



**DEPARTMENT OF THE NAVY**

OFFICE OF THE SUPERINTENDENT  
UNITED STATES NAVAL ACADEMY  
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Physical Mission Review Decision Directive Serial 002

From: Superintendent

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

Ref: (a) Memo 5420 28-152 dtd 22 sep 05; Subj: Physical Mission Review  
(b) COMDTMIDNINST 6110.2C; Subj: Midshipmen Physical Readiness Test  
(PRT) Procedures  
(c) COMDTMIDNINST 5400.6J; Subj: Midshipmen Regulations

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

1. Purpose: The purpose of this memorandum is to delineate Physical Education requirements necessary for graduation and to establish related policy.

2. Cancellation: COMDTMIDN INSTRUCTION 6100.3 is cancelled and replaced by this directive. It should be read in its entirety.

3. 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.

During the 2005-2006 Physical Mission Review it became apparent that existing Naval Academy guidance regarding Physical Education graduation requirements was unclear and inconsistent. The graduation requirements needed to be codified in a clear, concise format so that the Physical Education curriculum could be properly evaluated, refined, and updated as necessary. This memorandum contains current information

relating to Physical Education graduation requirements and additional updated information about Physical Education-related policy.

4. 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 combatives, swimming and personal conditioning. Further, each midshipman must successfully pass the Physical Readiness Test (PRT) each semester.

5. Graduation Requirements. The Physical Education requirements specified in this memorandum 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 defined in Enclosure (2). The 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).

In completing each semester PRT or PE requirement, a midshipmen can be in three basic situations:

- Passed – adequately completed the required PE course and the PRT.
- Failed – failed or did not complete the PE course or PRT when scheduled.
- Incomplete – the PE course or PRT was not completed based on an approved deferral. These are normally based on a medical excusal, participation in a Varsity or Club championship season or other unusual movement order or circumstance.

PE Probation – In order to provide more time for personal conditioning, midshipmen on PE probation will have their liberty modified as follows:

- 4/C - Saturday liberty will not commence until 1600.
- 3/C - Liberty and weekends will not commence on Saturday until 1400.
- 2/C - Liberty and weekends will not commence on Saturday until 1200. No PE deficient 2/C are authorized liberty on week nights.
- 1/C - Liberty and weekends will not commence on Saturday until 1000. No PE deficient 1/C are authorized liberty on Tuesdays or Thursdays. Their First Class Club privileges are suspended until their PE deficiencies are corrected.

PE Deficient midshipmen reviewed by the PERB must attend PE department remediation until their deficiencies are corrected. Midshipmen who fail to attend remediation sessions 3 times or more in one semester will be referred to the Athletic Director and Commandant Board for review.

Midshipmen who are on medical excusal for the second consecutive semester will be reviewed by the Brigade Medical Officer. He/she will make a recommendation to the PERB as to the disposition of a deficient midshipman. Those midshipmen on medical

excusal for the third consecutive semester where such excusal has resulted in PE deficiencies will be referred to the Athletic Director and Commandant Board.

6. Implementation: The Physical Education requirements for graduation from the United States Naval Academy are effective immediately. I ask that all hands cooperate to the maximum extent possible to further our mission to develop midshipmen physically into combat leaders of character.



RODNEY P. REMPT

Distribution:  
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## GRADUATION REQUIREMENTS

All Physical Education graduation requirements must be successfully completed during the timeframe scheduled for each midshipman class or the midshipman will be considered deficient. Each midshipmen must pass the PRT every semester or he / she will be considered deficient.

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

	<u>Must Be Completed</u>
<b>Boxing:</b> Demonstration of basic skills	<b>4<sup>th</sup> Class Year</b>
<b>Wrestling:</b> Demonstration of basic skills	<b>4<sup>th</sup> Class Year</b>
<b>Martial Arts I:</b> Demonstration of basic skills	<b>3<sup>rd</sup> Class Year</b>
<b>Martial Arts II:</b> Demonstration of basic skills	<b>2<sup>nd</sup> Class Year</b>

2. **Swimming**

	<u>Must Be Completed</u>
<b>200 meter swim</b> - must be completed in 5 minutes and 12 seconds or less to pass	<b>4<sup>th</sup> Class Year</b>
<b>400 meter swim</b> - must be completed in 11 minutes or less to pass	<b>3<sup>rd</sup> Class Year</b>
<b>10 meter tower jump</b> - Any midshipman who does not jump from the 10 meter tower will not be allowed to begin 2 <sup>nd</sup> Class Year.	<b>3<sup>rd</sup> Class Year</b>
<b>40 minute swim</b> - To successfully complete, a midshipman must stay afloat without assistance or touching the sides of the pool or another individual for the entire 40-minutes AND swim at least 1000 meters.	<b>2<sup>nd</sup> Class Year</b>

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

	<u>Must Be Completed</u>
<b>Personal Conditioning I</b>	<b>2<sup>nd</sup> Class Year</b>
<b>Personal Conditioning II</b>	<b>1<sup>st</sup> Class Year</b>
<b>Personal Conditioning III or Recreation Elective</b>	<b>1<sup>st</sup> Class Year</b>
<b>Warfare Specific Training</b>	<b>1<sup>st</sup> Class Year</b>

4. **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.

**PRT Standards:**

Passing for a female midshipman: 20 push-ups/65 curl ups/pass sit and reach/12:40 for the 1.5 mile run.

Passing for a male midshipman: 45 push ups/65 curl ups/pass sit and reach/10:30 for the 1.5 mile run.

Midshipmen are required to pass a PRT for every semester of enrollment or they will be considered deficient.

COMDTMIDNST 6110.2C subj: Midshipmen Physical Readiness Test Procedures contains a detailed discussion of the different categories of PRTs.

## PHYSICAL EDUCATION CURRICULUM BY CLASS

**Curriculum:** The Physical Education curriculum is composed of five major areas: Combatives, Swimming, Personal Conditioning, Warfare Specific Training, and optional Lifetime Recreation.

- a. Combatives – 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. Warfare Specific Training – First Class Midshipmen in the Spring Semester are required to prepare themselves for the physical training demands of their community. Marine selectees receive training in the Marine Corps Martial Arts Program (MCMAP) leading to Tan Belt Certification. Aviation selectees receive water survival training techniques for inadvertent water entry in flight gear. Surface Warfare Officer (SWO) selectees receive personnel conditioning training for at-sea fitness and rope skills for boarding ships at sea.
- e. Lifetime Recreation - First Class Midshipmen who have demonstrated proficiency in the area of Personal Conditioning are provided an opportunity to develop skills in recreational activities that promote a healthy lifestyle.

### 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 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 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 must be passed to complete the course. 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 for pass/fail, and swim 40 feet underwater from a surface dive for pass/fail.

### **Third Class**

**Swimming** – Midshipmen are required to take sixteen lessons of swimming. All swimming and survival skills must be passed to complete the course. 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, (width of the pool), a 100 meter subjective crawl stroke (technique test), swim 50 feet underwater in camouflage uniform pass/fail, a 3 minute cammie trouser inflation for pass/fail, and a 10 meter jump pass/fail.

**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 based upon 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 must be passed to complete the course. 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.

**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 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. Character tie-ins focus on determination of the appropriate level of force for the situation. Skills taught in Martial Arts II are transferable to combat readiness training.

The course grade is determined based upon how well the midshipman performs twenty-seven martial arts skills.

### **First Class**

**Personal Conditioning II** - Midshipmen are required to take eight lessons of personal conditioning. Midshipmen must demonstrate that they have the knowledge to personally condition themselves and develop physiologically and nutritionally sound exercise programs. The course grade is determined by class participation and a written test.

**Personal Conditioning III** - Midshipmen with an unacceptable PRT history as determined by the Deputy Director of Athletics via the Head, Physical Education Department will be required to take an additional eight hours of personal conditioning in the Fall Semester. The course grade is determined by class participation and a written test.

**Optional Lifetime Recreation** - Midshipmen who have demonstrated an acceptable PRT history, and successfully completed Personal Conditioning II requirements and the PRT during the first half of the semester have the option to elect a course in the lifetime recreational category. A number of eight-hour electives are offered where midshipmen are educated in activities such as outdoor adventure or lifetime sports. The course grade is determined based upon the skills proficiency obtained in the class and a written test.

**Warfare Specific Training** – First Class Midshipmen are required to take sixteen hours of warfare specific training. Midshipmen who are selected to pursue becoming a Surface or Submarine Warfare Officer, Aviation Officers or Marines must take classes designed to insure success in the physical training environment of their first duty station. The course grade is determined based upon acquisition of skills specific to the midshipman's warfare specialty selection specific training.

# PHYSICAL EDUCATION CURRICULUM SUMMARY

## FALL

### 4<sup>th</sup> Class

Boxing 8 lessons  
Wrestling 8 lessons

### 3<sup>rd</sup> Class

Swimming 16 lessons

### 2<sup>nd</sup> Class

Swimming 8 lessons  
Personal Conditioning I 8 lessons

### 1<sup>st</sup> Class

Personal Conditioning II 8 lessons  
Personal Conditioning III 8 lessons  
or  
Optional Lifetime Recreation Elective 8 lessons

## SPRING

### 4<sup>th</sup> Class

Swimming 16 lessons

### 3<sup>rd</sup> Class

Martial Arts I 16 lessons

### 2<sup>nd</sup> Class

Martial Arts II 16 lessons

### 1<sup>st</sup> Class

Warfare Specialty 16 lessons  
Specific Training

## **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 or boxing 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, via the Head, Physical Education, based on participation in certain approved activities such as movement orders 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, deferral must be approved before the test or PE requirement.

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 Head, Physical Education Department in concurrence with 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, eg: "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 deficiencies, a series of Review Boards is established. In general, midshipmen deficient in Physical Education will be disenrolled 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
- (5) Director, Intramural Programs

### **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 Deputy Director of Athletics regarding which midshipmen should be forwarded 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.
- 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) Deputy Director of Athletics (Chair)
- (2) Deputy Commandant of Midshipmen
- (3) Head, Physical Education Department
- (4) Brigade Medical Officer
- (5) Executive Officer, Physical Education Department
- (6) Physical Education Marking Officer
- (7) A designated Battalion Officer
- (8) Physical Education Remedial Officer

### **3) Athletic Director and Commandant Review Board:**

The Athletic Director and Commandant Review Board convenes 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 disenrollment based on their PE deficiencies.
- 2) Continue midshipman on 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 disenrollment 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 disenrollment.