



DIRATHINST 6110.2
23 MARCH 2009

DIRECTOR OF ATHLETICS INSTRUCTION 6110.2

Subj: MIDSHIPMEN PHYSICAL READINESS TEST (PRT) PROCEDURES

Ref: (a) OPNAVINST 6110.1S (Physical Readiness Program)
(b) COMDTMIDNINST 5400.6J (Midshipmen Regulations Manual)
(c) COMDTMIDNINST 6110.1S (Midshipmen Weight Control Program)
(d) COMDTMIDNNOTE 1710 (Intercollegiate Sports Squad Routines List)

Encl: (1) Quick Reference Table of PRT Categories
(2) Discussion of PRT Categories
(3) Physical Fitness Test Elements
(4) PRT Grading Scales
(5) Status of Midshipmen Who Fail the PRT

1. Purpose To provide revised policy and guidance for the Physical Readiness Test (PRT) programs directed and supported by references (a) through (d).

2. Cancellation COMDTMIDNINST 6110.2C.

3. Background

a. Physical readiness is a key component of the Naval Academy's mission to "develop midshipmen morally, mentally and physically." It is the lynchpin 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.

(1) Leadership and physical fitness go hand-in-hand. Naval Officers who are not physically fit simply cannot be leaders. Physically fitness results in the mental keenness and physical stamina demanded of those who lead men and women in the Naval Service.

4. Policy

a. Midshipmen shall establish a personal physical fitness program of regular exercise that ensures a high level of personal physical readiness. This program will be designed to improve cardio respiratory fitness; muscular strength, endurance and flexibility and maintain proper body composition.

b. The Brigade-wide PRT provides a comprehensive measurement of physical readiness and the effectiveness of personal fitness programs. An added benefit is it provides insight to how well the Naval Academy physical fitness programs support the physical mission.

c. The PE Department administers the Brigade-wide PRT during spring and fall semesters. This PRT is mandatory for all midshipmen, unless excused by medical chit, the Commandant of Midshipmen or the Academic Board, which approves permanent medical waivers for non-participation. Midshipmen in the latter category will be evaluated for fitness for duty.

d. An "Initial PRT" is the first PRT of the semester taken for grade.

e. Midshipmen who repeatedly fail to meet the physical readiness standards of the Naval Academy by failing excessive Initial PRTs are subject to referral to the Physical Education Evaluation Board (PEEB), the Physical Education Review Board (PERB), the Athletic Director/Commandant Review Board, and the Academic Board. ANY Midshipman who is PRT incomplete for the current semester and has an unremediated PRT failure from a previous semester OR ANY Midshipman who is PRT incomplete for two consecutive semesters shall be referred to the PERB, regardless of medical condition. Table 1 outlines combinations of Initial PRT failures that constitute PRT Policy Violations:

VIOLATION	ACTION TAKEN
Fails 2 consecutive INITIAL PRTs and does not pass the REMEDIAL PRT	Referred to the Physical Education Evaluation Board (PEEB), the Physical Education Review Board (PERB), and the Athletic Director/Commandant Review Board for possible referral to the Academic Board
Fails 3 of the first 4 INITIAL PRTs regardless of status of passing or failing Remedial PRT	Same as above
Fails a cumulative of 4 INITIAL PRTs	Same as above

during tenure at the Naval Academy, regardless of status of passing or failing Remedial PRT	
Any First Class Midshipman failing an INITIAL PRT and does not pass a Remedial PRT by the PEEB convening date	Same as above

Table 1: Summary of PRT Policy Violations

5. Discussion Enclosures (1) and (2) discuss PRT categories. Enclosure (3) reviews physical fitness test elements. Enclosure (4) is the PRT grading scales. Enclosure (5) outlines action taken when PRT requirements are unfulfilled or violated.

6. Action

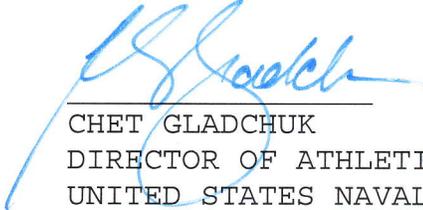
a. Battalion Officers, Company Officers, Company Physical Mission Officers and Senior Enlisted Leaders will adhere to the provisions of this instruction. They will also ensure that its contents are provided to, understood and followed by Midshipmen in their charge.

b. Company Physical Mission Officers, in concert with the Officer-In-Charge of the Human Performance Lab, will establish and administer a physical fitness remedial training program that is comprehensive, effective and documented.

c. The Head of the PE Department will:

- (1) Administer the PRT.
- (2) Ensure the Physical Education staff is available to assist and provide guidance to midshipmen seeking to develop, achieve or maintain a safe and effective physical fitness program.
- (3) Maintain control and oversee all aspects of the Physical Readiness Test.

- (4) Review PRT instructions, standards, policies and procedures, and recommend revision, when appropriate.
- (5) Provide PRT data to the Director of Institutional Research.

 3/23/09
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DIRECTOR OF ATHLETICS
UNITED STATES NAVAL ACADEMY

Distribution:

Brigade
Non-Mids

QUICK REFERENCE TABLE OF PRT CATEGORIES

CATEGORY	WHEN TESTED	REMARKS
BRIGADE PRT* <i>For midshipmen medically qualified to take a PRT</i>	After the start of the fall and spring academic semesters, near the six week point, not to interfere with "X-week."	<ul style="list-style-type: none"> • Applies to midshipmen medically qualified to test and not excused from the PRT. • Companies are tested individually. • Counts as Initial PRT taken for grade. (The "Initial PRT" is the first PRT taken for grade in the semester.)
REMEDIAL PRT* <i>For midshipmen who have failed an Initial PRT</i>	Scheduled every academic year month. Additionally scheduled at the discretion of the PE Department.	<ul style="list-style-type: none"> • For midshipmen who have failed a PRT.
TEAM PRT* <i>Optional for varsity athletes who are in their Championship Season</i>	Scheduled with the Marking Officer prior to the Brigade PRT.	<ul style="list-style-type: none"> • Applies to varsity and club A athletes on squads in a Championship Season. • Athletes in a Championship Season who fail the PRT will be exempt from remedial training, unless otherwise directed by the Athletic Director. • Athletes not in a Championship Season are required to participate in remedial training. Remedial training takes precedence over team practice unless otherwise directed by the Athletic Director. • Counts as an Initial PRT taken for grade. • Athletes not in a Championship Season are excused from remedial training 48 hours before a team competition.
REFORM PRT* <i>For designated midshipmen who are in jeopardy of violating, or have violated, the PRT policy.</i>	Within 72 hours of Brigade Reform.	<ul style="list-style-type: none"> • Mandatory for Midshipmen identified by the Athletic Director, Commandant, or Academic Board directive. • The Reform PRT does not count as an initial PRT.
INCOMPLETE PRT* <i>For midshipmen not medically qualified to take Initial PRT.</i>	Within thirty days of chit expiration date.	<ul style="list-style-type: none"> • Applies to those excused from taking the PRT due to medical chit. • Midshipmen unable to comply with taking a MEDICAL CHIT PRT within thirty days of the medical chit expiring, must contact the Marking Officer and coordinate a test date. • Those who do not test within thirty days of the medical chit expiring and do not have the Marking Officer's approval for additional time, will be designated a Marking Office Failure (MOF), and assigned to Remedial training until they pass the PRT.
SWIM PRT* <i>Applies to midshipmen on permanent medical waiver.</i>	Scheduled by Marking Office, as appropriate	<ul style="list-style-type: none"> • Requires authorization by the Physical Education Review Board (PERB), co-chaired by the Deputy Commandant and the Head, Physical Education. • Applies only if injury prevents taking 1.5 mile run. Reserved for First Class midshipmen. • Prerequisite is successful run PRT.
ALTERNATE PRT*	Scheduled by Marking Office, as appropriate	<ul style="list-style-type: none"> • Requires Cat III waiver approved by the Deputy Commandant of Midshipmen. • Must be coordinated with Marking Office.

Table 2: PRT Category Quick Reference Chart

*Failure of the PRT results in reduction of privileges in accordance with reference (b) until a PRT is passed. Midshipmen who fail the PRT are required to attend PE Department Remedial Training and take the next immediate Remedial PRT.

DISCUSSION OF PRT CATEGORIES

Initial PRT is the first PRT of the semester taken for a grade.

BRIGADE PRT

The Brigade PRT is given to the entire Brigade twice each academic year. It is scheduled and administered by the PE Department after the start of the Fall and Spring academic semesters, near the six week point.

All midshipmen will participate in the Brigade PRT, unless they have already completed an Initial PRT.

All Fourth Class Midshipmen will take their initial PRT at the end of Plebe Summer and this score will count for their Fall semester requirement.

REMEDIAL PRTs

Remedial PRTs are for those who have failed an Initial PRT. They are scheduled by the PE Department on a monthly basis.

TEAM PRTs

Team PRTs are scheduled for varsity athletes who are in their championship season to prevent the Brigade PRT from interfering with their competitions. Team PRTs are scheduled not to conflict with Championship Season practices or contests. These PRTs are optional for varsity teams and athletes. The Head Coach will coordinate scheduling with the PE Marking Officer.

REFORM PRT

The Reform PRT is scheduled for midshipmen designated by Commandant or Adademic Board directive.

This PRT is administered by PE within 72 hours of the Brigade Reform. The Marking Officer will provide to Company Officers the names of midshipmen required to participate in the Reform PRT. Company Officers will notify and counsel these midshipmen, and document same. This action will be completed prior to the midshipmen departing the Academy for Summer Cruise or leave.

Midshipmen who are required to take the Reform PRT are also required to attend PE Department Remedial Training unless they have achieved the run time (10:00 male, 12:10 female) required to graduate from PRT remediation.

INCOMPLETE PRT

Administered to all midshipmen who have come off medical chit. The Incomplete PRT is scheduled on a monthly basis. Failure to take the PRT within thirty days of a medical chit expiring will result in a Marking Office Failure.

Midshipmen who are not able to take a Fall or Spring semester initial PRT due to a medical condition may be referred to the PERB for possible recommendation for separation.

Note: A medical chit cannot grant PRT waivers or authorize swim PRTs.

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*****Caution*****

Midshipmen diagnosed with Rhabdomyolysis will not participate in the PRT until cleared to do so by appropriate medical authority. Rhabdomyolysis is a possibly fatal, degenerative muscle disease. It is caused by a self-sustaining toxic reaction within the muscle cells that ultimately break down and lead to the decomposition of surrounding tissue. Strenuous physical activity such as the PRT may precipitate onset. Symptoms include pain, weakness, tenderness and contractions. Normally this involves muscle groups in the calves, lower back or thighs. Discoloration of the skin may be seen. Treatment requires prompt action, referral to appropriate medical personnel and facilities for aggressive intravenous volume replacement.

SWIM PRT

First Class Midshipmen with a permanent load bearing medical condition are eligible for consideration to take the 500 yard swim in lieu of the 1.5 mile run portion of the PRT. The PERB, after receiving recommendations from the Brigade Medical Officer, is authorized to approve midshipmen for the Swim PRT. Eligibility prerequisite is a successful PRT run history.

The minimum swim time for males and females is 11 minutes and 20 seconds. Midshipmen who fail the Swim PRT are assigned to the Swimming Sub Squad for remediation.

ALTERNATE PRT

The Alternate PRT program provides an option to the 1.5 mile run. Only athletes approved by the Deputy Commandant for CAT III waiver status may take the Alternate PRT.

A Head Coach may request an Alternate PRT for his athletes from the Deputy Commandant of Midshipmen, via the Head of Physical Education. The request form is found in reference (c). The request for CAT III waivers must be submitted to the Deputy Commandant of Midshipmen via the Head of Physical Education.

Midshipmen who took the Alternate PRT throughout their four years at the Naval Academy are required to take and pass the 1.5 mile run prior to graduation.

The Alternate PRT consists of taking a 10 minute Bicycle Ergometer Test in lieu of the 1.5 mile run. The Alternate PRT grading tables are available in the PE office.

Midshipmen qualifying for the CAT III program may complete the Alternate PRT each semester. CAT III waivers will not be granted during an athlete's final semester prior to graduation. All midshipmen will be within Naval Academy weight standards prior to graduation. **Spring semester 1/C year all midshipmen must run and pass the PRT, regardless of weight control waiver status.**

Failure to pass the Alternate PRT constitutes failure of the PRT.

Weight Categories and the Alternate PRT

Below are the six Midshipmen Weight Categories (CAT), in accordance with reference (c):

CATEGORY	DESIGNATION	REMARKS
One (I)	Satisfactory	<ul style="list-style-type: none"> • Within Naval Academy height and weight standards.
Two (II)	Satisfactory	<ul style="list-style-type: none"> • Exceeds Naval Academy height and weight standards, but within body fat standards: Males: No greater than 22 %; Females: No greater than 33%.
Three (III)	Satisfactory	<ul style="list-style-type: none"> • Applies to varsity athletes required to gain weight (body mass) to increase competitiveness in NCAA Division IA competition. • Midshipmen in CAT III are authorized to temporarily exceed height and weight and body fat standards to avoid unhealthy weight fluctuations. • The Deputy Commandant of Midshipmen approves entry to the CAT III status after considering requests put forth by varsity team Head Coaches via the Head of Physical Education. • Midshipmen in CAT III are required to be within Naval Academy body fat percent standards prior to graduation and commissioning.
Four (IV)	Open	Not applicable.
Five (V)	Unsatisfactory	<ul style="list-style-type: none"> • Exceeds maximum height and weight and body fat percent standards.
Six (VI)	Satisfactory	<ul style="list-style-type: none"> • This CAT is for temporary monitoring of midshipmen who were previously in CAT V or VII, to help avoid rebound into unsatisfactory categories.
Seven (VII)	Unsatisfactory	<ul style="list-style-type: none"> • Under height and weight standards to an extent that is potentially unhealthy. • Midshipmen in this CAT VII are referred to the Midshipmen Development Center and instructed on proper wellness and nutrition.

Table 3: Midshipmen Weight Categories

PHYSICAL FITNESS TEST ELEMENTS

The PRT consists of four physical fitness elements. Tested are the sit and reach, curl-ups, push-ups, and 1.5 mile run. These elements, the minimum requirements, grading parameters, and test instructions are outlined below.

PRT ELEMENTS	MINIMUM REQUIREMENTS to PASS	
	Male	Female
Sit and Reach	Touch toes for one second w/legs extended while sitting and ankles @ 90 degree angles. Pass/Fail.	Touch toes for one second w/legs extended while sitting and ankles @ 90 degree angles. Pass/Fail.
Push-ups	45 w/ in 2 minutes.	20 w/ in 2 minutes.
Curl-ups	65 w/ in 2 minutes.	65 w/ in 2 minutes.
1.5 mile run	w/ in 10 minutes, 30 seconds.	w/ in 12 minutes, 40 seconds.

Table 4: PRT Standards & Minimum Requirements to Pass

General Information:

- Once a midshipman commences the PRT, the test counts for score and a grade will be awarded.
- Regulation PE uniform (with shirt tucked in) is worn during PRT testing.
- Midshipmen will record their testing scores with the instructor prior to departing the test site.
- Failure to record test scores will result in a failing grade.
- Order of the test shall be: push-ups, curl-ups, sit and reach, 1.5 mile run.
- Participation in five to ten minutes of warm-up exercise is required before beginning the PRT events. Warm-up must be completed individually prior to test start. Examples of recommended warm-up exercises follow.

Recommended Minimum PRT Warm-up Exercises:

- Walk 2-5 minutes.

Hip flexor stretch:

- Kneel as shown with hands on knee.
- Slowly push hips toward the floor.
- Hold 20 seconds.
- Switch legs and repeat.



Illustration 1: Hip flexor stretch

Groin stretch:

- Sit with soles of feet together as shown, with hands around feet.
- Sit up straight and press knees toward floor.
- Lean forward and hold 20 seconds.
- Relax and repeat.



Illustration 2: Groin stretch

Lower back stretch:

- Lie on back as shown.
- Pull one knee toward chest.
- Hold 20 seconds.
- Do twice each leg.

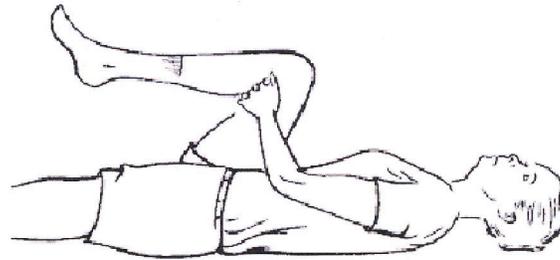


Illustration 3: Lower back stretch

Quadriceps stretch:

- Lie on stomach as shown.
- Pull foot toward buttocks.
- Hold 20 seconds.
- Do twice each leg.

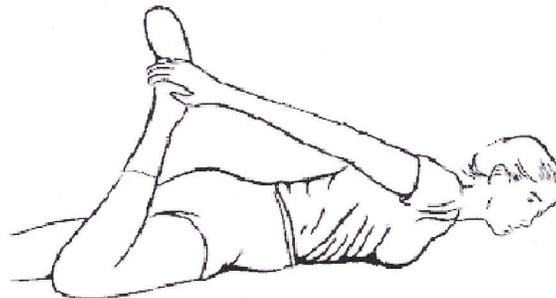


Illustration 4: Quadriceps stretch

Achilles tendon and calf stretch

- Stand facing wall.
- Place palms of hands flat against wall.
- Feet should be about 12 inches apart.
- Bend the right knee with left leg straight behind you.
- Keep left heel on the floor with toes pointing straight ahead.
- Slowly move hips forward until a stretch is felt in the calf of the left leg.
- Hold for 15-30 seconds.
- Repeat with right leg.
- The stretch should be felt in the calf and Achilles tendon.
- Variation: Begin in the position described above.
- Bend the left knee (rather than keeping it straight), keeping the heel on the floor.
- The stretch should be felt in the Achilles tendon.

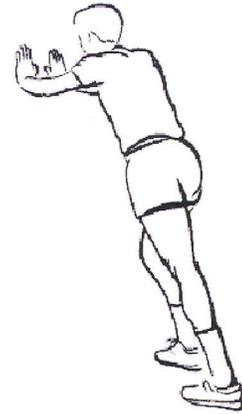


Illustration 5: Achilles tendon and calf stretch

PRT Elements Tested:

Sit and Reach: Pass/Fail.

- While sitting with legs extended straight and ankles at 90 degree angles.
- Touch toes for one second with both hands.

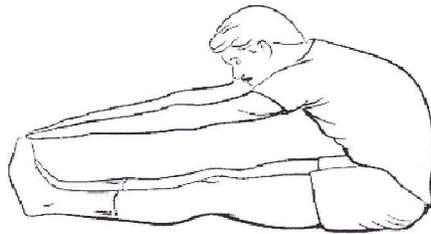


Illustration 6: Sit and Reach

Curl-ups: From the command “go,” midshipmen will perform a maximum number of curl ups within two minutes.

- Arms will be folded across the chest with the fingers remaining in contact with the collar bone and elbows flush against the body at all times.
- Midshipmen will be allowed to clutch the T-shirt as long as the hands remain in contact with the collar bone.
- Knees will be bent to form a 90 degree angles between the upper and lower legs.

- Feet will be positioned together or up to 12 inches apart, heels and buttocks remain in contact with the deck at all times.
- Midshipmen's partners may hold the participant's feet with their hands. No other method of holding or bracing the feet is authorized.
- Upper body will be raised until elbows come in contact with thighs (this is the up position). Return by lowering the upper body until shoulder blades touch the deck (this is the down position).
- Midshipmen will be given two verbal warnings for failure to keep the buttocks on the deck, failure to keep hands in contact with the collar bone, or failure to keep the elbows flush against the body. The third verbal warning will stop the test and this portion of the PRT will be stopped. An improper repetition will not be counted, and the counter will repeat the number of the last correctly performed repetition.
- The curl-up portion of the test will be ended for failure to keep the legs in the proper position, maintain feet on the deck, or keep the arms folded across the chest.

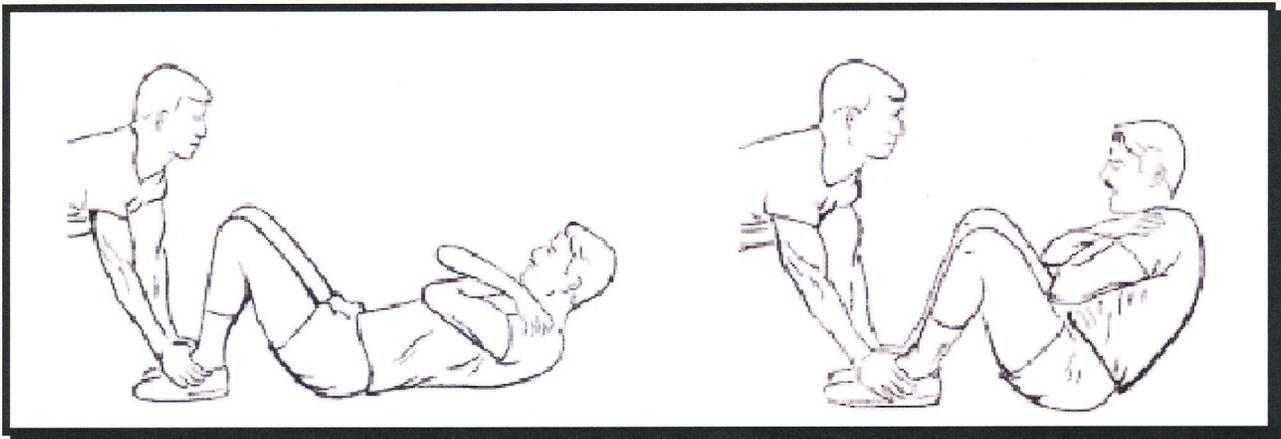


Illustration 7: Curl-ups

Push-ups: From the command “go,” midshipmen will perform a maximum number of push ups within a two minute time period.

- The starting position is the front leaning position.
- Place hands where comfortable, between shoulder width and six inches outside of shoulder width apart.

- Feet may be together or up to twelve inches apart.
- The body must be in a straight line from heels to shoulder.
- From the starting position, bend elbows and lower entire body as a single unit until the arms form a 90 degree angle at the elbow (this is the down position).
- Return to the starting position with fully extended arms (this is the up position). The body will be kept straight, shoulders through ankles throughout the exercise.
- The up position is the only authorized rest position. Sagging or flexing of the back in the rest position is prohibited.
- Reposition of the hands or feet, resting in the down position, or waist, elbow or knee touching the ground will result in the test being ended.
- Midshipmen will be given two verbal warnings for failure to form a 90 degree angle in the down position, to extend the arms completely in the up position, or to keep the back straight. The third warning will stop the test, and this portion of the PRT will be stopped.

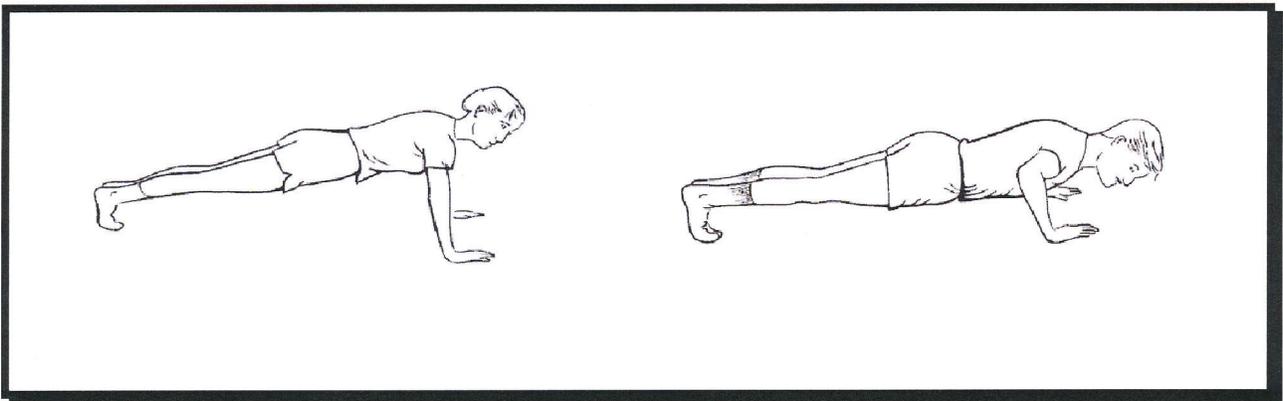


Illustration 8: Push-up

1.5 Mile Run: The run portion of the PRT will be given on a measured, 1.5 mile road course around the perimeter of Farragut Field. Inclement weather site is Halsey Field House. Ingram Field or Dewey Field may be used as a secondary track and for remedial testing.

PRT GRADING SCALE

PRT Grading Criteria

The PRT uses a traditional percentage based “A, B, C, D, F” grading scale. The PRT grade is determined by averaging the percent score of each element: push-ups, curl-ups, and the 1.5 mile run.

Each element is valued at 33.3 percent. Table 5 represents a summary of PRT requirements for corresponding element percentage points.

Table 6 is the grading scale for the Swim PRT. For grading purposes, the swim element percentage substitutes for the 1.5 mile run percentage. Table 7 is the grading scale for the Alternate (Bike) PRT. For grading purposes, the bike element percentage substitutes for the 1.5 mile run percentage.

A minimum score of 60.0 percent must be earned in each element to pass the PRT.

PRT GRADING SCALE						
GRADE <i>Percent points awarded</i>	Number of Curl-Ups		Number of Push-Ups		1.5 Mile Run (<i>Min:Sec</i>)	
	<i>Male</i>	<i>Female</i>	<i>Male</i>	<i>Female</i>	<i>Male</i>	<i>Female</i>
99 % (A)	101 +		101 +	85 +	8:15	9:35
90 % (A)	93		87	66	8:45	10:20
80 % (B)	84		71	49	9:20	11:10
70 % (C)	75		56	33	9:54	12:00
60 % (D)	65		45	20	10:30	12:40

Table 5: PRT Grading Scale

500 Yard Swim Scoring Chart					
%	Time	%	Time	%	Time
99.9	6:50	86.6	8:20	72.6	9:50
98.0	7:00	85.2	8:30	71.2	10:00
96.6	7:10	83.6	8:40	69.8	10:10
95.2	7:20	82.0	8:50	68.4	10:20
93.8	7:30	80.4	9:00	67.0	10:30
92.4	7:40	78.8	9:10	65.6	10:40
91.0	7:50	77.2	9:20	64.2	10:50
89.4	8:00	75.6	9:30	62.8	11:00
88.0	8:10	74.0	9:40	61.4	11:10
				60.0	11:20

Table 6: Swim PRT Grading Scale

STATUS OF MIDSHIPMEN WHO FAIL THE PRT

PRT Failures, Defined

- Failure to pass one or more elements of PRT.
- Failure to take PRT within thirty days of medical chit expiration (Marking Office Failure).
- Failure to report score for one or more elements of the PRT.

What Happens when a Midshipman Fails the PRT?

- Automatically assigned to PE Department remedial training.
- Loss of privileges in accordance with reference (b).
- Midshipmen will not be included on a club B sport or ECA roster, nor participate in any movement order while in a PRT failure status.
- Remedial training takes priority over intramural sports, club B sports, non-Championship season varsity and club A sports and extra curricular activities.

What Happens when Varsity Athletes Fail an Initial PRT?

- If in Championship Season, they are exempt from PE remedial training; no restriction on team practice.
- If not in Championship Season, must participate in PE remedial training; unless granted a waiver by the Athletic Director.
- Excused from remedial training 48 hours prior to team competition.

PRT Remediation Process

Midshipmen in a PRT failing status shall:

All midshipmen who are in a failing PRT status following the semester Brigade PRT are required to attend the PE Remedial Training Program. Midshipmen will remain in the PE Remedial Training Program until they either: 1) successfully pass a PRT with a run time of 10:00 or better for males or 12:10 or better for females or 2) if unable to attain a 10:00 for males or a 12:10 for females, then they must pass two consecutive Brigade PRTs before they will be

released from the PE Remedial Training Program. First Class Midshipmen in the remedial program who pass the PRT with a run time of 10:30 or better for males or 12:40 or better for females during the Spring Semester only of their First Class year will be released from the PE Remedial Training Program and will not be required to pass a PRT with a run time of 10:00 or better for males or 12:10 or better for females.

The highest score possible for those who fail an Initial PRT, then later pass a Remedial PRT, is 60.0. Midshipmen designated a Marking Office Failure who successfully complete remedial training will receive a grade of 60.1.

Midshipmen in a PRT non-failing status shall:

Company Remedial training is scheduled, coordinated, and administered by Company Physical Mission Officers based on workout programs provided by the PE Human Performance Officer. Prior to the semester Brigade PRT, Company PMOs may select midshipmen to attend mandatory company remedial workouts. Company PMOs will be assisted by Senior Enlisted Leaders, who will maintain training and attendance records, and monitor each midshipmen's workout log. The PE staff is available to aid and assist Company PMOs.

Midshipmen assigned to Company Remedial Squads will be counseled by Company Officers regarding the objectives of their training. If, during this session, questions arise regarding the midshipman's physical readiness to commence training, the Company Officer will request the midshipman's medical record be screened by the Medical Department prior to training.

PE will screen all midshipmen recommended for PE remedial training by their Company. This program is designed for midshipmen who require more focused training.