From: Director of Athletics
Commandant of Midshipmen

Subj: MIDSHIPMEN PHYSICAL FITNESS ASSESSMENT (PFA) PROCEDURES

Ref: (a) OPNAVINST 6110.1J (Physical Readiness Program)
(b) COMDTMIDNINST 1020.3B (Midshipmen Uniform Regulations)
(c) COMDTMIDNINST 5400.6R (Midshipmen Regulations Manual)
(d) COMDTMIDNINST 6110.3A (Physical Education Remediation Attendance Policy)

Encl: (1) USNA Height/Weight Standards and BCA Procedures
(2) PRT Warm-up and Test Elements
(3) PRT Grading Scales
(4) PFA BCA Waiver Request for Varsity Athletes

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

2. Cancellation. DIRATHINST 6110.2B and COMDTMIDNIST 6110.1X.

3. Background. 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. Leadership and physical fitness go hand-in-hand. Navy and Marine Corps Officers who are not physically fit simply cannot be leaders. 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 PFA provides a comprehensive measurement of physical readiness and the effectiveness of personal fitness programs. As an
added benefit, it provides insight into how well the Naval Academy Physical Education (PE) programs support the physical mission.

c. Elements. The PFA consists of the Body Composition Assessment (BCA) and PRT. The PRT consists of three elements in this order: curl-ups, push-ups, and a 1.5-mile run. BCA procedures are contained in enclosure (1). Policy for and descriptions of the mandatory warm-up and descriptions of each element of the PRT are found in enclosure (2). Policies and eligibility for the 500-yard swim and 10-minute bicycle elements in lieu of the 1.5-mile run are also discussed in paragraph 6 and enclosure (2).

d. Scheduling

(1) The PE Department administers the Brigade PRT once during each fall and spring semester as scheduled by the Marking Officer to align with institutional priorities.

(2) One Make-up Brigade PRT will be administered, normally on the Saturday following the Brigade PRT.

(3) Marking Office PRTs are normally administered on the third Wednesday of every month, except the month of the Brigade PRT. The official date and time for Marking Office PRTs will be promulgated by the Marking Officer. These are mandatory for all Midshipmen whose medical waivers have expired or who have not yet participated in a PRT in the current semester.

(4) For Team PFA scheduling policies, see paragraph 7.

e. Participation

(1) Once a Midshipman commences an official PFA, the test counts for a score and a grade will be awarded in the Midshipmen Information System (MIDS). A Midshipman will only have one “official” PFA per semester. A Midshipman’s official PFA may be a Team PFA, the Brigade PFA, or a monthly Marking Office PFA (after that semester’s Brigade PFA commences) depending on applicable medical waivers.

(2) All Midshipmen who are medically qualified and meet the body composition standards of enclosure (1) shall participate in the Brigade PRT with his/her company, unless already complete or scheduled for a Team PRT.

(3) Midshipmen on medical waiver must turn in all signed medical chits to the Marking Office chit box within 24 hours of receipt. Midshipmen are responsible for delivery of their chit and shall not rely on anyone else to turn in their chit. In extenuating circumstances (chit issued within 24 hours of the PRT), Midshipmen will seek out the Marking Officer at the PRT for guidance. The Marking Officer is usually stationed at the finish line but can be found by asking any PE Staff to direct you to the Marking Officer.
Only the PE Marking Officer can accept a chit at the PRT. Chits will not be turned in to other PE Staff at the PRT. This option should ONLY be used in extenuating circumstances.

(4) If a Midshipman gets off chit the day before the PRT, they are considered 100% fit for duty and will be expected to take the PRT. Midshipmen excused from the Brigade PRT, or on medical waiver, are required to take the next make-up PRT for which they are not medically waived or excused.

(5) All Fourth Class Midshipmen will take the PFA at the end of Plebe Summer, which will count toward their fall semester Physical Readiness Grade.

(6) Midshipmen who are unable to take two consecutive PRTs due to a medical condition shall be referred to the Physical Education Review Board (PERB) for possible recommendation for medical board or separation.

f. Regulation PE uniform as per reference (b) is required for the PRT. Midshipmen who are not in the correct uniform will be forwarded to the Commandant’s Staff (Company Officers) for conduct action and will not be allowed to take the PRT. The only authorized uniform for Midshipmen pacers is regulation PE uniform with the gold USNA reversible jersey substituted for the blue rim. Midshipmen pacers in anything other than the gold USNA reversible jersey will not be allowed to pace. Midshipmen who fail to arrive at their scheduled time without prior authorization from the PE Marking Officer or a valid excuse will be considered an unauthorized absence, will not be allowed to take the PRT and will be forwarded to the Commandant’s Staff for conduct action. In both of these cases, these Midshipmen will be PRT incomplete and will be required to take the next available PRT.

g. Score Reporting. Midshipmen must record their scores with designated PRT staff at the official recording station prior to departing the test site. All failing scores must be reported immediately upon completion of each failed element. Once a Midshipman checks in to complete the PRT, a score will be recorded. If no score is recorded, the Midshipman will receive a failing score. Midshipmen shall NOT double-back on to the run course to help/pace a shipmate either before or after recording their scores. If found back on the course after completing the PRT, the Midshipman will be forwarded to the Commandant’s Staff for conduct action and their PRT score will not be counted. The Midshipman will be PRT incomplete and will be required to take the next available PRT. Other failure policies are found in paragraph 6.

5. PFA Body Composition Assessment Policies

a. The PFA officially begins with the BCA. Midshipmen must weigh in for their official PFA BCA 45 days to 24 hours prior to taking a
PRT. The Marking Officer will designate a PE staff member to conduct team PFA BCAs. The Marking Officer holds BCA delegation authority to COs/SELS/BFLs and PE staff. COs/SELS are only authorized to conduct height/weight measurements. Those Midshipmen that are over height/weight standards per enclosure (1) shall have a BCA performed by their Battalion Fitness Leader. A Midshipmen’s PFA BCA measurements shall occur on the same day as their height/weight measurement. Any deviation must be approved by the Marking Officer. In order to maintain dignity and respect during the weigh in process, COs/SELS/BFLs shall conduct measurements in their office spaces using a “one Midshipman in, one Midshipmen out” policy vice using the passageway. Additionally, Midshipmen are not authorized to conduct measurements on another Midshipman; however, COs/SELS/BFLs are authorized to use Midshipmen as recorders and to input data into MIDS.

b. Normally, the Marking Officer will announce a PFA BCA weigh-in period of one week approximately one week prior to the PRT in order to afford Midshipmen a reform weigh-in and differentiate between the reform and official PFA weigh ins per reference (d). All data must be recorded in MIDS no later than 24 hours prior to the PRT in order for the Marking Office to determine participation and staffing requirements. Midshipmen without PFA BCA data in MIDS 24 hours prior to the PRT will not be allowed to participate in the PRT.

c. All Midshipmen shall participate in the Brigade PFA BCA, even if medically waived from the PRT. If authorized a Team PFA by the PE Marking Office, Team BCAs shall be scheduled and conducted by assigned PE staff as determined by the PE Marking Office. Any deviations or exceptions to this shall be approved by the Head, Physical Education.

d. If a Midshipman fails to meet the BCA standards set forth in enclosure (1), they will NOT be permitted to take the PRT, will be automatically classified as a Failure, and will be assigned a PRT score of 0%, even if the PRT portion of the PFA is medically waived. Midshipmen under height/weight standards per enclosure (1) are addressed in reference (d).

e. Per reference (a), Midshipmen shall have one official BCA weigh-in for the PFA. If the initial BCA was conducted prior to 45 days before the subsequent PRT, a new BCA must be conducted and entered in MIDS prior to 24 hours before the subsequent PRT. If a Midshipman exceeds BCA standards for their initial (official) PFA of the semester, the Midshipman will not be scored with a passing grade (60) until they successfully pass their next official (semester) PFA.

f. In order to ensure grade integrity, the Head, Physical Education, reserves the right to verify the PFA BCA measurement of any Midshipman. The PE Department will be responsible for conducting the verification measurement. In cases where a verification BCA is taken at the direction of the Head, Physical Education, that measurement will count as the official PFA weigh-in measurement.
6. **BCA Waivers**

   a. In accordance with reference (a), Midshipmen will not normally receive a BCA waiver for the PFA regardless of a medical condition. Varsity Athletes that are required to maintain a BCA outside of USNA standards in order to remain competitive in their sport may receive a waiver for the BCA portion of the PFA for the duration of their athletic competition. BCA waivers will initiate with a Midshipman’s Head Coach and be routed via the Marking Officer for joint approval by the Deputy Commandant and the Director of the Physical Education Department in accordance with the format in enclosure (4).

   b. Varsity Athlete BCA waivers will expire at the end of the current Academic Year. Head Coaches will be required to submit PFA BCA waivers at the beginning of each Academic Year.

   c. Varsity Athletes with approved BCA waivers are authorized to participate in a bicycle PRT for the duration of their approved waiver. 1/C Varsity Athletes in the spring semester of their first class year will be required to meet USNA PFA, both BCA and a PRT including the run element, standards prior to graduation. 1/C Varsity Athletes with an approved PFA BCA waiver whose athletic competition encompasses both the Fall and Spring semesters shall be required to pass a run PRT either in the Fall or Spring semester AND meet USNA BCA standards prior to graduation.

   d. Midshipmen who voluntarily quit or who are cut from a Varsity Athletic Team will be afforded to continue under their BCA waiver in order to allow them an opportunity to work to meet USNA BCA standards. Should it be necessary for a Midshipmen to receive more time in order to safely meet USNA BCA standards, Company Officers shall submit an additional PFA BCA waiver, per enclosure (4) detailing the circumstances behind the request.

7. **Team PFA Policies**

   a. Team PFAs are provided as a courtesy for Varsity and Club A teams, when the Brigade PFA occurs during their championship and non-championship seasons, to minimize interference with competition.

   b. Normally, Team PFAs shall be scheduled and completed before the Brigade PFA. Head coaches will coordinate scheduling with the PE Marking Officer. Teams will ensure all players BCA’s are completed 45 days to 24 hours prior to the team PRT. Team members who exceed BCA standards without a PFA BCA waiver will not take the team PRT and will be scored in accordance with paragraph 7.

   c. Teams in championship seasons from Reform through the Brigade PFA may schedule a Team PFA after the Brigade PFA with permission from the Head, Physical Education Department, via the PE Marking Officer.
In this case, the PFA must be approved and scheduled with the PE Marking Officer prior to the Brigade PFA.

d. Except in the case above, if a Varsity or Club A team does not schedule a Team PFA before the Brigade PFA, team members will take the Brigade PFA with their companies.

e. Varsity and Club A teams or athletes may elect to take the Brigade PFA in lieu of a Team PFA.

8. PFA Grading Criteria

a. BCA Failures will be graded in the MIDS PRT module as 0 curl-ups, 0 push-ups, and 20:00 run time.

b. MIDS is the official score calculator for the PRT and uses a traditional percentage-based grading scale for each PRT element. For the 1.5-mile run, times are not incremented in between table values. The PRT score is the average of the percent scores for each of the three elements.

c. Enclosure (3) includes the grading scales for curl-ups, push-ups, the 1.5-mile run, and the 500-yard swim. For grading purposes, the swim or bicycle element percent score substitutes for the 1.5 mile-run percent score. For authorized BCA waivered PRT, the grading scale is dependent on Midshipmen weight and wattage earned, as read on an authorized bicycle.

d. A minimum score of 60.0% must be earned in each element to pass the PRT. Midshipmen shall only have one official PFA score recorded per semester. Scores below 60.0% will be remediated in subsequent semester passing PFA, with the exception of 1/C Midshipmen who will be allowed to remediate within the 1/C Spring Semester.

e. International and Service Academy exchange cadets will participate in the PFA and will receive a score. This score will be factored into their PE grade while at USNA. A failing score of 0% will be recorded for a true failures. Remediation scores will follow guidance in paragraph 8. All cadets are required to record a score upon completion of the PRT. Exchange cadets shall wear their Academy’s version of “regulation PE gear” during the PRT.

f. The Director of Physical Education may authorize one retest to pass the PRT portion of the current semester PFA. Midshipmen shall make “Bad Day” requests via the Marking Officer to the Director of Physical Education. A Midshipman must request a “Bad Day” within 24 hours of completing the PRT. If approved, the retest must be administered within 7 days of the initial PRT failure. The “Bad Day” option does not apply to BCA determinations. If the individual is approved for a “Bad Day” but does not participate in the retest or
goes on medical chit before the retest the initial test score is to be entered into MIDS as the official PFA.

9. PFA Failure Definitions

a. A “True PFA Failure” is:

(1) Failure of either part of the PFA, the BCA per reference (a), or failure to complete a PRT once the PRT has commenced. Those Midshipmen that fail to meet BCA standards per reference (a) will be entirely prohibited from taking the PRT. Those that meet BCA standards shall take the PRT unless on medical chit.

(2) Failure to pass one or more elements of the PRT.

(3) Failure to report a score with PE staff at the official score station for one or more elements of the PRT before leaving the test site.

10. PFA Failure Policies

a. Midshipmen who fail the PFA are immediately placed into the PE PT Remedial Program per ref (d), and lose privileges in accordance with reference (c). Midshipmen whose BCA is over PFA standards at reform shall not lose any privileges (unless a PFA failure from the previous semester and previous deficiencies cause them to be PE deficient).

b. Midshipmen who successfully remediate a True Failure will be assigned a grade of 60.0% for Physical Readiness after they subsequently pass an official (semester) PFA.

c. Midshipmen who repeatedly fail to meet PFA standards of the Naval Academy by failing multiple official PFAs are subject to referral to the Physical Education Evaluation Board (PEEB), the Physical Education Review Board (PERB), the Athletic Director/Commandant Review Board, or the Academic Board. Midshipmen who fail 3 official PFAs shall be forwarded to the Physical Education Academic Board for possible separation. Midshipmen who fail 3 official reference (a) standards PFAs within four years will automatically be referred for administrative separation from USNA.

11. Responsibilities

a. Head, PE Department shall:

(1) Ensure the PFA is administered properly and in accordance with this instruction.

(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) Approve standards, policies, and procedures and forward recommended changes to this instruction to the Athletic Director.

(4) Provide PFA data to the Director of Institutional Research.

b. The Deputy Director, PE Department shall:

(1) Enforce all policies established by the Head, Physical Education.

(2) Review PFA instructions, standards, policies and procedures, and recommend revision, when appropriate.

(3) Oversee execution of the PFA program.

c. The Director, Human Performance Lab shall:

(1) Execute the Remedial Physical Training Program every Monday-Friday. Tailor the remedial training sessions to accommodate those Midshipmen on medical chit.

(2) Ensure attendance is recorded at each remedial session.

(3) Ensure the Chain of Command is informed of remedial attendance and Midshipmen participation during remedial attendance.

d. The PE Liaison Officer (PELO) shall:

(1) Serve as a single point of contact for the Commandant’s Staff for all matters relating to the Marking Office as outlined in the Memorandum of Agreement between the Head, Physical Education and the Commandant of Midshipmen.

(2) Recommend updates to this instruction annually.

(3) Train Battalion Fitness Leaders on BCA procedures.

(4) Report directly to the Deputy Director, PE Department.

e. The Marking Officer shall:

(1) At the direction of the Head, PE Department, oversee, schedule, and execute the PFA each semester with the assistance of the PE staff and Midshipmen Physical Mission Officers in accordance with this instruction.

(2) Coordinate Team PFAs at the direction of the Head, PE Department.

(3) Ensure the accurate entry of PE MIDS data.
(4) Prepare PE Department data and briefs for the PEEB, PERB, AD/DANT, and Academic Review Boards.

(5) Execute other related tasking as assigned by the Head, PE Department.

f. Company Officers shall:

(1) Conduct PFA Height/Weight measurements per enclosure (1).

(2) Enter all Midshipmen Height/Weight and BCA measurements into MIDS NLT 24 hours prior to an official PRT.

(3) Report all BCA failures to the Marking Officer and Physical Education Liaison Officer immediately following PFA BCAs.

e. Battalion Fitness Leaders shall:

(1) Be appointed by the Commandant of Midshipmen.

(2) Conduct all PFA BCA measurements except for Varsity or Club A Athletes participating in Team PFAs.

(3) Report all Midshipmen PFA BCA failures immediately following BCA measurements to the respective CO/SEL, PELO, and Marking Officer and enter BCA measurements into MIDS.
# USNA Height/Weight Standards

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BODY COMPOSITION ASSESSMENT (BCA) PROCEDURES

1. Maximum Allowable Body Fat Percentages
   a. USNA allowable body fat percentages are
      
      Male  22%
      Female 33%

2. BCA Procedures
   a. Maximum weight for height screening
      
      (1) **Height measurement**
      
      (a) Member removes shoes.
      
      (b) Member stands with feet together, flat on the deck, takes a deep breath, and stretches tall.
      
      (c) Record height in MIDS Weight Tracking – Enter Height and Weight. Fractions of an inch in height will be rounded up to the nearest inch.
      
      (2) **Weight measurement**
      
      (a) Member shall be weighed on a government-issued scale in regulation PT clothing (shorts, T-shirt) without shoes. One scale is located within each Battalion.
      
      (b) No deduction is allowed for clothing, regardless of how the member is dressed.
      
      (c) Fractions of a pound are rounded to the nearest whole pound per the following:
      
      1. Round **down** fractions less than ½ pound.
      2. Round **up** fractions greater than/equal ½ pound.
      
      (3) **Maximum weight determination**
      
      (a) Enclosure (1) lists the maximum/minimum weights for the member’s height.
      
      (b) If member’s weight is less than or equal to the maximum listed for their gender and not below the minimum, members are within body composition assessment standards and percentage body fat determination is not required.
b. **Body fat percentage determination for exceeding max weight**

(1) Non-stretching cloth, metal, plastic, or fiberglass tape measure shall be applied to body landmarks with sufficient tension to keep it in place following the contour of the body without indenting skin surface.

(2) **Procedures for Men**

(a) Body fat percentage for men is calculated from measurements of standing height, neck circumference, and abdomen circumference.

(b) Midshipmen should be measured in the presence of another Midshipman (preferably of the Midshipman’s gender) if requested.

(c) Standing Height. Use height measurement from maximum weight for height screening.

(d) Neck circumference

1. Measurement shall be taken on bare skin.

2. Midshipman looks straight ahead with shoulders down (not hunched).

3. Measure neck circumference at a point just below larynx (Adam’s apple) perpendicular to long axis of neck.

4. Round neck measurement up to the nearest 1/2 inch and record (e.g., round 16 1/4 inches to 16 1/2 inches).

(e) Abdomen circumference

1. Measurement shall be taken over bare skin however a Midshipman may request a measurement over a T-shirt if desired. If the measurement is taken over the t-shirt, no allowance is given for T-shirt.

2. Arms are at sides. Take measurement at the end of Midshipman’s normal, relaxed exhalation.

3. Measure abdominal circumference with tape at level of center of navel and parallel to deck.

4. Round abdominal measurement down to nearest 1/2 inch and record (e.g., round 34 3/4 to 34 1/2 inches)

(f) Body fat calculations. The MIDS Weight Control Module has the computations built into the program to calculate the body fat percentage; however, if the need arises to manually calculate the
body fat percentage, use enclosure (2) of reference (a) to determine the body fat percentage.

(3) **Procedure for Women**

(a) Body fat percentage for women is calculated from measurements of standing height, neck circumference, natural waist circumference, and hip circumference.

(b) Midshipmen should be measured in the presence of another Midshipman (preferably of the Midshipman’s gender) if requested.

(c) Standing Height. Use height measurement from maximum weight for height screening.

(d) Neck circumference

1. Measurement shall be taken on bare skin.

2. Midshipman looks straight ahead with shoulders down (not hunched).

3. Measure neck circumference at a point just below larynx (Adam’s apple) perpendicular to long axis of neck.

4. Round neck measurement up to the nearest 1/2 inch and record (e.g., round 16 1/4 inches to 16 1/2 inches).

(e) Natural waist circumference

1. Measurement shall be taken over bare skin however a Midshipman may request a measurement over a T-shirt if desired. If the measurement is taken over the t-shirt, no allowance is given for T-shirt.

2. Arms are at sides. Take measurement at the end of Midshipman’s normal, relaxed exhalation.

3. Measure natural waist circumference, at point of minimal abdominal circumference with tape level and parallel to deck. (Note: This site is usually located about halfway between navel and lower end of sternum breastbone. When this site is not easily observed, take several measurements at probable sites and use smallest value).

4. Round natural waist measurements down to nearest 1/2 inch and record (e.g., round 28 5/8 inches to 28 1/2 inches).

(f) Hip circumference
1. Measurement shall be taken over lightweight, loose-fitting gym shorts or pants. Tight-fitting rubberized foundation garments or exercise belts shall not be worn during measurements.

2. While facing Midshipman’s side, measure hip circumference by placing tape around hips so that it passes over greatest protrusion of gluteal muscle (buttocks) as viewed from side. Ensure tape is level and parallel to deck. Apply sufficient tension on tape to minimize effect of clothing.

3. Round hip measurement down to the nearest 1/2 inch and record (e.g., round 44 3/8 inches to 44 inches).

(g) Body fat calculations. The MIDS Weight Control Module has the computations built into the program to calculate the body fat percentage; however, if the need arises to manually calculate the body fat percentage, use enclosure (2) of reference (a) to determine the body fat percentage.

3. Classifying BCA

A. BCA is failed (not within BCA standards) when a Midshipman:

   (1) Exceeds both maximum weight for height and body fat standards allowed for Midshipman’s gender;

b. BCA is passed (within BCA standards) when a Midshipman:

   (1) Meets or is below maximum weight for height allowed for the Midshipman’s gender.

   (2) Exceeds maximum weight for height, but not maximum body fat percentage allowed for the Midshipman’s gender.
PRT Warm-up and Test Elements

1. Warm-up Policy.
   a. Participation in five to ten minutes of group warm-up exercise is required before beginning the PRT. The required warm up is listed below.

      (1) 10 military four-count Pec Fly w/ Overhead Raise

   (2) 10 military four-count Chest Press / Shoulder Press

   (3) 10 military four-count Basic Squat

   (4) 10 military four-count Calf Raise

   (5) 10 military four-count Knee Blocks to the right

   (6) 10 military four-count Knee Blocks to the left

   (7) 10 military four-count 3 Side-Step Touch the Deck both sides *

   (8) 30 seconds of Quick Feet followed by 30 seconds of High Knees *

* If the member has lower body joint problems and should not do high-impact exercises, (s)he can perform the Basic March in lieu of 3 Side-Step Touch the Deck (#7) and/or perform High Marching in lieu of Quick Feet / High Knees (#8).

   b. This standardized dynamic warm-up is designed to target all the muscles used during the PRT. If performed correctly, it will prepare the muscles for the test by increasing the range of motion, temperature, and blood flow to the muscles. This standardized warm-up should NOT fatigue the individual and will actually improve his/her performance on the test. This will be explained before conducting the standardized PRT warm-up.

2. Warm-up Descriptions.
   a. Pec Fly with Overhead Raise. [Muscles used: Pectoralis Major, Deltoids]

      (1) With elbows bent to 90 degrees, raise your elbows to shoulder level facing outward (arms should look like a field goal post).

      (2) Bring your elbows together (as if performing a Pec fly).

      (3) Once your elbows/fists are touching, lift both arms up and over your head.
(4) Reverse this exercise to get back to starting position.

(5) Perform 10 repetitions.


(1) Simulate performing a push-up in the air (arms directly in front of the body).

(2) Once you return to the starting position, proceed into an overhead should press. Perform 10 repetitions.

c. Squat. [Muscles used: Quadriceps, Hamstrings]

(1) Start with your feet slightly wider than shoulder width apart.

(2) Perform a squat, lift both arms up.

(3) Return to starting position.

(4) (OPTIONAL): Perform the exercise using a three count down and one count up.

(5) Repeat for 10 repetitions.

d. Calf Raise. [Muscles used: Gastrocnemius, Soleus]

(1) Perform a standing calf raise on one leg.

(2) Switch and perform a standing calf raise on the other leg.

(3) Perform 10 repetitions to each side.

e. Knee Blocks/Alternating Knee Blocks. [Muscles used: Hip Flexors, Latiissimus Dorsi, Hip Flexors, Abdominals]

(1) With both arms raised above your head, contract your abs and lower both arms to your right knee to perform a knee block.

(2) Perform alternating knee blocks by alternating from right to left side after one repetition.

(3) Repeat for 10 repetitions to each side.

f. Three Side Steps and Touch the Deck (Lateral Movement). [Muscles used: Hip Adductors/Abductors, Abdominals]

(1) Begin in a partial squat position, feet slightly wider than shoulder width apart and hands at waist level.
(2) Take three side steps to the right (maintaining a low partial squat position) and touch the deck.

(3) Return to a partial squat position and take three side steps to the left and touch the deck.

(4) Periodically switch between the following techniques: step behind, standing side crunch, and steam engine.

(5) Repeat this sequence for 10 repetitions.

g. Quick Feet/High Knees (Foot Ball Player Shuffle). [Muscles used: Quadriceps, Hamstrings, Hip Flexors]

(1) Begin in a partial squat position, feet slightly wider than shoulder width apart and hands at waist level.

(2) Start performing a quick shuffle of feet.

(3) Upon instructor’s call, switch to high knees (running in place).

(4) Repeat sequence for 10 repetitions.

3. Test Element Policies and Descriptions.

a. Curl-ups:

(1) From the command “go,” Midshipmen will perform a maximum number of curl-ups within two minutes.

(2) Midshipmen will begin by lying flat on their back with knees bent, heels about 10 inches from buttocks.

(3) Arms shall be folded across and touching the chest with palms of hands touching the upper chest and shoulders (thumbs touching the collar bone). Arms must remain folded and in contact with the chest throughout the exercise.

(4) Midshipmen are not allowed to clutch and pull on the T-shirt. Thumbs must remain in contact with the collar bone.

(5) Feet shall be flat on the deck, knees bent to form a 90 degree angle between the upper and lower leg, and held by the partner’s hands. Partners may use their knees (on the side of the feet only) in addition to their hands to secure the feet. Other means of securing feet are unauthorized.

(6) The upper body curls up, touching elbows to thighs while keeping hands held firmly against the chest and shoulders, thumbs remaining in contact with the collarbone (this is the “up” position).
Return to starting position by lowering the upper body until shoulder blades touch the deck (this is the “down” position).

(7) Midshipmen may rest in either the up or down position.

(8) The testing partner will count repetitions out loud. An improper or incomplete repetition shall not be counted, and the partner will repeat the number of the last correctly performed repetition.

(9) The curl-up event is stopped immediately (without warnings) when the Midshipmen lowers legs, lifts feet off the deck, lifts buttocks off the deck, or fails to keep arms folded across the chest or lowers their arms.

(10) Midshipmen will be given two verbal warnings for failure to keep hands in contact with the collar bone or failure of shoulder blades to touch the deck. The third verbal warning will stop the testing of this element of the PRT. The number of the last correctly performed repetition will be the score.

Illustration 1: Curl-ups

b. **Push-ups:**

(1) From the command “go,” midshipmen will perform a maximum number of push-ups within two minutes.

(2) Midshipmen will begin in the front leaning rest position on deck so that the body forms a straight line through the shoulders, back, buttocks, and legs. This is the “up” position; see Illustration 2(a). Sagging or flexing of the back is prohibited. Arms must be fully extended.

(3) Arms shall be straight with palms flat on the deck, directly under the shoulders, or slightly wider (up to 3" wider per side).”
(4) Feet must be together or up to twelve inches apart, with weight supported only with the toes.

(5) From the starting position, Midshipmen shall lower their entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs straight and aligned and parallel to the deck. This is the “down” position; see Illustration 2(b).

(6) Midshipmen push their entire body up and returns to the starting position ensuring arms are fully extended, without locking elbows.

(7) Midshipmen may rest only in the up position maintaining a straight line with shoulders, back, buttocks, and legs.

(8) The testing partner will count repetitions out loud. An improper or incomplete repetition shall not be counted, and the partner will repeat the number of the last correctly performed repetition.

(9) Midshipmen will be given two verbal warnings for failure to meet or exceed a 90 degree angle in the down position or to extend the arms completely in the up position. The third verbal warning will stop the testing of this element of the PRT. The number of the last correctly performed repetition will be the score.

(10) The push-up event will be stopped immediately (without warnings) for touching the deck with any part of their body except hands or feet, raising a hand or foot off the deck to reposition, or failure to maintain proper body alignment (i.e. shoulders, back, buttocks, and legs in a straight line with head and heels).

Illustration 2: Push-up Positions

(a) Starting/up/rest position (b) Down position

(c. 1.5-Mile Run: The run portion of the PRT will be given on a measured, 1.5-mile road course. Inclement weather site will be determined. Ingram Field may be used as a secondary course option.

(d. Swim PRT: The Swim PRT is a 500-yard swim in lieu of the 1.5-mile run element.

(1) Eligibility. First Class Midshipmen with a permanent load-bearing medical condition are eligible for consideration to take Swim PRT in the spring semester or their graduation year. An additional
eligibility prerequisite is a successful PRT run history. The PERB, having received recommendations from the Brigade Medical Officer, is authorized to approve Midshipmen for the Swim PRT.

(2) Midshipmen who fail the Swim PRT are assigned to the Swimming Remedial Program until their deficiency is remediated.

e. **Bicycle PRT**: The Bicycle PRT is a 10-minute Bicycle Ergometer Test in lieu of the 1.5-mile run element.

(1) Eligibility. Only Varsity Athletes approved by the Deputy Commandant and Director of Physical Education for a PFA BCA waiver may take the Bicycle PRT.

(2) A head coach may request a PFA BCA waiver from the Deputy Commandant and the Director of Physical Education via the Marking Officer. The waiver request template is found in enclosure (4).

(3) First Class Midshipmen are required to complete the 1.5-mile run element in the spring semester of their graduation year as a requirement for graduation. First Class Midshipmen who have a PFA BCA waiver and participate in competition during the Spring semester may complete the 1.5-mile run element any time before graduation (e.g. Fall semester; however, those Midshipmen will be required to pass a bike PRT in the Spring semester).
PRT Grading Scales

1. Curl-ups, Push-ups, 1.5-Mile Run Grading Scales

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3. **10-Minute Bike Grading Scale:** Both male and female bike PRTs are available. Instructions and grading criteria are available at the PE Marking Office.
PFA BCA WAIVER REQUEST FOR VARSITY ATHLETES

From: Head Coach, Varsity <<SPORT>>
To: Deputy Commandant of Midshipmen
    Head, Physical Education Department
Via: Marking Officer

Subj: REQUEST FOR PFA BCA WAIVERS

Ref: (a) DIRATHINST 6110.2C

Encl: (1) Varsity athletes eligible for PFA BCA waivers

1. The Midshipmen listed in enclosure (1) are members of Varsity ________ for the academic year ______.

2. In accordance with reference (a), I respectfully request PFA BCA waivers be approved for the Midshipmen listed in enclosure (1) for the period of ____________________.

3. In the event a Midshipman is dropped from the team, he will be subject to the standards as outlined in reference (a).

______________________________  _____________________________
(Signature)                      (Signature)
Deputy Commandant               Head PE DEPT

From: Deputy Commandant of Midshipmen
      Head, Physical Education Department
To: Head Coach, Varsity <<SPORT>>
Via: Marking Officer

Subj: REQUEST FOR PFA BCA WAIVERS

1. The request for PFA BCA waivers is:

   APPROVED / DISAPPROVED / MODIFIED as written

______________________________  _____________________________
(Signature)                      (Signature)
Deputy Commandant               Head PE DEPT

Copy to:
Head Coach, _____________
Marking Officer

Enclosure (4)