencies, Validations, Deferrals and
Incompletes
(5) Physical Education Deficiency Review Boards

1. Purpose: To delineate Physical Education requirements necessary for graduation and to establish related policy.
2. Cancellation: Director of Athletics Physical Education Requirements for Graduation dated October 2007 is cancelled and replaced by this Instruction. It should be read in its entirety.
3. Applicability: Provisions of this instruction apply to all midshipmen. Midshipmen who are unable to meet the requirements are subject to separation from the Naval Academy.
4. Background: Physical readiness is a key component of the Naval Academy's mission to "develop midshipmen morally, mentally and physically." It is the lynch pin to today's midshipmen becoming tomorrow's military leaders of character, who can readily assume the demanding responsibilities of command and citizenship associated with the defense of our nation. Mission readiness and operational effectiveness are built on the physical fitness of each individual. Naval Officers who are not physically fit simply cannot be effective leaders. Physical fitness results in the mental alertness and physical stamina demanded of those who lead men and women in the Naval Service.

5. Discussion: Midshipmen are required to establish a personal physical fitness program of regular exercise that ensures a high level of personal physical readiness. This program is designed to improve cardio respiratory fitness, increase muscular strength, improve endurance and flexibility, and maintain proper body composition. As part of this program, each midshipman must complete and demonstrate ability in combative, swimming and personal conditioning. Further, each midshipman must successfully pass the Physical Readiness Test (PRT) each semester.

6. Graduation Requirements. The Physical Education requirements specified in this instruction delineate standards and activities that every midshipman must successfully complete in order to graduate. The Physical Education requirements for graduation are listed in Enclosure (1), and the curriculum by class is set forth in Enclosure (2). The Standard Physical Education Curriculum is summarized in Enclosure (3). Grading procedures are described in Enclosure (4). Midshipmen who are deficient in the Physical Education requirements are subject to the deficiency procedures and review boards described in Enclosure (5).

7. Action: Head, Physical Education will:

- a) Implement all aspects of the PE curriculum;
- b) Ensure instructors are available to assist and provide guidance to midshipmen in any of the areas addressed in this instruction.

8. Implementation: The test standards to successfully fulfill the Physical Education requirements for graduation from the United States Naval Academy are effective immediately. Midshipmen who are deficient in the Physical Education requirements are subject to the deficiency procedures and review boards described in Enclosure (5).



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Director of Athletics

GRADUATION REQUIREMENTS

Every midshipman must pass all Physical Education course requirements for graduation as stated in Enclosure. Every midshipman must pass the PRT every semester.

All midshipmen should know their personal PE status at all times. Senior enlisted leaders are charged to maintain a clear status on each midshipman in their company on behalf of their company officer, as assisted by their midshipman Physical Mission Officer.

1. **Combative:** A midshipman must receive a passing grade for each of these events.

Must Be Completed

Boxing: Demonstration of basic skills	4th Class Year
Wrestling: Demonstration of basic skills	4th Class Year
Martial Arts I: Demonstration of basic skills	3rd Class Year
Martial Arts II: Demonstration of basic skills	2nd Class Year

2. **Swimming**

Must Be Completed

Every midshipman must complete the requirements for a NAVY 3rd class swim qualification.

3. **Personal Conditioning** - A midshipman must receive a passing grade for each of these events.

Must Be Completed

Personal Conditioning I	2nd Class Year
Personal Conditioning II-III *	* Only when a 1/c midshipman fails the Fall or Spring PRT

4. **Lifetime Recreation Electives.**

Incoming 1/C midshipmen may pre-register for a fall semester elective of their choice. The Physical Readiness Test will be offered at fall reform for incoming 1/c midshipmen who are deficient in the PRT. Midshipmen who pass this PRT may participate in the elective course selected for the fall semester. Midshipmen who do not pass this PRT will be required to take Personal Conditioning II and participate in the remedial training program for the fall semester. Midshipmen who fail to meet the fall PRT standards will be required to take a January reform PRT. Midshipmen who pass this PRT may participate in the elective course selected for the spring semester. Midshipmen who do not pass this PRT will be required to take Personal Conditioning III and participate in the remedial training program for the spring semester.

The electives offered are: Advanced Boxing, Aviation Aquatic Training, Climbing (Intro), Climbing (Advanced), First Aid, Golf, Gymnastics, Kayaking, Martial Arts Personal Fitness, Racquetball, Squash, Swim Conditioning, Tennis, Triathlon, Volleyball, Water Polo, and Weight Training.

Enclosure 1

5. Physical Readiness Test (PRT)

The Naval Academy Physical Readiness Test consists of push-ups, curl ups, sit and reach, and a 1.5 mile run. Midshipmen are required to pass a PRT for every semester of enrollment or they will be considered deficient. DIRATHINST 6110.2, Subj: Midshipmen Physical Readiness Test (PRT) Procedures contains a detailed discussion of the different categories of PRTs.

PRT Standards

	Push-ups (2 minutes)	Curl-ups (2 minutes)	1.5 mile run	Sit-reach
Female	20	65	12:40	pass
Male	45	65	10:30	pass

PHYSICAL EDUCATION REQUIREMENTS BY CLASS

Curriculum: The Physical Education curriculum is composed of four major areas: Combative, Swimming, Personal Conditioning, and Lifetime Recreation Electives.

- a. Combative – Midshipmen receive instruction in Boxing, Wrestling and Martial Arts.
- b. Swimming – Midshipmen attain proficiency in Basic Stroke Skills, Endurance Swimming and Water Survival Techniques.
- c. Personal Conditioning – Midshipmen receive instruction in Physical Fitness methods, exercise physiology, nutrition and exercise prescription. This program prepares midshipmen to be proficient in developing a fitness training program for themselves and their personnel.
- d. Lifetime Recreation Electives - First Class Midshipmen who have passed the PRT are provided an opportunity to develop skills in recreational activities that promote a healthy life style.

Course Requirements:

Fourth Class

Boxing – Midshipmen are required to take eight lessons of boxing which include offensive and defensive skill development. Midshipmen are graded based upon how well they perform sparring two one minute rounds using all of the techniques taught. Course grades are determined based upon the PRT, and a midshipman's form, offense, defense, fortitude and ring craftsmanship.

Wrestling – Midshipmen are required to take eight lessons of wrestling. Midshipmen learn skills from the neutral offensive and defensive position. Course grades are determined based upon the PRT, and a midshipman's aggressiveness and ability to perform take-downs, rides, pins, escapes and reversals.

Swimming – Midshipmen are required to take sixteen lessons of swimming. All swimming and survival skills are graded. Midshipmen are required to perform the following skills: A 200 meter swim in 5:12 minutes or faster, an elementary backstroke series in 11 strokes or less covering 25 meters (the width of the pool), a breaststroke series in 11 strokes or less covering 25 meters (the width of the pool), a 5 meter jump, and swim 40 feet underwater from a surface dive. The course grade is determined by the PRT and skill proficiency.

Third Class

Swimming – Midshipmen are required to take sixteen lessons of swimming. All swimming and survival skills are graded. Midshipmen are required to perform the following skills: A 400 meter swim in 11:00 minutes or faster, a sidestroke series of 11 strokes or less covering the 25 meters (the width of the pool), a 100 meter subjective crawl stroke (technique test), swim 50 feet underwater in camouflage uniform, a 3 minute camouflage trouser inflation, and a 10 meter jump. The course grade is determined by the PRT and skill proficiency.

Martial Arts I – The US Naval Academy Martial Arts program integrates the physical, moral and mental development of midshipmen by reinforcing the character development curriculum in a highly stressful and physically taxing martial arts environment. Midshipmen are required to take sixteen lessons of Martial Arts I training. The course grade is determined by the PRT and how well the midshipman performs twenty-three martial arts skills.

Second Class

Swimming – Midshipmen are required to take eight lessons of swimming. All swimming and survival skills are graded. Midshipmen are required to perform the following skills: A 40 minute swim in khaki uniform covering a minimum of 1000 meters rounding buoys placed in the water, and a 2 minute khaki uniform inflation test. The course grade is determined by the PRT and skill proficiency.

Personal Conditioning I – Midshipmen are required to take eight lessons of personal conditioning. Midshipmen must demonstrate that they have the knowledge to personally condition themselves, and understand the health benefits of lifetime physical fitness as it relates to Academy life and their responsibilities as future Naval Officers. The course grade is determined based upon the PRT, class participation and a written test.

Martial Arts II – Midshipmen are required to take sixteen lessons of Martial Arts II. Martial Arts II progresses from Martial Arts I skills to a higher level of Martial Arts techniques. The course grade is determined based upon the PRT, and how well the midshipman performs twenty-seven martial arts skills.

First Class

Lifetime Recreation Electives – 1/C midshipmen who are PRT PWS may take a Lifetime Recreation Elective during the fall semester. The course grade is determined based upon the PRT, skills proficiency obtained in the class and a written test.

Personal Conditioning II or III – 1/C midshipmen who are not PRT PWS will be enrolled in Personal Conditioning II. Midshipmen must demonstrate that they have the discipline to personally condition themselves and have developed physiologically and nutritionally sound exercise habits. The course grade is determined by the PRT, class participation and a written test.

PHYSICAL EDUCATION CURRICULUM SUMMARY

FALL

4th Class

Boxing 8 lessons
Wrestling 8 lessons

3rd Class

Swimming 16 lessons

2nd Class

Swimming 8 lessons
Personal Conditioning I 8 lessons

1st Class

Lifetime Recreation Elective 16 lessons

Or

Personal Conditioning II

SPRING

4th Class

Swimming 16 lessons

3rd Class

Martial Arts I 16 lessons

2nd Class

Martial Arts II 16 lessons

1st Class

Lifetime Recreation Elective 16 lessons

or

Personal Conditioning III

PHYSICAL EDUCATION GRADING, DEFICIENCIES, VALIDATIONS, DEFERRALS, AND INCOMPLETES

PE GRADING

PE grades are weighted in a midshipman's overall order of merit (OOM). A midshipman's Physical Education semester grade is determined by combining the Physical Education course grade with the PRT score. The PRT counts for 1/3 of the semester PE grade.

The minimum passing grade for all Physical Education courses, including the PRT, is 60.0. A midshipman falling below the 60.0 minimum grade or failing to successfully perform all of the PE course skills will receive a failing grade of "F" in Physical Education for the semester. Midshipmen will automatically receive a grade of "F" or Incomplete ("I") upon their third absence.

PE DEFICIENCIES

Midshipmen are expected to meet all graduation requirements, progressing each year in concert with their class. Midshipmen who have not successfully completed either the PRT or their required PE course by the end of the semester will be considered deficient and will receive an "F" for that semester. Midshipmen must retake any PRT or required course in which they have received an "F." A successful retake will result in a minimum grade of 60% or minimally passing "D." Second semester First Class Midshipmen who have not completed the PE requirements prior to the end of February will face review by the Academic Board.

VALIDATION

Midshipmen are allowed to test to validate fourth, third and second class swimming on the first day that their swim class meets. A midshipman must score 80% or better on the swim test to validate the class. Midshipmen may also validate wrestling by demonstrating to the instructor superior knowledge of the skills.

COURSE DEFERRALS

All midshipmen shall attend, actively participate in PE classes, and be responsible for successfully completing all Physical Education requirements for graduation. Midshipmen may request and receive an excusal from classes (deferral) from the Deputy Director of Athletics based on participation in certain approved activities or based on special circumstances. These circumstances may include but are not limited to sickness, injury or prolonged recovery or rehabilitation. Varsity and Club "A" athletes, with the concurrence of their Head Coach, may request a deferral during their championship season.

In all cases, deferrals must be granted prior to the semester for which the deferral is requested, and all classes or PRTs that are deferred must be made up within one semester of the period that the deferral was granted.

INCOMPLETES

The Deputy Director of Athletics can determine if medical or other extraordinary circumstances including, but not limited to, movement orders or Club sports teams in preparation for tournaments or national championships at the end of the season, may warrant an excusal from the requirements and therefore issue a grade of Incomplete (“I”). An “I” should be entered for midshipmen who have been granted a deferral. If an Incomplete is issued due to a deferral, a clear explanation must be provided, e.g.: “Medical – expected resolution (date)” or “Varsity Basketball.”

Incomplete course requirements must be satisfied no later than thirty days from the first day of classes in the following semester. Incomplete PRT requirements must be satisfied no later than thirty days from the day the excusal period expired. Midshipmen who do not meet this thirty day period will be reviewed by the PE Evaluation Board (PEEB).

PHYSICAL EDUCATION DEFICIENCY REVIEW BOARDS

In order to ensure that midshipmen who are deficient in Physical Education are identified and provided remediation to assist them in correcting their deficiency, a series of Review Boards is established. In general, midshipmen deficient in Physical Education will be separated by the Academic Board unless retained by one of the Review Boards. The composition and general purpose of each Review Board follows.

1) Physical Education Evaluation Board: (PEEB)

The Physical Education Evaluation Board convenes periodically throughout the academic year and at the end of each semester to review the status of all midshipmen with Physical Education deficiencies. Midshipmen who have an initial un-remediated deficiency are issued a Letter of Warning (LOW) from the PEEB. All midshipmen who are failing in Physical Education at the end of each semester will receive a LOW. Midshipmen who receive a LOW and are not in a varsity championship season or on a medical excusal must attend PE Department instructed remediation sessions until the deficiency is removed.

Midshipmen who have a history of PE deficiencies or who are deficient for two consecutive semesters in any PE course are referred by the PEEB to the Physical Education Review Board (PERB). Third Class midshipmen who are deficient in any PE course or PRT will be reviewed by the PEEB each April to determine suitability for continuation as a midshipman. Those Third Class midshipmen who are not progressing to resolve a deficiency will be referred to the PERB.

Membership of the PEEB includes:

- (1) Executive Officer, Physical Education Department (Chair)
- (2) Physical Education Marking Officer
- (3) Physical Education Remedial Officer
- (4) A designated Company Officer

2) Physical Education Review Board: (PERB)

The Physical Education Review Board convenes periodically throughout the academic year to review the Physical Education deficiency records of midshipmen who have been forwarded by the PEEB. The PERB is chaired by the Head, Physical Education Department, and makes recommendations to the Director of Athletics and Commandant Review Board. The PERB issues Letters of Probation (LOP) to deficient midshipmen and refers certain cases to the Director of Athletics and Commandant Review Board.

- 1) First Class Midshipmen who are deficient in any PE class or who have an incomplete or failing PRT for the fall semester shall receive an LOP and be referred to the Director of Athletics and Commandant Board.
- 2) Any Third Class midshipmen who have been deficient two consecutive semesters or have failed to pass 3/C PE requirements will be referred to the Director of Athletics and Commandant Board to evaluate their readiness for commitment.
- 3) Midshipmen who are on medical excusal for the second consecutive semester will be reviewed by the Brigade medical officer. The medical officer will make a recommendation to the PERB as to the disposition of a deficient midshipman.

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- 4) Those midshipmen on medical excusal for the third consecutive semester when such excusal has resulted in PE deficiencies will be referred to the Director of Athletics and Commandant Board.

Membership of the PERB includes:

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

3) Athletic Director and Commandant Review Board:

The Athletic Director and Commandant Review Board convene as requested by the PERB to review the Physical Education deficiency records of those midshipmen who have received Letters of Probation and have been forwarded by the PERB. The Athletic Director and Commandant may:

- 1) Refer midshipmen to the Academic Board for separation based on their PE deficiencies.
- 2) Continue midshipman probation due to extenuating circumstance.
- 3) Direct a review of the midshipman's medical history to determine suitability for continuation as a midshipman, graduation and/or commissioning.

Membership of the Athletic Director and Commandant Review Board includes:

- (1) Director of Athletics
- (2) Commandant of Midshipmen

4) Academic Board: The Academic Board will review PE-deficient midshipmen for separation or retention referred to them by the Director of Athletics and Commandant Review Board. Special emphasis shall be placed on review of Third Class midshipmen who have PE deficiencies as to their suitability for continuation as midshipmen and commitment. All First Class midshipmen who are still PE deficient at the end of February will be reviewed by the Academic Board for continuation or separation.