



NAVAL ACADEMY ATHLETIC ASSOCIATION

DIRATHINST 6110.2C

**JAN 25 2021**

DIRATH INSTRUCTION 6110.2C CHANGE TRANSMITTAL 1

From: Director of Athletics

Subj: MIDSHIPMEN PHYSICAL FITNESS ASSESSMENT (PFA) PROCEDURES

Encl: (1) Revised Pages 3 and 4  
(2) Revised PRT Warm-up and Test Elements

1. Purpose. This change is to amend Midshipmen PRT procedures
2. Action.
  - a. Remove pages 3 and 4 of the basic instruction and insert enclosure (1) of this change transmittal.
  - b. Remove enclosure (2) and replace it with enclosure (2) of this change transmittal.

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Distribution:  
Non-Mids (Electronically)  
Brigade (Electronically)



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DIRATHINST 6110.2C  
NOV 10 2019

DIRECTOR OF ATHLETICS INSTRUCTION 6110.2C

From: Director of Athletics

Subj: MIDSHPMEN PHYSICAL FITNESS ASSESSMENT (PFA) PROCEDURES

Ref: (a) OPNAVINST 6110.1J (Physical Readiness Program)  
(b) COMDTMIDNINST 1020.3B (Midshipmen Uniform Regulations)  
(c) COMDTMIDNINST 5400.6ST (Midshipmen Regulations Manual)  
(d) COMDTMIDNINST 6110.3A (Physical Education Remediation Attendance Policy)  
(e) NAVADMIN 178/15  
(f) USNAINST 1531.3 (International Military Semester Exchange Program)

Encl: (1) USNA Height/Weight Standards and BCA Procedures  
(2) PRT Warm-up and Test Elements  
(3) PFA BCA Waiver Request for Varsity Athletes  
(4) PFA Medical Waiver Example  
(5) PRT Wave Execution Timeline

1. Purpose. To provide policy and procedures for the PFA, directed and supported by references (a) through (f).

2. Cancellation. DIRATHINST 6110.2B.

3. Background. Physical readiness is a key component of the United States Naval Academy's (USNA) mission to "develop midshipmen morally, mentally, and physically." It is the lynchpin of 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. 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 Navy and Marine Corps.

4. General Policies

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 cardiorespiratory fitness, muscular strength, endurance, flexibility, and proper body composition.

b. The Physical Fitness Assessment (PFA) provides a comprehensive measurement of physical readiness and the effectiveness of personal fitness programs.

Enclosure (1)