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

Ref: (a) DIRATHINST/COMDTMIDINST 6110.2 Midshipmen Physical Fitness Assessment (PFA) Procedures
(b) OPNAVINST 6110.1J Physical Readiness Program
(c) USNAINST 5420.24G Policies and Procedures Governing the Academic Board

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 Academic Boards
(6) Physical Education Academic Boards Matrix

1. Purpose. To delineate Physical Education requirements necessary for graduation and to establish related policy.

2. Cancellation. DIRATHINST 6100.

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 skills, 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 requirements by class are 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 shall:
   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).

Distribution:
Brigade
Non-Mids (electronically)
GRADUATION REQUIREMENTS

Every Midshipman must pass the following Physical Education (PE) courses/qualifications, and have a passing score for the PFA for every semester as a requirement for graduation.

All Midshipmen should know their personal PE status at all times. Senior Enlisted Leaders (SEL) are charged to maintain a clear status on each Midshipman in their company on behalf of their Company Officer, as assisted by their Midshipman Company Physical Mission Officer (PMO).

1. Combatives: 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* |

   *Unless away from USNA on SAEP, in which case they will complete 1st Class Year.

2. Swimming: Every Midshipman must complete the requirements for a NAVY 3rd class swim qualification.

3. Personal Conditioning: A Midshipman must receive a passing grade for the class.

   Personal Conditioning I

4. Physical Fitness Assessment (PFA): The Naval Academy Physical Fitness Assessment consists of a Body Composition Assessment (BCA) and a Physical Readiness Test (PRT). The PRT consists of curl-ups, push-ups, and a 1.5 mile run. Midshipmen are required to pass a PFA for every semester of enrollment or they will be considered deficient. Reference (a) contains a detailed discussion of the PFA.

   a. BCA Standards (Maximum Body Fat Percentage)
      1) Male: 22%
      2) Female: 33%

   b. PRT Standards (Minimum Passing Score)
      1) Curl-ups (2-minutes): 65 (Male/Female)
      2) Push-ups (2-minutes): 45 (Male) / 20 (Female)
      3) 1.5-mile Run: 10:30 (Male) / 12:40 (Female)
PHYSICAL EDUCATION REQUIREMENTS BY CLASS

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


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 are provided an opportunity to develop skills in recreational activities that promote a healthy lifestyle.

Course Requirements:

Fourth Class

Boxing - 8 lessons in which Midshipmen learn both 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 PFA, a Midshipman’s form, offense, defense, fortitude and ring craftsmanship.

Wrestling - 8 lessons in which Midshipmen learn skills from the neutral offensive and defensive position. Course grades are determined based upon the PFA, the Midshipman’s aggressiveness and ability to perform take-downs, rides, pins, escapes and reversals.

Swimming - 16 lessons in which 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.
The course grade is determined by the PFA and skill proficiency.

Third Class

**Swimming** - 16 lessons in which all swimming and survival skills shall 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 (the width of the pool) a 100 meter subjective crawl stroke (technique test), swim 50 feet underwater in camouflage uniform pass/fail, a 3 minute trouser inflation for pass/fail, a 10m tower jump, and the 3rd Class Swim Qualification. The course grade is determined by the PFA and skill proficiency.

**Martial Arts I** - 16 lessons in which Midshipmen integrate their physical, moral and mental development by reinforcing the character development curriculum in a highly stressful and physically taxing martial arts environment. The course grade is determined by the PFA, and upon how well the Midshipman performs twenty-three martial arts skills.

Second Class

**Swimming** - 8 lessons in which 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. The course grade is determined by the PFA and skill proficiency.

**Personal Conditioning I** - 8 lessons in which 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 by the PFA, class participation, class assignments, and written exams.

**Martial Arts II** - 16 lessons in which Midshipmen 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. The course grade is determined by the PFA, and how well the Midshipman performs 27 martial arts skills.
First Class

Lifetime Recreation Electives - 16 lessons. The course grade is determined by the PFA, and the skills proficiency obtained in the class, all assignments and written exams. The electives offered are: Advanced Boxing, Climbing (Intro), Climbing (Advanced), First Aid, Fitness, Fitness Testing and Assessment, Golf, Gymnastics, Kayaking, Martial Arts (Advanced), Racquetball, Squash, Swim Conditioning, Tennis, Triathlon, Volleyball, Water Polo, and Weight Training.
# PHYSICAL EDUCATION CURRICULUM SUMMARY

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Note: If on Service Academy Exchange Program (SAEP) (Fall, 2<sup>nd</sup> Class year):
1. Take one elective at SAEP Academy. It replaces one 1/C USNA Elective.
2. Preregister for PE399S. Take MAII during Spring, 2/C year as curriculum dictates.
3. Take PE301 (Swimming and Personal Conditioning) during Fall, 1/C Year.

Note: If on SAEP (Spring, 2<sup>nd</sup> Class year):
1. Take one elective at SAEP Academy. It replaces one 1/C USNA Elective.
2. Take last 1/C USNA Elective in Fall, 1/C year.
3. Preregister for PE499S. Take MAII during Spring, 1/C year.
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 PE semester grade is determined by combining the PE course grade with the PFA score. The PFA counts for 1/3 of the semester PE grade.

The minimum passing grade for all PE courses, including the PFA, 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 PE 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. PFA deficiencies are specifically discussed in reference (a). Midshipmen who have attempted and failed elements of their class requirements are considered True Failures and will receive an “F” for that semester’s class. Midshipmen must retake and remediate any required course requirements in which they have received an “F”. A successful remediation of an Academic PE True Failure will result in a maximum grade of 60, or a minimally passing “D”. Second semester First Class Midshipmen who have not completed the PE requirements prior to the end of February may face review by the Physical Education 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 boxing and 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 Head, Physical Education Department, via written request from the team head coach, based on participation in certain approved activities or based on special circumstances. These circumstances may include but are not limited to Enclosure (4)
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" only.

In all cases, deferrals must be granted prior to the semester for which the deferral is requested, and all classes that are deferred must be made up within one semester of the period that the deferral was granted. If a Midshipman fails to remediate the deferred class within the time frame stipulated, that Midshipman will become a "Marking Office Failure" and receive a grade of 0 for their deficiency.

INCOMPLETES

The Head, Physical Education Department may 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, should 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 (30) days from date of medical chit expiration or date of completion of the athletic season. In other extenuating circumstances as approved by the Head, Physical Education Department, Midshipmen may be granted thirty (30) days from the first day of classes in the following semester in order to account for Midshipmen absence from USNA during summer training blocks. Incomplete PFA requirements are covered in reference (a). Midshipmen who do not meet this thirty day period will become "Marking Office Failures" and receive a grade of 0 for their deficiency and may be reviewed by the PE Evaluation Board (PEEB).
In order to ensure that Midshipmen who are deficient in PE are quickly identified and provided appropriate remediation to assist them in correcting their deficiency, a series of Review Boards is established. The Physical Education Academic Board is conducted in accordance with reference (c). In general, Midshipmen deficient in PE will be disenrolled by the Academic Board unless retained by one of the Review Boards. The composition and general purpose of each Review Board is as 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.

Membership of the PEEB includes:

(1) Deputy Director, Physical Education Department (Chair)
(2) Physical Education Marking Officer
(3) Physical Education Remedial Officer
(4) Physical Education Liaison 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 Physical Education Academic Board. The PERB may issue Letters of Probation (LOP) to deficient Midshipmen, or forward certain cases to the Physical Education Academic Board.

Membership of the PERB includes:

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

3) Athletic Director and Commandant Review:

The Athletic Director and Commandant (AD/DANT) Review convenes as requested by the PERB to review the Physical Education deficiency

Enclosure (5)
records of those Midshipmen who have been forwarded by the PERB to the Physical Education Academic Board. The Athletic Director and Commandant may:

1) Take no action on a record (results in the record being sent to the Physical Education Academic Board).
2) Remove a record from consideration by the Physical Education Academic Board for special circumstances and issue a LOP.
3) Continue a Midshipman’s previous probation due to extenuating circumstance.
4) Direct a review of the Midshipman’s medical history to determine suitability for continuation as a Midshipman, graduation and/or commissioning.

Membership of the AD/DANT Review includes:

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

4) Physical Education Academic Board:

The Physical Education Academic Board will review PE-deficient Midshipmen referred to them by the Physical Education Review Board (unless waived by the AD/DANT Review) for disenrollment or retention. Special emphasis shall be placed on review of Third Class Midshipmen who have PE deficiencies as to their suitability for continuation as Midshipmen and their upcoming "2 for 7" commitment. All First Class Midshipmen who are still PE deficient at the end of February will be forwarded to the Physical Education Academic Board for continuation or disenrollment unless a waiver is granted for the deficient graduation requirement(s).
PHYSICAL EDUCATION ACADEMIC BOARDS MATRIX

The Physical Education Academic Board matrix listed below indicates the initial level board a Midshipman’s record will be reviewed. That board reserves the right to forward a Midshipman to a higher board to address a trend of PE deficiencies or address suitability for graduation and commissioning.

PEEB
- 1x PFA failure
- 3/C and 4/C PE Class deficiencies

PERB
- 2x PFA failures
- 1/C and 2/C PE Class deficiencies
- 1x or 2x OPNAV ("Fleet") PFA failures

PE AC Board
- 3x or more PFA failures
- 3x or more OPNAV ("Fleet") PFA failures

Notes: 1) Midshipmen who report on Induction day over BCA standards or who fail the Initial Strength Test (IST) will receive a Letter of Warning from the PEEB in order to document their initial deficiencies. 2) Reference (b) contains OPNAV ("Fleet") PFA standards.