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OFFICE OF THE CHIEF OF NAVAL OPERATIONS
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OPNAVINST 6110.1H
PERS-676
15 Aug 05

OPNAV INSTRUCTION 6110.1H

From: Chief of Naval Operations

Subj: PHYSICAL READINESS PROGRAM

Ref: (a) DOD Instruction 1308.3 of 5 Nov 02
(b) SECNAVINST 5214.2B
(c) NAVPERS 15560D, MILPERSMAN
(d) BUPERSINST 1610.10
(e) NAVPERS 15602A, Navy Nutrition and Weight Control Self-Study Guide
(f) OPNAVINST 6100.2
(g) OPNAVINST 3500.39B
(h) NAVMED P-5010, Manual of Preventive Medicine
(i) OPNAVINST 5100.23F
(j) NAVMED P-117, Manual of the Medical Department
(k) BUPERSINST 1430.16E
(l) SECNAVINST 1412.6K
(m) SECNAVINST 1420.1A
(n) SECNAVINST 1920.6B
(o) NAVSUP Publication 486, Food Service Management
(p) 10 U.S.C.

Encl: (1) Program Action and Responsibilities
(2) Physical Fitness Assessment (PFA)
(3) Medical Screening and Waivers
(4) Conditioning and Test Safety
(5) Fitness Enhancement and Weight Management Programs
(6) Body Composition Assessment (BCA)
(7) Physical Readiness Test (PRT)
(8) Administrative Actions
(9) Command Fitness Leader (CFL) Qualifications
(10) Navy PFA Checklist
(11) Inspection Checklist

1. Purpose. To provide policy and procedures for Navy's Physical Readiness Program as directed by reference (a). This instruction is a major revision and should be reviewed in its entirety.

2. Cancellation. OPNAVINST 6110.1G.

3. Applicability

a. References (a) through (p) outlined in this instruction provide guidance for the Navy’s Physical Readiness Program. Enclosures (1) through (11) contained herein provide specific information on program responsibilities and implementation.

b. Provisions of this instruction apply to all active and reserve Navy personnel. The term Commanding Officer (CO) in this instruction refers equally to Commanders and Officers in Charge (OICs).

4. Policy

a. Physical fitness is a crucial element of mission performance and must be a part of every Sailor’s life. Mission readiness and operational effectiveness are built on the physical fitness of the individual; therefore, all Navy personnel shall maintain personal physical fitness by regular exercise and proper nutrition.

b. The principal goal of the Physical Readiness Program is to create a culture of fitness to enhance a member's ability to complete tasks that support the command's mission. COs shall aggressively integrate physical readiness activities into the workweek in the same manner as applied to meeting other mission and operational requirements.

c. Commands shall develop and implement a Fitness Enhancement Program (FEP) that meets the needs of all personnel striving for improved fitness, not simply those who do not meet standards. FEP must be designed to increase and maintain cardio respiratory fitness; muscular strength and endurance; flexibility; reduce excess body fat; promote year-round fitness and health; and provide nutritional guidance. Activities shall ensure all medically qualified personnel meet or surpass all physical readiness standards. Testing the physical fitness of every Sailor is required.

d. Physical Fitness Assessment (PFA) includes Body Composition Assessment (BCA) and Physical Readiness Test (PRT). BCA is the maximum weight for height screening and body fat

percentage estimation based on circumference measurements. The PRT consists of the sit-reach, curl-ups, push-ups, and either run or swim. All Navy personnel, regardless of age, shall participate in PFAs unless medically waived.

e. All personnel are required to meet standards set forth in this instruction. Members who are unable to meet PFA standards will be subject to administrative action. COs shall recognize members who make significant improvements in physical fitness or consistently score excellent or better through comments on Fitness Reports, Evaluations, and other incentive awards.

5. Action

a. COs are responsible for physical fitness of personnel and shall establish and maintain an effective year-round Physical Readiness Program consistent with this instruction and unit mission.

b. All personnel shall participate in a year-round physical fitness program to meet physical readiness standards consistent with this instruction and unit mission. Personnel who cannot participate in such a program due to a valid medical condition shall be placed in a rehabilitative program, designed by a Command Fitness Leader (CFL) in conjunction with appropriate medical personnel.

6. Forms and Report

a. NAVPERS 1070/613 (Rev. 10-81), Administrative Remarks, NAVPERS 1610/2 (7-95), Fitness Report & Counseling Record (E7-O6), NAVPERS 1616/26 (7-95), Evaluation Report & Counseling Record (E1-E6) can be obtained on line at http://forms.daps.dla.mil/order/. NAVPERS 1611/2-1 (06-03), Performance Assessment of a Flag Officer - Rear Admiral (lower half) (O-7) and Rear Admiral (O-8), and NAVPERS 1611/2-2 (06-03), Performance Assessment of a Flag Officer, Vice Admiral (O-9) are available at www.npc.navy.mil/officer/flagofficer.

b. Reference (a) requires Navy to report on the Physical Readiness Program annually. All commands will report results of two PFAs per person per calendar year via the Physical Readiness

Information Management System (PRIMS) website https://prims.bol.navy.mil. Commander, Navy Personnel Command (COMNAVPERSCOM) (PERS-676) will submit an annual report to the Department of Defense (DOD). Per reference (b) PRIMS reporting requirement is exempt from reports control.

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PROGRAM ACTION AND RESPONSIBILITIES

1. Chief of Naval Operations (N1/NT) in collaboration with Bureau of Medicine and Surgery (BUMED) shall establish Physical Readiness Program policy and support the program by the following actions:

a. Provide educational support to commands for all health promotion program elements as they impact physical readiness.

b. Provide information and establish training for Command Fitness Leaders (CFLs).

c. Provide technical assistance to develop, implement, and evaluate program activities at each command.

d. Provide guidance for weight management programs.

e. Provide guidance for administrative actions concerning enlisted personnel and officers.

f. Provide ongoing program evaluation.

2. Commander, Navy Personnel Command (COMNAVPERSCOM) shall:

a. Provide policy guidance for Navy’s Health Promotion Program.

b. Establish PFA standards and FEP guidance.

c. Promote development and use of incentive awards to encourage maximum levels of fitness and health in individuals and commands.

d. Provide policy guidance on Navy’s Physical Readiness and Nutrition Programs.

e. Maintain statistical data on physical fitness performance of members throughout their career and develop reporting systems as appropriate.

f. Develop and maintain an appropriate Navy database to monitor PFA performance of all personnel by age, gender, and other appropriate factors.

3. Commander, Naval Safety Center (COMNAVSAFECEN) shall evaluate and/or analyze data on Physical Readiness Program injuries and deaths.

4. Bureau of Medicine and Surgery (BUMED) shall:

a. Develop policies and procedures to ensure servicemembers who have body composition and/or physical fitness challenges are properly screened and referred for evaluation, as necessary.

b. Develop policies and procedures to ensure that Medical Department personnel execute their responsibilities regarding the Physical Readiness Program in an appropriate and consistent manner throughout the Navy.

c. Provide technical assistance with implementation and evaluation of Physical Readiness Program.

d. Conduct research in appropriate physical readiness areas to ensure physical readiness testing adequately evaluates the physical readiness needs of the Navy.

5. Commander, Naval Supply Systems Command (COMNAVSUPSYSCOM) shall provide technical assistance to local commands by providing materials and information to educate commands and food service personnel on basic nutrition, low fat menu planning and promotion activities, food preparation, and procurement procedures in support of the nutritional standards.

6. Commander, Naval Education and Training Command (CNETC) shall:

a. Provide General Military Training (GMT) curricula on the Physical Readiness Program.

b. Include Physical Readiness Program curricula at basic accession points, such as Officer Candidate School (OCS), Officer Indoctrination School (OIS), Naval Reserve Officer Training Corps (NROTC), and Recruit Training Command (RTC).

7. Commander, Navy Recruiting Command (COMNAVCRUITCOM) shall ensure all men and women recruited into the Navy meet minimum entry-level physical readiness standards and are aware of the

requirement to comply with physical readiness standards contained in this instruction.

8. Commanding Officer, Recruit Training Command (RTC) shall ensure all members meet or exceed physical readiness standards upon completion of recruit training.

9. Commander, Navy Reserve Forces Command (COMNAVRESFORCOM) shall:

a. Implement a program compatible with existing directives and Reserve training time.

b. Ensure all Drilling Reservists, including Voluntary Training Unit (VTU) members, complete PFA twice annually.

c. Ensure Reserve unit commanders, COs, and OICs and reserve healthcare professionals assist, advise, and educate commands in implementing the Physical Readiness Program.

d. Ensure compliance with all reporting requirements.

e. Establish policy for Drilling Reservists pertaining to timing of PFAs and conducting FEPs.

10. Immediate Superiors in Command (ISICs) shall:

a. Ensure subordinate commands enter accurate PRIMS data for all command members within 30 days of completing each PFA cycle.

b. Develop awards that promote and recognize physical readiness of subordinate commands and individuals within commands. Awards shall recognize achievement and maintenance of superior fitness, overall readiness, command fitness program quality, and other actions that advance physical readiness.

c. ISICs shall review all Administrative Separations (ADSEPs) initiated by subordinate commands. This review shall include a review of the Fitness Enhancement Program (FEP) administered by the command for the member in question. Failure to have administered an adequate FEP shall not be the sole reason to reverse an ADSEP proceeding, however ISICs should use that information in evaluating the leadership of that command

and consider treating physical readiness in a similar manner to retention and/or attrition in future fitness reports on subordinate officer and senior enlisted leaders.

11. COs shall:

a. Aggressively integrate physical readiness activities into the workweek while meeting mission and operational requirements. Physical readiness activities shall include a minimum of three sessions per week devoted to moderate and moderately high intensity physical conditioning. Physical conditioning sessions should be at least 60 minutes in length to allow for proper warm-up and cool-down, and target at least 30-45 minutes of continuous aerobic activity.

b. Ensure galleys and messes follow healthy menu standards and develop healthy cycle menus. Menus are available on NAVSUP homepage: http://www.navsup.navy.mil/npi/our_team/hq/org/05/food/menus.jsp.

c. Ensure command training emphasizes healthy food choices, exercise, and lifestyle change.

d. Appoint in writing a CFL to carry out this instruction. Ensure CFL meets qualifications and training requirements.

e. Appoint in writing Assistant Command Fitness Leaders (ACFLs) (as necessary) to carry out this instruction. An optimal number is one assistant per 25 members, depending on command size and structure.

f. Ensure all command data for PFAs is entered within 30 days and FEP is managed appropriately within PRIMS.

g. Administer an effective FEP addressing individual needs of all members. Use available installation and local facilities, programs, and staff to intervene and ensure members meet physical readiness standards consistent with this instruction and unit mission.

h. Ensure command has sufficient members certified and current in cardiopulmonary resuscitation (CPR) (from American Red Cross or American Heart Association) to safely conduct and monitor Physical Readiness Program activities.

i. Enter PFA results in Fitness Report or Evaluation per reference (d).

j. Ensure two PFAs each calendar year are announced and conducted for medically qualified members.

k. Ensure proper safety precautions are followed during PFAs and FEP, as outlined in enclosure (4).

l. Ensure members receive proper medical screening prior to participation in PFA and FEP.

m. Ensure members with nutritional or performance challenges are referred to CFL for placement into nutritional and conditioning programs. Refer members to medical upon their initial failure to meet BCA standards.

n. Issue a NAVPERS 1070/613, Administrative Remarks, each time an enlisted member fails to meet body composition assessment and/or PRT standards. Forward original to Commander, Navy Personnel Command (COMNAVPERSCOM) (PERS-312C) for inclusion in permanent personnel record, and file a copy in field service record. Retain a command file copy for 4 years.

o. Issue written counseling each time an officer fails to meet BCA/PRT standards. Forward a copy to COMNAVPERSCOM (PERS-4834) for monitoring if it is third or subsequent failure in 4 years or if there is cause to believe that the officer is physically unqualified for promotion as a result of failure to meet the Physical Readiness Program standard.

p. When feasible and appropriate, afford members an opportunity to attend “ShipShape” (BUMED-approved Weight Management Program) (enclosure (5)).

q. Appropriately recognize members who achieve and maintain outstanding fitness. Additionally, members who have made improvement in physical readiness should be recognized by Fitness Report and/or Evaluation comments.

r. Distribute health and fitness materials in support of NAVPERSCOM health promotion initiatives.

12. Command Fitness Leader (CFL) shall:

a. Become thoroughly familiar with components of this instruction and advise the chain of command on all Physical Readiness Program matters.

b. Obtain and maintain current CPR certification.

c. Complete COMNAVPERSCOM-approved CFL training course as soon as possible upon assignment as CFL. On-line training is available at Navy Knowledge On-Line (NKO), “http://www.nko.navy.mil/”.

d. Use PRIMS to manage data on command members and ensure PFAs are completely entered within 30 days. Ensure FEP is managed appropriately within PRIMS.

e. Schedule and announce PFA (enclosure (2)). Facility requirements should be coordinated with the appropriate base, county, or city recreation services and requested in advance to minimize effect on recreation programs.

f. Follow all testing and measuring requirements, and safety precautions.

g. Instruct ACFLs to conduct PRT, BCA, and FEP. Obtain CPR training for members who assist with PRT and FEP.

h. Report any injuries related to Physical Readiness Program to command safety officer.

i. Obtain and maintain updated physical readiness resources for use by command personnel.

j. Closely monitor members who have completed “ShipShape” and provide assistance in weight management follow-up activities.

k. Confer with CO at least quarterly to discuss current and impending referrals for ShipShape, progress of personnel in FEP and weight management follow-up activities, and other items of mutual concern.

l. Ensure each member completes Physical Activity Risk Factor Screening Questionnaire (PARFQ) and provides signed copy for review and command records.

m. Provide CO with results of each PFA.

n. Notify CO, Command Master Chief (CMC), and Command Career Counselor (CCC) of the results of members who fail PFA and required administrative actions, particularly regarding administrative separation, reenlistment eligibility, and promotion eligibility. Maintain written documentation (i.e. notes and/or worksheets) of official command PFA cycles for a period of 4 years.

13. Commander, Navy Installations (CNI) shall:

a. Ensure facilities and fitness staff members are available to assist with PFA, physical training (PT), and command-organized or member-organized programs.

b. Ensure healthy, low fat food choices are available at Navy clubs.

c. Upon request, conduct assist visits at units and tenant commands to provide recommendations for improvement of command Physical Readiness Programs.

14. Individual servicemembers shall:

a. Maintain a lifestyle that promotes optimal health and physical readiness. Develop a regular, year-round, fitness program of aerobic, flexibility, and muscular strength and endurance exercises for a minimum of 40 minutes, at least three times per week.

b. Comply with the provisions of this instruction.

PHYSICAL FITNESS ASSESSMENT (PFA)

1. Physical Fitness Assessment (PFA). The PFA (BCA and PRT) is part of a total health, physical fitness, and readiness program. All Navy personnel shall strive to optimize fitness and readiness by exceeding minimum standards and achieving continual improvement.

2. Purpose of PFA

a. Provide members with goals to promote basic physical fitness, health, and readiness.

b. Provide COs a means of assessing the general fitness of command members.

3. PFA Components

a. Body Composition Assessment (BCA). Body composition is assessed by:

(1) An initial weight and height screening.

(2) A Navy-approved circumference technique to estimate body fat percentage.

b. Physical Readiness Test (PRT). PRT is a series of physical activities designed to evaluate factors that enable members to perform physically. Factors evaluated are:

(1) Flexibility via sit-reach.

(2) Muscular strength and endurance via:

(a) Curl-ups.

(b) Push-ups.

(3) Aerobic capacity via:

(a) 1.5-mile run/walk, or

(b) 500-yard or 450-meter swim.

4. Scheduling of PFA

a. Approximately 15 weeks before date of PRT

(1) Establish dates for PFA components.

(a) Dates for PFA components shall be selected in consultation with the CO.

(b) Dates shall result in completion of member's PFA at least 4, but not to exceed 8 months since member's/command's last PRT.

(c) Select alternate dates for members who cannot participate due to poor weather, temporary additional duty (TEMADD), leave, holidays, etc.

(d) Reserve swimming pool (if necessary).

(2) Select and train assistants in:

(a) Physical Readiness Program data compilation and/or PRIMS data entry.

(b) Proper BCA techniques.

(c) Proper warm-up, cool-down, and exercise event procedures.

(d) Administrative procedures.

b. No less than 10 weeks prior to scheduled date of PRT:

(1) Release official directive to command announcing official test dates and schedule PFA cycle in PRIMS.

(2) Conduct preliminary (courtesy) BCA, upon request. Results shall not be used to establish whether or not members meet BCA standards for the administrative actions required by this instruction. If members fail to meet BCA standards and no documentation exists of prior medical evaluation for exceeding BCA standard, members shall be referred to the Medical Department.

(3) Verify that member's periodic physical examination is current. If not, CFL shall refer member to Medical Department. Date of last physical examination should have been entered in PRIMS at the time member reported.

(4) Notify members to complete their PARFQ on PRIMS. Ensure members who answer "yes" to any PARFQ question and have not been previously cleared for that risk factor, or a new risk factor, are evaluated by medical prior to participation in the PRT.

(5) Schedule CPR certification for PRT monitors and ACFLs.

(6) Develop PRT safety plan (enclosure (4)).

(7) Confirm arrangements and suitability of site, CPR support, lifeguards, equipment availability, etc. Coordinate with Morale, Welfare, and Recreation (MWR) or other recreational services, if necessary.

c. Eight weeks prior to scheduled date of BCA and PRT ensure members have confirmed Medical Department appointment for evaluation for those who:

(1) Do not have a current periodic physical examination.

(2) Have exceeded BCA standard (for the first time in past 4 years) during courtesy BCA if requested.

(3) Answered yes to new risk factors identified on PARFQ. Members who answer "yes" for same previously cleared risk factor are not required to go to medical for reevaluation.

d. Normally within 10 days of, but absolutely not less than 24 hours prior to member's participation in PRT.

(1) Conduct official BCA. For members who exceed BCA standard (for the first time in past 4 years) confirm medical appointments for evaluation and clearance to participate in PRT.

(2) Ensure members who did not have a current periodic physical examination have been, or are being evaluated by the Medical Department.

(3) Enter BCA measurements into PRIMS.

(4) Provide reference (e) to any member who fails to meet body composition standards. This self-study guide is available online at "www.npc.navy.mil/commandsupport/physicalreadinss.htm".

e. Day prior to conducting PRT

(1) Consult with CO regarding cancellation criteria and procedures.

(2) Review safety plan and other procedures with ACFLs.

(3) Confirm site, equipment, safety, and test personnel are available.

f. Day of PRT

(1) Prohibit tobacco use at site at least 30 minutes before and 15 minutes after PRT.

(2) Ensure drinking water is readily available at test site and all members are well hydrated before and after PRT.

(3) Ensure environmental conditions (temperature, humidity, storm conditions, etc.) are safe.

(4) Ask members about general health. Specifically ask the pre-physical activity questions contained in enclosure (10).

(5) Prohibit participation of all ineligible members. Ensure members who answer "yes" to any PARFQ question and have not been previously cleared for that risk factor, or a new risk factor, have been evaluated by medical or arrange for them to participate in make-up PRT once medical screening is complete. Prohibit participation if recently recovered from significant health changes that have occurred since completing PARFQ. Review symptoms of cardiac distress (chest pain, shortness of breath, arm and neck pain) and counsel participants to withdraw from test if symptoms occur.

(6) Conduct exercise events after warm-up and stretching is completed.

(7) Notify supervisors of member’s non-participation.

g. One to 3 weeks following PRT

(1) Provide command and members with PRT results for:

(a) Inclusion in FITREPs and EVALs.

(b) Appropriate career counseling.

(c) Recognition of significant improvement or superior performance.

(d) Issuing of counseling and notification letters.

(2) Forward documents to COMNAVPERSCOM (PERS-312C) or (PERS-4834), as appropriate.

(3) Submit injury reports to COMNAVSAFECEN if required.

h. Within 30 days following PRT. Enter PRT results into PRIMS.

MEDICAL SCREENING AND WAIVERS

1. Medical Screening

a. Current Physical Examination, Physical Activity Risk Factor Screening Questionnaire (PARFQ), medical referral and evaluation, waivers, and operational risk management are primary tools to ensure safe participation of members in PFA and physical conditioning.

b. Physical Readiness Information Management System (PRIMS) is primary means of organizing and documenting Physical Readiness Program information including medical screening. Command Fitness Leader (CFL) shall use PRIMS in execution of this instruction.

c. Current Physical Examination

(1) Members who do not have a required physical examination (reference (j)) shall not participate in a PRT or physical conditioning until such exam is completed. Members shall participate in BCA.

(2) Verification of current physical examination shall be documented using PRIMS.

d. Reserve Personnel. Reserve personnel may be cleared for participation in the PRT for a 12-month period upon completion of the Annual Certificate of Physical Condition.

e. Physical Activity Risk Factor Screening Questionnaire (PARFQ)

(1) All personnel shall complete PARFQ in PRIMS 10 weeks prior to each PFA cycle and present to CFL for review. CFL shall determine, based on “yes” responses to risk factor questions, whether member requires medical clearance for participation in PFA, FEP and/or physical conditioning.

(2) PARFQ questions are available online through PRIMS at website “https://prims.bol.navy.mil/”.

(3) Members who answer “yes” to any question for the first time shall be assessed by a Medical Department

representative for further evaluation regarding participation in PFA or physical conditioning. Medical Department representative shall be a medical doctor, doctor of osteopathy, family or adult nurse practitioner, Physician Assistant, or Independent Duty Corpsman. Members who answer “yes” for same previously cleared risk factor are not required to go to medical for reevaluation.

f. Pre-Physical Activity Questions. At time of PRT, and immediately prior to any physical conditioning directed and supervised by command, members shall be asked by CFL or authorized representative about general health.

(1) Members who answer “yes” to any of the pre-physical activity questions in enclosure (10) shall be referred to a Medical Department representative for further evaluation regarding participation in PRT or physical conditioning.

(2) Members recovering from recent self-limiting illness (such as a cold, gastrointestinal disturbance, minor injury, etc.) shall not participate in PRT or physical conditioning. Members may participate once episode subsides, at CO’s discretion.

(3) Members reporting change in health or risk factors (such as tightness or discomfort in chest, arms or neck associated with activity or exercise) shall not participate in PRT or physical conditioning. Command Fitness Leader (CFL) shall refer members to Medical Department for evaluation. Members must be cleared by a Medical Department representative prior to participation in PRT or physical conditioning.

g. Body Composition Assessment (BCA)

(1) Medical Department must evaluate members prior to participation in PRT or physical conditioning upon initial failure to meet BCA standards. Evaluation shall include at a minimum:

(a) Blood pressure assessment.

(b) Serum and/or plasma lipids, blood glucose, Thyroid Suppressing Hormone.

(c) Cardiovascular risk assessment.

(d) Current medications, including over-the-counter drugs, supplements, herbals, and vitamins.

(e) Tobacco use.

(f) Family history, with particular focus on obesity and cardiovascular disease.

(g) Current physical activity.

(h) Motivation for weight loss.

(i) Other assessments as medically indicated.

(2) A Licensed Independent Provider or Physician Assistant shall further evaluate and document in medical record any medical condition predisposing members to obesity. Members not found to have a medical condition predisposing them to obesity shall be referred to command for appropriate directing and monitoring of member’s FEP.

(3) Written recommendations shall be provided to member’s command regarding any physical activities in which members should not participate as well as specific activities in which members may safely participate. Members shall be provided with recommended weight loss targets and physical activity recommendations. Members may be referred to local weight control programs, stress management, tobacco use cessation programs, and specialty clinics as deemed appropriate. Recommendation for participation in ShipShape shall be made, if members qualify.

2. Medical Referral and Evaluation

a. Members shall be referred to Medical Department for evaluation and clearance to participate in PRT and physical conditioning if members:

(1) Do not have required current periodic physical examination.

(2) Answer “yes” to any question on PARFQ or pre-physical activity questions and were not previously cleared for same condition.

(3) Fail to meet BCA standards for first time in past 4 years.

(4) Are 50 years of age or older and have not successfully completed all portions of a PRT in last 12 months. PRT must have been in conjunction with a PFA and documented.

b. CFL shall provide written referral clearly stating reasons members are referred, using PRIMS.

c. Members who answer “yes” to any question on PARFQ and were previously cleared to participate for that response do not need to be referred on subsequent PFAs as long as, the condition has not worsened, and there are no new risk factors present.

d. Completion of PARFQ by member shall be documented using PRIMS.

3. Medical Waivers

a. Command-approved members of Medical Department may recommend medical waiver for any aspect of Physical Readiness Program. Qualified members of Medical Department who are to conduct medical waiver evaluations shall be appointed in writing. Appendix A of this enclosure provides guidance on medical procedure and shall be used to determine recommendations made to member’s CO regarding waivers.

b. Members shall be issued medical waivers from participation in all or part of PFA or physical conditioning when a well-documented medical condition prevents:

(1) Valid assessment of physical fitness in PFA.

(2) Safe participation in PFA components or physical conditioning.

c. Medical waivers are subject to CO’s final approval and shall be closely reviewed and evaluated upon member’s transfer to another command or change in CO.

d. Medical waiver recommendations shall be documented in writing, as follows

(1) PFA components (PRT or BCA) waived.

(2) Restrictions placed on participation in FEP and/or PT.

(3) Recommended physical activities to help members maintain physical fitness and control body fat.

(4) Prohibited physical activities.

(5) Expiration date.

(6) In some circumstances where chronic injuries preclude participation in certain PRT events, an extended medical waiver may be warranted. If recommended by medical and approved by the CO, an extended waiver may be granted.

e. Medical waivers from participating in all or part of PFA or physical conditioning are not waivers from other unspecified parts. For example, members waived from push-ups and curl-ups must participate in sit-reach, cardiovascular fitness assessment, and BCA.

f. Medical waiver recommendations from participation in BCA shall only be issued for members who are recuperating from a medical or surgical condition that interferes with accurate and valid measurement. Inability to exercise is not a valid excuse for BCA waiver. Waiver recommendations shall:

(1) Not exceed 6 months duration. Members requiring a waiver exceeding 6 months in duration shall be referred to medical treatment facility for further evaluation, including consideration for medical board processing.

(2) Be in writing by a board eligible or certified specialist (e.g., surgeon, endocrinologist) and reviewed by the department head of the specialist recommending the waiver.

g. For members who are unable to participate in all or a portion of three consecutive PFAs particularly due to the same injury or illness (not to include pregnancy), COs may refer to Medical Department for reevaluation and recommendation for assignment to Limited Duty (LIMDU) and/or Medical Board (MEDBOARD) review.

h. CFL shall document medical waiver specifications using PRIMS.

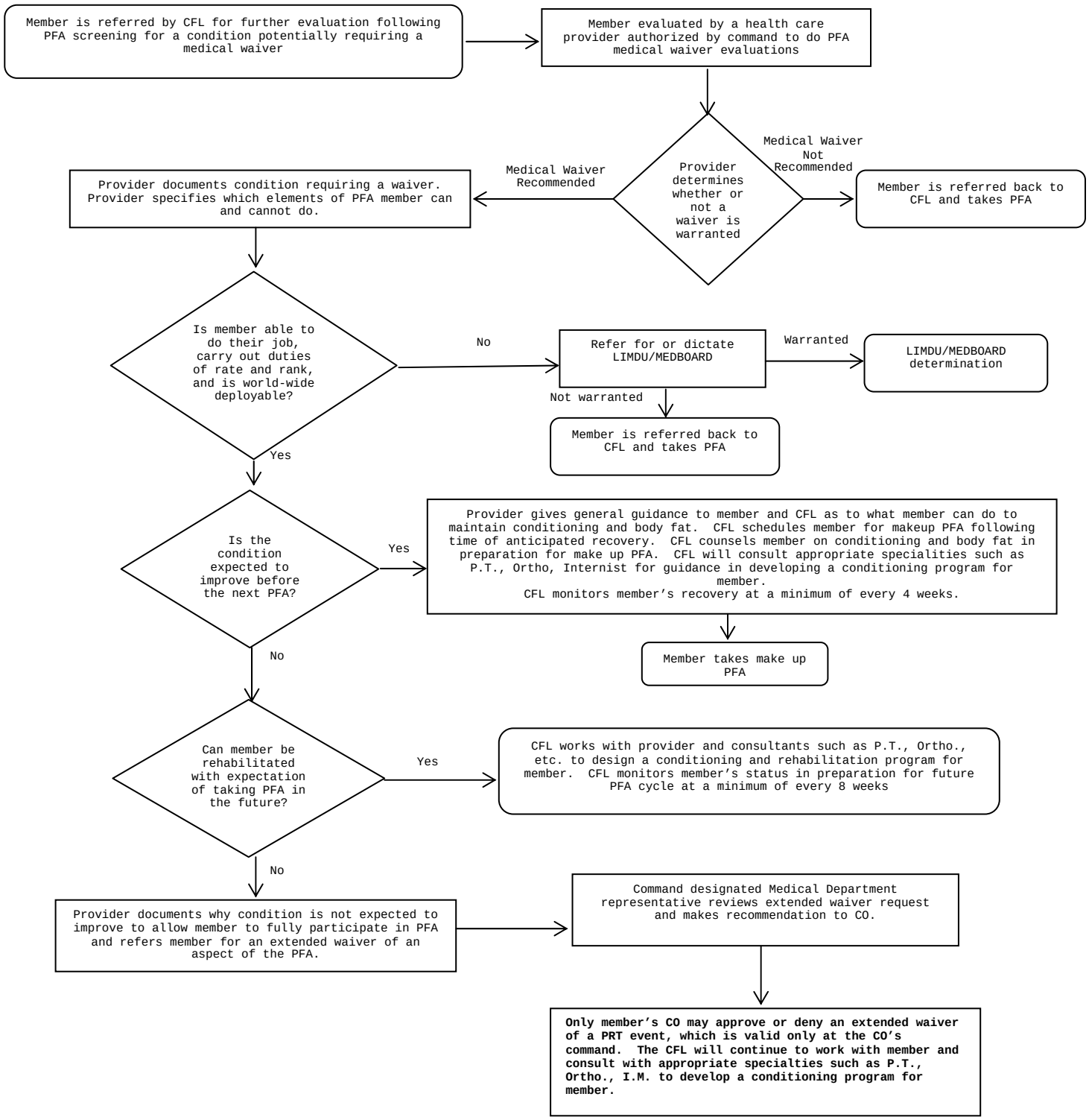
i. Pregnancy

(1) After confirmation of pregnancy by a health care provider, pregnant servicewomen shall not be required to meet PRT and BCA standards from the time the pregnancy is confirmed until 6 months following delivery.

(2) Pregnant servicewomen shall continue to participate in an ongoing exercise program as recommended by Obstetrician health care provider.

(3) Following the termination of a pregnancy (e.g., abortion, miscarriage), a medical evaluation by a health care provider should be obtained to determine when a servicewoman may participate in physical conditioning, FEP and/or a regularly scheduled PFA.

MEDICAL PROCEDURE RECOMMENDATION



CONDITIONING AND TEST SAFETY

1. Risk of Injury. Participation in physical activity, even those related to improving health status, pose a risk of injury. The environment and the characteristics of the participants also contribute to the overall injury risk. Members must be informed of these risks and taught how to minimize the possibility of injury.

2. Responsibilities

a. COs shall ensure proper safety precautions, outlined in this enclosure, are followed during PFA, FEP, and any command physical activities.

b. CFL shall follow all safety precautions outlined in this enclosure, and develop a safety plan for summoning emergency medical assistance. CFL shall also coordinate activities with safety officer, MWR, and medical representatives.

c. Commands shall:

(1) Ensure member's level of physical fitness including acclimatization to environment is appropriate for the physical demands required of PT, PRT, and other physical activities.

(2) Prohibit participation in PRT of members who do not participate in a physical conditioning program that requires members to consistently achieve exercise intensity comparable to the physical demand required of PRT.

3. Safety Concerns Prior to Conducting PRT

a. Operational Risk Management (ORM)

(1) ORM analysis shall be completed at least 24 hours prior to PRT. The ORM process should use the "what if" tool and must include all aspects of the scheduled PRT, from individual's medical or physical condition/current medications to terrain, weather, back-up emergency communications, etc.

(2) Steps shall be taken to ensure all known risks are eliminated to the maximum extent possible. Controls shall be put in place to reduce, to an acceptable level, any remaining

risks. It is recommended that the ORM process be documented, and that the appropriate level of authority within the chain of command be given the opportunity to make risk decisions.

(3) Steps should be taken to ensure a “change analysis” is conducted anytime there is a significant change in any portion of the PRT. Guidelines on conducting a successful ORM analysis may be found in reference (g) and COMNAVSAFECEN web-site: “http://www.safetycenter.navy.mil/”. Additional resources for safe conduct of PRT and physical exercise may be found at the following web site: “www.npc.navy.mil/commandsupport/physicalreadinss.htm”.

b. Members must have a current, documented physical examination and clearance by Medical Department in order to participate in PRT, FEP, or command-supervised PT. Additionally, members who fail BCA for first time in most recent 4 years shall be referred to Medical Department prior to participating in PRT, FEP, and PT.

c. Support Personnel

(1) CPR Monitors. At least one CPR-certified monitor shall be present for every 25 members participating in PRT, with a minimum of two monitors for every test. Monitors do not have to be Hospital Corpsmen; they shall not be test participants.

(2) Medical Emergency Assistance. A safety plan shall be in place for summoning emergency assistance. Consult local medical facility for guidance. At a minimum, the plan shall include telephone numbers and procedures for summoning aid, clear directions for emergency response personnel that will avoid confusion and ensure their prompt arrival, and guidance for contacting base security personnel to assist with rapid access of emergency personnel to test site.

d. Test Site Selection and/or Certification

(1) Select the most level 1.5-mile course available. Course should be free of steep inclines and declines, surface irregularities, and sharp turns.

(2) Verify or measure course distance with measuring wheel (usually available from recreation services). A bike odometer may only be used if measuring wheel is not available. Do not use automobile or motorcycle odometers.

(3) CPR-certified personnel shall be placed at appropriate intervals so entire course is in view of monitors.

(4) Test site must be accessible to emergency vehicles and must be near telephone to facilitate notification of emergency services if needed. Cellular phones, walkie-talkies, and other two-way communication devices are acceptable.

e. Pool Safety. When swim is conducted for the PRT, at least one certified lifeguard must be present.

4. Safety Concerns During PRT

a. Weather Conditions. PRT shall not be conducted under harsh environmental conditions. Specifically, PRT should not be conducted outdoors when wind chill is 20 degrees Fahrenheit or lower, or when hot weather “black flag” conditions exist (wet bulb globe temperature (WBGT) of 90 degrees Fahrenheit or higher). Guidance for conducting physical activity (PRT, FEP, and PT) under various environmental conditions is available in reference (h).

b. Health Questions. Immediately prior to participating in PRT or physical conditioning, members shall be asked pre-physical activity questions in enclosure (10). Members recovering from recent illness or reporting a change in health or risk factors (specifically, a tightness or discomfort in the chest, arms, or neck associated with activity or exercise) shall not be tested. Members reporting a change in risk factors shall report to medical for evaluation.

c. CFLs. CFLs shall review symptoms of cardiac distress (chest pain, shortness of breath, arm and neck pain) and direct members to withdraw from PRT if obvious symptoms occur or if members notify CFL and/or monitor of symptoms. Immediately contact Medical Department regarding these individuals. Members shall be tested later upon clearance by Medical Department.

d. Conducting at higher elevation. Commands shall institute all appropriate safety measures to minimize risk of injury to personnel exercising at elevations of 5,000 feet above sea level or greater. Appropriate safety measures shall include, but are not limited to: avoiding or minimizing use of alcohol and other diuretics, ensuring adequate amounts of drinking water are readily available, ensuring all personnel are well hydrated prior to physical exercise, increasing monitoring of personnel; particularly those testing positive for sickle cell trait; and increasing availability of medical support.

e. Warm-Up. Participation in 5-10 minutes of warm-up exercise is required before beginning the PRT events.

f. Clothing. Proper attire for PRT should include running shoes and clothing that is appropriate for weather conditions. Combat type boots and rubberized suits are **NOT** appropriate and may put member at risk for injury.

g. Hydration. Adequate fluid intake is vital to safe participation in PRT and physical exercise. Members are encouraged to drink water before and after PRT and physical activity, especially in hot weather.

h. Smoking and/or Tobacco Use. PRT shall be conducted in a tobacco-free environment; PRT participants and monitors shall not smoke or use tobacco products at least 30 minutes before and at least 15 minutes after PRT.

i. Cool-down. At end of PRT, members should let heart rate decline gradually. This is best accomplished by walking slowly, if completing the run portion of PRT. If swimming, member should walk back and forth across shallow end of pool. Cool-down should last at least 5 minutes. Without cool-down, member may become dizzy or light-headed.

j. Injury Reporting. When members are injured during PRT or any other command-authorized or personal PT, command safety officers shall report injuries to COMNAVSAFECEN, using guidance contained in reference (i). Include as information addressees BUMED (MED-02), COMNAVPERSCOM (PERS-676), and Commanding Officer, Naval Health Research Center (NAVHLTHRESCHCEN).

FITNESS ENHANCEMENT AND WEIGHT MANAGEMENT PROGRAMS

1. Program Requirements

a. COs shall ensure regular PT sessions and physical activity become part of daily routine for all Navy members unless medically restricted.

(1) Commands shall incorporate mission and readiness enhancing physical fitness training into normal duty days, consistent with mission requirements.

(2) Organizational, operational, and personal schedules and duties shall be structured to promote use of normal work hours for physical fitness.

b. Members shall maintain a healthy and physically active lifestyle, including:

(1) Participation in at least three moderately intense PT sessions, minimum of 60 minutes each, per week. Members shall also use off-duty time for physical fitness activities.

(2) Maintaining a prudent diet. Refer to reference (e) for serving sizes and more detailed information.

2. Resources. Members who seek to achieve optimum physical fitness to develop a healthy lifestyle or to meet Physical Readiness Program standards have a variety of command and Navy-sponsored programs at their disposal. Command Fitness Leader, Medical Department representative, ShipShape, and MWR fitness professionals can aid in structuring a member’s FEP to produce the greatest benefit.

3. Fitness Enhancement Program (FEP). FEP is the means through which members improve health and physical fitness using regular physical activities, healthy nutrition, and learning of self-help strategies. FEP is not exclusively for members who do not meet PFA standards.

a. Commands will enter a written covenant with members enrolled in FEP to ensure success. A log shall be maintained on each member’s progress and will, at a minimum, include the number of PT sessions they actively participated in, monthly PFA

results, and any special schools and/or training attended (i.e. ShipShape). FEP shall be conducted a minimum of 3 times per week for at least 1 hour during the workday.

(1) For Sailors enrolled in FEP due to BCA concerns, the emphasis shall be placed on decreasing body fat versus weight loss. Adequate progress shall be at least one percent of body fat loss per month but by no means more than five percent of body weight in any week.

(2) For Sailors enrolled in FEP due to PRT issues, adequate progress may be judged by:

(a) Push-ups. An increase in number of repetitions equal to ten percent of age-appropriate “probationary” standard or one repetition (whichever is greater) per month until attaining “probationary” standard.

(b) Curl-ups. An increase in number of repetitions equal to ten percent of age-appropriate “probationary” standard or one repetition (whichever is greater) per month until attaining “probationary” standard.

(c) Run. A decrease in time each month equal to at least ten percent of difference between member’s performance on most recent PFA and age-appropriate “probationary” standard.

(d) Swim. A decrease in time each month equal to at least ten percent of difference between member’s performance on most recent PFA and age-appropriate “probationary” standard.

b. If medically cleared, a member’s participation in FEP shall be directed and monitored by commands when members:

(1) Exceed Navy upper allowable limit for body fat percentage (Exception: members who score Outstanding or Excellent on PRT with no single event below “good”).

(2) Do not meet or perform better than Navy PRT minimum standards.

(3) Have an overall PRT score of “Probationary”.

(4) Are waived from one PRT exercise event and score “probationary” on each of the other two events.

(5) Are waived from two PRT exercise events and score “probationary” on the third event.

c. COs may use discretion in enrolling other members for participation in FEP, to ensure they strive to improve their physical conditioning. Specific consideration should be given for those members who are medically cleared, and

(1) score an overall “Satisfactory” on PRT or;

(2) have a BCA equal to age-adjusted standard and score less than “Good” on any PRT event.

d. Participation and monitoring shall continue until member passes next official PFA with body fat percentage below age adjusted standard and PRT performance of “Good-Low” or better on all unwaived events. If waived for BCA and/or same PRT event for which member failed, member remains on FEP until waiver is removed and passes BCA and/or PRT event on official PFA.

e. FEP Characteristics. An effective FEP shall include:

(1) Activities tailored for body fat loss for members who exceed or are in danger of exceeding BCA standards.

(2) Activities to improve aerobic fitness, muscular strength and endurance, and flexibility.

(3) Methods of monitoring and directing member’s participation and improvement.

(a) Administration of this requirement should be delegated to lowest possible level to allow integration into work schedule with minimal disruption.

(b) Shall be structured so participating members meet or exceed requirements of PFA.

(c) Commands may require direct observation or unit activities to ensure members use duty time in a manner

consistent with this requirement. Direct observation is the best insurance of meeting this requirement.

(4) Nutrition education.

(5) Completion of reference (e) when members exceed or are in danger of exceeding BCA standards.

(6) Coordinated activities with local and Navy health promotion programs, including ShipShape.

(7) Weekly determinations of body weight and monthly BCAs and PRTs to monitor progress. (FEP, BCAs, and PRTs do not constitute an official PFA.)

(8) Activities beyond regimented, group calisthenics and formation runs.

(9) Activities for and monitoring of members who return to standards.

(10) Provides members with proper amounts of knowledge, self-discipline, command direction, and monitoring to maintain a healthy lifestyle and mission accomplishment.

(11) Is part of command structure.

f. PT

(1) PT sessions shall be conducted three to five times per week.

(2) PT sessions shall include activities that promote physical conditioning (moderately intense aerobic, muscular strength and endurance, and flexibility) and are enjoyable so life-long physical activity is fostered. Recreational sports can be included periodically.

(3) A training session shall include:

(a) Five to 10 minutes of proper warm-up and stretch activities.

(b) Aerobic exercise (resulting in the accumulation of at least 30-45 minutes with heart rate within target training zone.)

(c) Flexibility exercises.

(d) Muscular strength and endurance conditioning.

(e) Cool-down activities.

(4) Muscular strength and endurance conditioning should be included as well, but should not become sole focus of required conditioning periods.

(5) Suggested initial maximum for required PT is four sessions per week, 60 minutes duration; members who exceed this maximum are at risk of injury.

(6) Proper attire for PT should include appropriate footwear and clothing suitable for weather conditions. Vinyl, plastic, or rubber (solar) suits to increase sweating, and running or jogging in combat, flight or similar boots may put members at risk for injury and are not appropriate for general PT.

4. PT Principles

a. To promote a lifelong commitment to physical activity and optimum physical fitness and health, an understanding and balanced application of PT principles is required.

b. Frequency, Intensity, Time and Type (FITT) of exercise factors for a successful conditioning program.

(1) Frequency - physical activity should be conducted **five times** per week for **optimal improvement**.

(2) Intensity - strenuousness of activity.

(a) Muscular strength and endurance activities. Intensity refers to percentage of maximum resistance (weight) used.

(b) Aerobic activities

1. Target heart rate can be used to gauge work intensity.

2. Compute a target heart rate training zone by taking member's age and subtract it from 220. This number is average maximum heart rate. Take average maximum heart rate and multiply by 60 and 75 percent (multiply maximum by 0.60 and 0.75). This yields target heart rate training zone that should be maintained during every aerobic exercise period. Heart rate can be determined by feeling heartbeat pulse at wrist or on neck just below angle of jaw.

3. The following are target heart rate training zones computed at 60 to 75 percent of maximum heart rate for people of different ages:

AGE	**TARGET HEART RATE TRAINING ZONE**	**AVERAGE MAXIMUM HEART RATE**
20	120-150 (20-25)*	200
25	117-146 (20-24)	195
30	114-142 (19-24)	190
35	111-138 (19-23)	185
40	108-135 (18-22)	180
45	105-131 (18-22)	175
50	102-127 (17-21)	170
55	99-123 (17-20)	165
60	96-120 (16-20)	160
***Numbers in parentheses represents appropriate range for heart rate counted over a 10-second period.**		

(3) Time - time spent on activity.

(a) Aerobic activities – 30-45 minutes must be spent for optimal improvement.

(b) Muscular strength activities – three to eight repetitions should be performed for optimal improvement.

(c) Muscular endurance activities - 12 or more repetitions should be performed for optimal improvement.

(d) Flexibility - following adequate warm-up, each stretch should be held for 10-15 seconds and 30-60 seconds during cool-down.

(4) Type - kind of exercise performed.

(a) Cardiovascular fitness activities are continuous, rhythmic, and involve large muscle groups. Recommended activities include running, brisk walking, swimming, cycling, stair climbing, jumping rope, aerobic dance, step routines, rowing, skating, cross-country skiing, and hiking.

(b) Muscular strength and endurance activities are intermittent and involve specific muscle groups. Recommended activities include free weight lifting, resistance-machine workouts, and calisthenics.

c. Body fat decreasing activities.

(1) Loss of fat is promoted by continuous, low to moderate intensity aerobic activities performed for 45 or more minutes four or more days per week. If a continuous 45-minute period is not feasible, roughly the same result may be gained by accumulating 45 minutes of exercise over several periods, for example, two 15-minute and one 15-minute sessions.

(2) If exercise is too difficult, it is unlikely to be continued long enough to consume stored fat. Also, a slower pace (brisk but not breathless) is more tolerable and more likely to promote exercise sessions throughout the year. Members should be able to talk to exercise partner without much difficulty.

(3) Weight training should be included in a body fat reduction program. Lifting weights or using resistance machines helps maintain or increase muscle, and muscle consumes energy even at rest. Increasing muscle can reduce body fat percentage, even if body weight does not change very much; however, resistance training only complements long duration aerobic activity and should not be relied on to reduce overall body fat.

(4) A critical element of weight or body fat control and optimal physical performance is proper nutrition. Navy does not condone extreme or starvation diets.

d. Warm-up and cool-down activities. Examples of recommended warm-up exercises follow:

(1) Walk and/or Jog.

(a) Intermittent activity (30 second walk; 30 second jog).

(b) Two to 5 minutes total.

(2) Whole body calisthenics.

(a) Jumping jacks.

(b) Low repetitions.

(c) Adequate rest or walking between exercises.

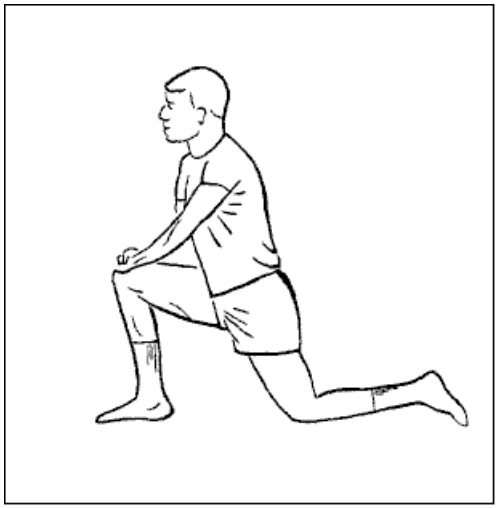
(3) Body segment calisthenics.

(a) Push-ups, curl-ups, etc.

(b) Low repetitions.

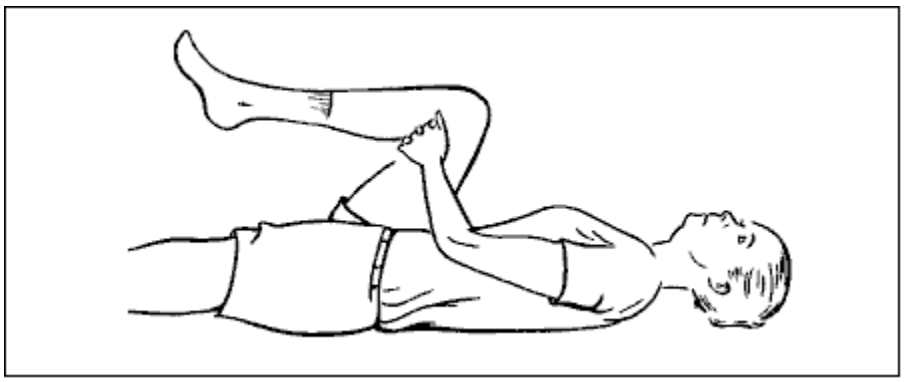
(c) Adequate rest or walking between exercises.

(4) Flexibility.

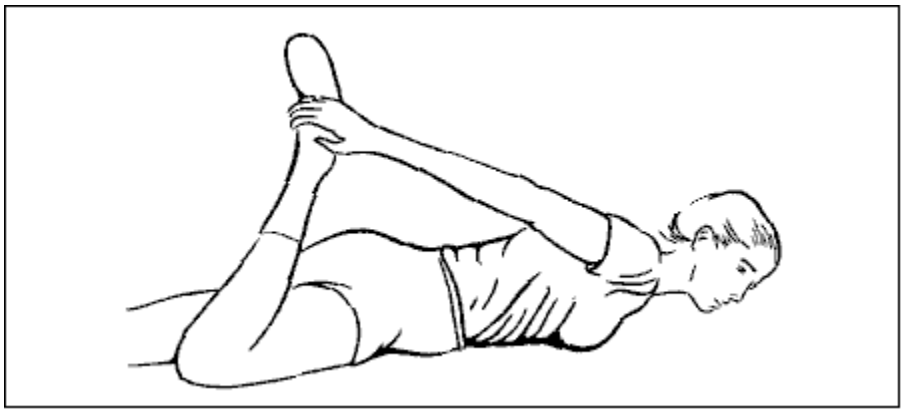


(a) Hip flexor stretch: Kneel as shown with hands on knee. Slowly push hips toward the floor. Hold 20 seconds. Switch legs and repeat.

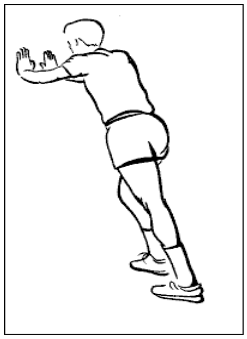
(b) Groin stretch: Sit with soles of feet together as shown, with hands around feet. Sit up straight and press knees toward floor. Lean forward and hold 20 seconds. Relax and repeat.



(c) Lower back stretch: Lie on back as shown. Pull one knee toward chest. Hold 20 seconds. Do twice for each leg.



(d) Quadriceps stretch: Lie on stomach as shown. Pull foot toward buttocks. Hold 20 seconds. Do twice for each leg.



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

5. ShipShape (BUMED-approved Weight Management Program)

a. ShipShape offered by Medical Department is designed to provide personnel with basic knowledge of nutrition and effective techniques for healthy eating.

b. Attendance is open to personnel who exceed or are in danger of exceeding BCA standards, and are recommended by COs.

c. Upon completion of ShipShape

(1) Members and commands shall receive a course summary that includes a plan identifying goals and means of monitoring progress. If not provided, CFLs shall request a copy from program administrator. CFLs shall enter results of FEP-required BCAs and PRTs in PRIMS.

(2) COs shall monitor members following program completion.

(a) Member’s body composition shall be assessed regularly, at a minimum, on a monthly basis.

(b) Members shall receive appropriate support and access to MWR, Medical Department, and other organization facilities and staff to meet goals of plan.

(3) Requirements of weight management program, such as dietary discretion and physician-recommended exercise, shall continue to be followed for members with normal, low-risk pregnancy.

BODY COMPOSITION ASSESSMENT (BCA)

1. Background and Rationale

a. National Institutes of Health (NIH) determined excess body fat is associated with negative health consequences, including an increased risk of high blood pressure, diabetes, cancer, and cardiovascular disease. Excess body fat is also associated with the inability to maintain physical performance (especially in hot climates) and may be correlated with a lack of fitness and stamina.

b. NAVHLTHRESCHCEN scientists recommended the NIH definition of obesity as the upper limits for Navy standards. Since Department of Defense (DOD) prescribes body fat percentage as the measure of body composition, NAVHLTHRESCHCEN determined upper allowable Navy limits to correspond to 22 percent for men and 33 percent for women. Most members should have a significantly lower level of body fat than the upper allowable Navy limits.

2. Purpose

a. Provide members with goals to promote basic physical fitness, health, and readiness.

b. Provide command a means of assessing the general fitness of members of command.

3. Maximum Allowable Body Fat Percentages

a. Age-adjusted maximum allowable Navy body fat percentages are

	Age (years)	
	17-39	**40-40+**
Male	22%	23%
Female	33%	34%

b. Most personnel should have a significantly lower percentage of body fat.

4. Body Composition Assessment (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. Fractions of an inch in height shall be rounded up to the nearest half-inch.

(2) Weight measurement

(a) Member shall be weighed on a balance beam or digital scale in PT-type clothing (shorts, T-shirt) or uniform of the day, without shoes. Ensure scale is calibrated. No deduction for clothing is allowed.

(b) Record weight. Fractions of a pound in weight shall be recorded to nearest whole pound per the following:

1. Round **down** weight fractions less than 1/2 pound.

2. Round **up** for weight fractions greater than 1/2 pound.

(3) Maximum weight determination

(a) In center column of maximum-weight-for-height table (enclosure (6), appendix A), find smallest value equal to or exceeding member’s height.

(b) If member’s weight is less than or equal to the maximum weight listed for their gender, members are within body composition assessment standards and percentage body fat determination is not required.

b. Body fat percentage determination

(1) Tape Measure. Non-stretching material preferably 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. Do not use cloth or steel tape measures. Tape measure width should be 1/4”-3/8” and should be calibrated (i.e. compared with a yardstick or metal ruler to ensure validity). This is done by aligning the fiberglass tape measure with the quarter inch markings on the ruler. If the markings do not match, use a different tape measure that is valid. All measurements will be taken on the right side of the body and made in the horizontal plane (i.e. parallel to the deck).

(2) Measurement Method

(a) Take all circumference measurements three times and record them to the nearest 1/2 inch. If any of the three measurements differs by more than **one inch** from the other two, take an additional measurement and compute a mathematical average of the three closest measurements to the nearest 1/2 inch and record this value.

(b) Each set of measurements will be completed sequentially to discourage assumption of repeated measurement readings. For males, complete 1 set of abdomen and neck measurements, **not** for example, three abdomen circumferences followed by three neck circumferences. Continue the process by measuring the abdomen and neck in series until you have three sets of measurements. For females, complete one set of waist, hip, and neck, measurements, **not** for example, three waist measurements followed by 3 hip measurements. Continue the process by measuring the waist, hip, and neck series until you have 3 sets of measurements.

(3) Procedures for Men

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

(b) Members shall be measured in presence of another member (preferably of member’s sex), 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. Members look 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. Do not place tape measure over the Adam's Apple. Tape will be as close to horizontal as anatomically feasible (the tape line in the front of the neck should be at the same height as the tape line in the back of the neck). Care should be taken so as not to involve the shoulder and/or neck muscles (trapezium) in the measurement.

4. Round neck measurement up to 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 on bare skin.

2. Arms are at sides. Take measurement at end of member'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 calculation

1. Subtract neck circumference from abdominal circumference to obtain member's circumference value.

2. On appropriate percent fat estimation table (appendix of this enclosure) find intersection of column equal to member's height (rounded up to nearest 1/2 inch) and row equal to member's circumference value.

3. Member's body fat percentage equals number at intersection of row and column. For circumference value less than value in table, body fat percentage is less than or equal to smallest body fat percentage in column. For circumference value greater than value in table, body fat percentage is greater than or equal to largest body fat percentage in column.

(4) 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) Members shall be measured in presence of another member (preferably of member's sex), 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. Members look 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 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 on bare skin.

2. Arms are at sides. Take measurement at end of member'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 measurement down and record to nearest 1/2 inch (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 at least 30 minutes before measuring. Control-top panty hose, spandex tights, and other "shaping" garments shall not be worn during measuring.

2. While facing member’s right side measure hip circumference by placing tape around hips so that it passes over greatest protrusion of gluteal muscles (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 nearest 1/2 inch and record (e.g., round 44 and 3/8 inches to 44 inches).

(g) Body fat calculation

1. Add waist and hip circumferences, then subtract neck circumference to obtain member’s circumference value.

2. On appropriate percent fat estimation table (enclosure (6), appendix B), find intersection of column equal to member’s height (rounded up to nearest 1/2 inch) and row equal to member’s circumference value.

3. Member’s body fat percentage equals number at intersection of row and column. For circumference value less than value in table, body fat percentage is less than or equal to smallest body fat percentage in column. For circumference value greater than value in table, body fat percentage is greater than or equal to largest body fat percentage in column.

5. Grading BCA

a. BCA is failed (not within BCA standards) when members exceed both maximum weight for height and body fat percentage allowed for member’s age and gender.

b. BCA is passed (within BCA standards) when members:

(1) Do not exceed maximum weight for height allowed for member’s age and gender.

(2) Exceed maximum weight for height, but not maximum body fat percentage allowed for member’s age and gender.

c. For personnel who score an overall “Outstanding” or “Excellent” on the PRT, with no single event scored below “good”, COs are authorized to waive BCA criteria up to the DOD maximum standard of twenty-six percent (males) and thirty-six percent (females). Members must present a professional, military appearance to be eligible for consideration.

APPENDIX A
MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE
Maximum Weight in Pounds

Men Maximum Weight (pounds)	Member's Height (Inches) (fractions rounded up to nearest whole inch)	Women Maximum Weight (pounds)
97	51	102
102	52	106
107	53	110
112	54	114
117	55	118
122	56	123
127	57	127
131	58	131
136	59	136
141	60	141
145	61	145
150	62	149
155	63	152
160	64	156
165	65	160
170	66	163
175	67	167
181	68	170
186	69	174
191	70	177
196	71	181
201	72	185
206	73	189
211	74	194
216	75	200
221	76	205
226	77	211
231	78	216
236	79	222
241	80	227
246	81	233
251	82	239
256	83	245
261	84	251
266	85	257
271	86	263

APPENDIX B
PERCENT FAT ESTIMATION FOR MEN

Circumference Value*	Height (inches)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
13.0	8	8	8	8	7	7	7	7	6	6
13.5	10	9	9	9	9	8	8	8	8	8
14.0	11	11	10	10	10	10	10	9	9	9
14.5	12	12	12	11	11	11	11	11	10	10
15.0	13	13	13	13	12	12	12	12	12	11
15.5	15	14	14	14	14	13	13	13	13	12
16.0	16	15	15	15	15	15	14	14	14	14
16.5	17	17	16	16	16	16	15	15	15	15
17.0	18	18	17	17	17	17	16	16	16	16
17.5	19	19	19	18	18	18	18	17	17	17
18.0	20	20	20	19	19	19	19	18	18	18
18.5	21	21	21	20	20	20	20	19	19	19
19.0	22	22	22	21	21	21	21	20	20	20
19.5	23	23	23	22	22	22	22	21	21	21
20.0	24	24	23	23	23	23	22	22	22	22
20.5	25	25	24	24	24	24	23	23	23	23
21.0	26	26	25	25	25	25	24	24	24	24
21.5	27	26	26	26	26	25	25	25	25	24
22.0	28	27	27	27	27	26	26	26	26	25
22.5	28	28	28	28	27	27	27	27	26	26
23.0	29	29	29	29	28	28	28	28	27	27
23.5	30	30	30	29	29	29	29	28	28	28
24.0	31	31	30	30	30	30	29	29	29	29
24.5	32	31	31	31	31	30	30	30	30	29
25.0	33	32	32	32	31	31	31	31	30	30
25.5	33	33	33	33	32	32	32	31	31	31
26.0	34	34	34	33	33	33	32	32	32	32
26.5	35	35	34	34	34	33	33	33	33	32
27.0	36	35	35	35	34	34	34	34	33	33
27.5	36	36	36	35	35	35	35	34	34	34
28.0	37	37	36	36	36	36	35	35	35	35
28.5	38	37	37	37	37	36	36	36	36	35
29.0	38	38	38	38	37	37	37	37	36	36
29.5	39	39	39	38	38	38	37	37	37	37
30.0	40	39	39	39	39	38	38	38	38	37
30.5	40	40	40	40	39	39	39	39	38	38
31.0	41	41	40	40	40	40	39	39	39	39
31.5	42	41	41	41	41	40	40	40	40	39
32.0	42	42	42	42	41	41	41	40	40	40

*Circumference value = abdomen circumference - neck circumference (in inches)

APPENDIX B
PERCENT FAT ESTIMATION FOR MEN (CONT'D)

Circumference Value*	Height (inches)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
13.0	6	6	6	5	5	5	5	5	4	4
13.5	7	7	7	7	6	6	6	6	6	5
14.0	9	8	8	8	8	8	7	7	7	7
14.5	10	10	9	9	9	9	9	8	8	8
15.0	11	11	11	10	10	10	10	10	9	9
15.5	12	12	12	12	11	11	11	11	11	10
16.0	13	13	13	13	13	12	12	12	12	11
16.5	14	14	14	14	14	13	13	13	13	13
17.0	16	15	15	15	15	14	14	14	14	14
17.5	17	16	16	16	16	16	15	15	15	15
18.0	18	17	17	17	17	17	16	16	16	16
18.5	19	18	18	18	18	18	17	17	17	17
19.0	20	19	19	19	19	19	18	18	18	18
19.5	21	20	20	20	20	19	19	19	19	19
20.0	22	21	21	21	21	20	20	20	20	20
20.5	22	22	22	22	22	21	21	21	21	20
21.0	23	23	23	23	22	22	22	22	22	21
21.5	24	24	24	24	23	23	23	23	22	22
22.0	25	25	25	24	24	24	24	24	23	23
22.5	26	26	25	25	25	25	25	24	24	24
23.0	27	27	26	26	26	26	25	25	25	25
23.5	28	27	27	27	27	26	26	26	26	26
24.0	28	28	28	28	27	27	27	27	27	26
24.5	29	29	29	29	28	28	28	28	27	27
25.0	30	30	30	29	29	29	29	28	28	28
25.5	31	31	30	30	30	30	29	29	29	29
26.0	32	31	31	31	31	30	30	30	30	29
26.5	32	32	32	32	31	31	31	31	30	30
27.0	33	33	32	32	32	32	32	31	31	31
27.5	34	33	33	33	33	33	32	32	32	32
28.0	34	34	34	34	33	33	33	33	33	32
28.5	35	35	35	34	34	34	34	33	33	33
29.0	36	36	35	35	35	35	34	34	34	34
29.5	36	36	36	36	35	35	35	35	35	34
30.0	37	37	37	36	36	36	36	35	35	35
30.5	38	38	37	37	37	37	36	36	36	36
31.0	38	38	38	38	37	37	37	37	37	36
31.5	39	39	39	38	38	38	38	37	37	37
32.0	40	39	39	39	39	38	38	38	38	38
32.5	40	40	40	40	39	39	39	39	38	38
33.0	41	41	40	40	40	40	39	39	39	39
33.5	42	41	41	41	41	40	40	40	40	39
34.0	42	42	42	41	41	41	41	40	40	40

*Circumference value = abdomen circumference - neck circumference (in inches)

APPENDIX B
PERCENT FAT ESTIMATION FOR MEN (CONT'D)

Circumference Value*	Height (inches)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
14.0	7	6	6	6	6	6	5	5	5	5
14.5	8	8	7	7	7	7	7	6	6	6
15.0	9	9	9	8	8	8	8	8	7	7
15.5	10	10	10	9	9	9	9	9	9	8
16.0	11	11	11	11	10	10	10	10	10	9
16.5	12	12	12	12	12	11	11	11	11	11
17.0	13	13	13	13	13	12	12	12	12	12
17.5	14	14	14	14	14	13	13	13	13	13
18.0	15	15	15	15	15	14	14	14	14	14
18.5	16	16	16	16	16	15	15	15	15	15
19.0	17	17	17	17	17	16	16	16	16	16
19.5	18	18	18	18	18	17	17	17	17	17
20.0	19	19	19	19	18	18	18	18	18	17
20.5	20	20	20	20	19	19	19	19	19	18
21.0	21	21	21	20	20	20	20	20	19	19
21.5	22	22	22	21	21	21	21	21	20	20
22.0	23	23	22	22	22	22	22	21	21	21
22.5	24	23	23	23	23	23	22	22	22	22
23.0	25	24	24	24	24	23	23	23	23	23
23.5	25	25	25	25	24	24	24	24	24	23
24.0	26	26	26	25	25	25	25	25	24	24
24.5	27	27	26	26	26	26	26	25	25	25
25.0	28	27	27	27	27	27	26	26	26	26
25.5	28	28	28	28	28	27	27	27	27	27
26.0	29	29	29	29	28	28	28	28	27	27
26.5	30	30	29	29	29	29	29	28	28	28
27.0	31	30	30	30	30	30	29	29	29	29
27.5	31	31	31	31	30	30	30	30	30	29
28.0	32	32	32	31	31	31	31	31	30	30
28.5	33	33	32	32	32	32	31	31	31	31
29.0	33	33	33	33	33	32	32	32	32	31
29.5	34	34	34	33	33	33	33	33	32	32
30.0	35	35	34	34	34	34	33	33	33	33
30.5	35	35	35	35	35	34	34	34	34	33
31.0	36	36	36	35	35	35	35	34	34	34
31.5	37	36	36	36	36	36	35	35	35	35
32.0	37	37	37	37	36	36	36	36	36	35
32.5	38	38	37	37	37	37	37	36	36	36
33.0	39	38	38	38	38	37	37	37	37	37
33.5	39	39	39	38	38	38	38	38	37	37
34.0	40	39	39	39	39	39	38	38	38	38
34.5	40	40	40	40	39	39	39	39	39	38
35.0	41	41	40	40	40	40	40	39	39	39

*Circumference value = abdomen circumference - neck circumference (in inches)

APPENDIX B
PERCENT FAT ESTIMATION FOR MEN

Circumference Value*	HEIGHT (inches)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
15.0	7	7	7	6	6	6	6	6	6	5
15.5	8	8	8	8	7	7	7	7	7	6
16.0	9	9	9	9	9	8	8	8	8	8
16.5	10	10	10	10	10	9	9	9	9	9
17.0	11	11	11	11	11	10	10	10	10	10
17.5	12	12	12	12	12	11	11	11	11	11
18.0	13	13	13	13	13	12	12	12	12	12
18.5	14	14	14	14	14	13	13	13	13	13
19.0	15	15	15	15	15	14	14	14	14	14
19.5	16	16	16	16	16	15	15	15	15	15
20.0	17	17	17	17	16	16	16	16	16	16
20.5	18	18	18	18	17	17	17	17	17	16
21.0	19	19	19	18	18	18	18	18	18	17
21.5	20	20	20	19	19	19	19	19	18	18
22.0	21	21	20	20	20	20	20	19	19	19
22.5	22	21	21	21	21	20	20	20	20	20
23.0	22	22	22	22	22	21	21	21	21	21
23.5	23	23	23	23	22	22	22	22	22	21
24.0	24	24	24	23	23	23	23	23	22	22
24.5	25	25	24	24	24	24	24	23	23	23
25.0	26	25	25	25	25	25	24	24	24	24
25.5	26	26	26	26	26	25	25	25	25	25
26.0	27	27	27	26	26	26	26	26	25	25
26.5	28	28	27	27	27	27	27	26	26	26
27.0	28	28	28	28	28	27	27	27	27	27
27.5	29	29	29	29	28	28	28	28	28	27
28.0	30	30	29	29	29	29	29	28	28	28
28.5	31	30	30	30	30	30	29	29	29	29
29.0	31	31	31	31	30	30	30	30	30	29
29.5	32	32	31	31	31	31	31	30	30	30
30.0	33	32	32	32	32	32	31	31	31	31
30.5	33	33	33	33	32	32	32	32	32	31
31.0	34	34	33	33	33	33	33	32	32	32
31.5	34	34	34	34	34	33	33	33	33	33
32.0	35	35	35	34	34	34	34	34	33	33
32.5	36	35	35	35	35	35	34	34	34	34
33.0	36	36	36	35	35	35	35	35	35	34
33.5	37	37	36	36	36	36	36	35	35	35
34.0	37	37	37	37	37	36	36	36	36	36
34.5	38	38	38	37	37	37	37	37	36	36
35.0	39	38	38	38	38	38	37	37	37	37
35.5	39	39	39	39	38	38	38	38	38	37
36.0	40	40	39	39	39	39	39	38	38	38
36.5	40	40	40	40	39	39	39	39	39	38
37.0	41	41	40	40	40	40	40	39	39	39
37.5	41	41	41	41	41	40	40	40	40	40

*Circumference value = abdomen circumference - neck circumference (in inches)

APPENDIX B
PERCENT FAT ESTIMATION FOR WOMEN

Circumference Value*	HEIGHT (Inches)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
35.5	4	4	3	3	3	2	2	2	1	1
36.0	5	4	4	4	3	3	3	2	2	2
36.5	6	5	5	5	4	4	4	3	3	3
37.0	7	6	6	5	5	5	4	4	4	4
37.5	7	7	7	6	6	6	5	5	5	4
38.0	8	8	8	7	7	7	6	6	6	5
38.5	9	9	8	8	8	7	7	7	6	6
39.0	10	10	9	9	9	8	8	8	7	7
39.5	11	10	10	10	9	9	9	8	8	8
40.0	12	11	11	10	10	10	9	9	9	8
40.5	12	12	12	11	11	11	10	10	10	9
41.0	13	13	12	12	12	11	11	11	10	10
41.5	14	14	13	13	13	12	12	12	11	11
42.0	15	14	14	14	13	13	13	12	12	12
42.5	16	15	15	14	14	14	13	13	13	12
43.0	16	16	16	15	15	15	14	14	14	13
43.5	17	17	16	16	16	15	15	15	14	14
44.0	18	18	17	17	16	16	16	15	15	15
44.5	19	18	18	18	17	17	16	16	16	15
45.0	19	19	19	18	18	18	17	17	17	16
45.5	20	20	19	19	19	18	18	18	17	17
46.0	21	21	20	20	19	19	19	18	18	18
46.5	22	21	21	21	20	20	19	19	19	18
47.0	22	22	22	21	21	21	20	20	19	19
47.5	23	23	22	22	22	21	21	21	20	20
48.0	24	23	23	23	22	22	22	21	21	21
48.5	25	24	24	23	23	23	22	22	22	21
49.0	25	25	24	24	24	23	23	23	22	22
49.5	26	26	25	25	24	24	24	23	23	23
50.0	27	26	26	25	25	25	24	24	24	23
50.5	27	27	27	26	26	25	25	25	24	24
51.0	28	28	27	27	27	26	26	25	25	25
51.5	29	28	28	28	27	27	26	26	26	25
52.0	29	29	29	28	28	28	27	27	26	26
52.5	30	30	29	29	29	28	28	27	27	27
53.0	31	30	30	30	29	29	28	28	28	27
53.5	31	31	31	30	30	30	29	29	28	28
54.0	32	32	31	31	31	30	30	29	29	29
54.5	33	32	32	32	31	31	30	30	30	29
55.0	33	33	33	32	32	31	31	31	30	30
55.5	34	34	33	33	32	32	32	31	31	31
56.0	35	34	34	34	33	33	32	32	32	31
56.5	35	35	35	34	34	33	33	33	32	32
57.0	36	36	35	35	34	34	34	33	33	33
57.5	37	36	36	35	35	35	34	34	34	33
58.0	37	37	36	36	36	35	35	35	34	34
58.5	38	37	37	37	36	36	36	35	35	34

APPENDIX B
PERCENT FAT ESTIMATION FOR WOMEN (CONT'D)

Circumference Value*	Height (Inches)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
59.0	38	38	38	37	37	37	36	36	35	35
59.5	39	39	38	38	38	37	37	36	36	36
60.0	40	39	39	39	38	38	37	37	37	36
60.5	40	40	40	39	39	38	38	38	37	37
61.0	41	41	40	40	39	39	39	38	38	37
61.5	42	41	41	40	40	40	39	39	38	38
62.0	42	42	41	41	41	40	40	39	39	39
62.5	43	42	42	42	41	41	40	40	40	39
63.0	43	43	43	42	42	41	41	41	40	40
63.5	44	43	43	43	42	42	42	41	41	40
64.0	44	44	44	43	43	42	42	42	41	41
64.5	45	45	44	44	43	43	43	42	42	42
65.0	46	45	45	44	44	44	43	43	42	42
65.5	46	46	45	45	45	44	44	43	43	43
66.0	47	46	46	46	45	45	44	44	44	43
66.5	47	47	47	46	46	45	45	45	44	44
67.0	48	48	47	47	46	46	46	45	45	44
67.5	49	48	48	47	47	46	46	46	45	45
68.0	49	49	48	48	47	47	47	46	46	46

* Circumference value = natural waist + hip - neck circumference (in inches)

APPENDIX B
PERCENT FAT ESTIMATION FOR WOMEN (CONT'D)

Circumference Value*	Height (inches)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
36.0	1	1	1	1	-	-	-	-	-	-
36.5	2	2	2	1	1	1	-	-	-	-
37.0	3	3	3	2	2	2	1	1	1	-
37.5	4	4	3	3	3	2	2	2	2	1
38.0	5	5	4	4	4	3	3	3	2	2
38.5	6	5	5	5	4	4	4	4	3	3
39.0	7	6	6	6	5	5	5	4	4	4
39.5	7	7	7	6	6	6	5	5	5	5
40.0	8	8	8	7	7	7	6	6	6	5
40.5	9	9	8	8	8	7	7	7	6	6
41.0	10	9	9	9	8	8	8	8	7	7
41.5	11	10	10	10	9	9	9	8	8	8
42.0	11	11	11	10	10	10	9	9	9	8
42.5	12	12	11	11	11	10	10	10	10	9
43.0	13	13	12	12	12	11	11	11	10	10
43.5	14	13	13	13	12	12	12	11	11	11
44.0	14	14	14	13	13	13	12	12	12	12
44.5	15	15	14	14	14	14	13	13	13	12
45.0	16	16	15	15	15	14	14	14	13	13
45.5	17	16	16	16	15	15	15	14	14	14
46.0	17	17	17	16	16	16	15	15	15	14
46.5	18	18	17	17	17	16	16	16	15	15
47.0	19	18	18	18	17	17	17	17	16	16
47.5	20	19	19	19	18	18	18	17	17	17
48.0	20	20	20	19	19	19	18	18	18	17
48.5	21	21	20	20	20	19	19	19	18	18
49.0	22	21	21	21	20	20	20	19	19	19
49.5	22	22	22	21	21	21	20	20	20	19
50.0	23	23	22	22	22	21	21	21	20	20
50.5	24	23	23	23	22	22	22	21	21	21
51.0	24	24	24	23	23	23	22	22	22	21
51.5	25	25	24	24	24	23	23	23	22	22
52.0	26	25	25	25	24	24	24	23	23	23
52.5	26	26	26	25	25	25	24	24	24	23
53.0	27	27	26	26	26	25	25	25	24	24
53.5	28	27	27	27	26	26	26	25	25	25
54.0	28	28	28	27	27	27	26	26	26	25
54.5	29	29	28	28	28	27	27	27	26	26
55.0	30	29	29	29	28	28	28	27	27	27
55.5	30	30	30	29	29	29	28	28	28	27

* Circumference value = natural waist + hip - neck circumference (in inches)

APPENDIX B
PERCENT FAT ESTIMATION FOR WOMEN (CONT'D)

Circumference Value*	Height (inches)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
56.0	31	31	30	30	30	29	29	29	28	28
56.5	32	31	31	31	30	30	29	29	29	28
57.0	32	32	31	31	31	30	30	30	29	29
57.5	33	32	32	32	31	31	31	30	30	30
58.0	33	33	33	32	32	32	31	31	31	30
58.5	34	34	33	33	33	32	32	32	31	31
59.0	35	34	34	34	33	33	33	32	32	32
59.5	35	35	35	34	34	33	33	33	32	32
60.0	36	36	35	35	34	34	34	33	33	33
60.5	36	36	36	35	35	35	34	34	34	33
61.0	37	37	36	36	36	35	35	35	34	34
61.5	38	37	37	37	36	36	36	35	35	35
62.0	38	38	38	37	37	36	36	36	35	35
62.5	39	38	38	38	37	37	37	36	36	36
63.0	39	39	39	38	38	38	37	37	37	36
63.5	40	40	39	39	39	38	38	38	37	37
64.0	41	40	40	40	39	39	38	38	38	37
64.5	41	41	40	40	40	39	39	39	38	38
65.0	42	41	41	41	40	40	40	39	39	39
65.5	42	42	42	41	41	40	40	40	39	39
66.0	43	43	42	42	41	41	41	40	40	40
66.5	43	43	43	42	42	42	41	41	41	40
67.0	44	44	43	43	43	42	42	41	41	41
67.5	45	44	44	43	43	43	42	42	42	41
68.0	45	45	44	44	44	43	43	43	42	42
68.5	46	45	45	45	44	44	43	43	43	42
69.0	46	46	45	45	45	44	44	44	43	43
69.5	47	46	46	46	45	45	45	44	44	43
70.0	47	47	47	46	46	45	45	45	44	44
70.5	48	47	47	47	46	46	46	45	45	45
71.0	48	48	48	47	47	47	46	46	45	45

* Circumference value = natural waist + hip - neck circumference (in inches)

APPENDIX B
PERCENT FAT ESTIMATION FOR WOMEN (CONT'D)

Circumference Value*	Height (inches)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
38.0	2	2	1	1	1	-	-	-	-	-
38.5	3	2	2	2	2	1	1	1	-	-
39.0	3	3	3	3	2	2	2	1	1	1
39.5	4	4	4	3	3	3	3	2	2	2
40.0	5	5	4	4	4	4	3	3	3	3
40.5	6	6	5	5	5	4	4	4	4	3
41.0	7	6	6	6	5	5	5	5	4	4
41.5	7	7	7	7	6	6	6	5	5	5
42.0	8	8	8	7	7	7	6	6	6	6
42.5	9	9	8	8	8	7	7	7	7	6
43.0	10	9	9	9	9	8	8	8	7	7
43.5	10	10	10	10	9	9	9	8	8	8
44.0	11	11	11	10	10	10	9	9	9	9
44.5	12	12	11	11	11	10	10	10	10	9
45.0	13	12	12	12	11	11	11	11	10	10
45.5	13	13	13	13	12	12	12	11	11	11
46.0	14	14	14	13	13	13	12	12	12	11
46.5	15	15	14	14	14	13	13	13	12	12
47.0	16	15	15	15	14	14	14	13	13	13
47.5	16	16	16	15	15	15	14	14	14	14
48.0	17	17	16	16	16	15	15	15	15	14
48.5	18	17	17	17	16	16	16	16	15	15
49.0	18	18	18	17	17	17	17	16	16	16
49.5	19	19	18	18	18	18	17	17	17	16
50.0	20	19	19	19	18	18	18	18	17	17
50.5	20	20	20	19	19	19	19	18	18	18
51.0	21	21	20	20	20	20	19	19	19	18
51.5	22	21	21	21	20	20	20	20	19	19
52.0	22	22	22	21	21	21	21	20	20	20
52.5	23	23	22	22	22	21	21	21	21	20
53.0	24	23	23	23	22	22	22	22	21	21
53.5	24	24	24	23	23	23	22	22	22	22
54.0	25	25	24	24	24	23	23	23	23	22
54.5	26	25	25	25	24	24	24	23	23	23
55.0	26	26	26	25	25	25	24	24	24	23
55.5	27	27	26	26	26	25	25	25	24	24
56.0	28	27	27	27	26	26	26	25	25	25

* Circumference value = natural waist + hip - neck circumference (in inches)

APPENDIX B
PERCENT FAT ESTIMATION FOR WOMEN (CONT'D)

Circumference Value*	Height (inches)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
56.5	28	28	28	27	27	27	26	26	26	25
57.0	29	28	28	28	27	27	27	27	26	26
57.5	29	29	29	28	28	28	27	27	27	27
58.0	30	30	29	29	29	28	28	28	27	27
58.5	31	30	30	30	29	29	29	28	28	28
59.0	31	31	31	30	30	30	29	29	29	28
59.5	32	31	31	31	31	30	30	30	29	29
60.0	32	32	32	31	31	31	30	30	30	30
60.5	33	33	32	32	32	31	31	31	30	30
61.0	34	33	33	33	32	32	32	31	31	31
61.5	34	34	34	33	33	33	32	32	32	31
62.0	35	34	34	34	33	33	33	32	32	32
62.5	35	35	35	34	34	34	33	33	33	32
63.0	36	36	35	35	35	34	34	34	33	33
63.5	36	36	36	35	35	35	35	34	34	34
64.0	37	37	36	36	36	35	35	35	34	34
64.5	38	37	37	37	36	36	36	35	35	35
65.0	38	38	38	37	37	37	36	36	36	35
65.5	39	38	38	38	37	37	37	36	36	36
66.0	39	39	39	38	38	38	37	37	37	36
66.5	40	40	39	39	39	38	38	38	37	37
67.0	40	40	40	39	39	39	38	38	38	37
67.5	41	41	40	40	40	39	39	39	38	38
68.0	42	41	41	40	40	40	40	39	39	39
68.5	42	42	41	41	41	40	40	40	39	39
69.0	43	42	42	42	41	41	41	40	40	40
69.5	43	43	42	42	42	41	41	41	40	40
70.0	44	43	43	43	42	42	42	41	41	41
70.5	44	44	44	43	43	43	42	42	42	41
71.0	45	44	44	44	43	43	43	42	42	42
71.5	45	45	45	44	44	44	43	43	43	42
72.0	46	45	45	45	44	44	44	43	43	43
72.5	46	46	46	45	45	45	44	44	44	43
73.0	47	46	46	46	45	45	45	44	44	44
73.5	47	47	47	46	46	46	45	45	45	44
74.0	48	48	47	47	46	46	46	45	45	45

* Circumference value = natural waist + hip - neck circumference (in inches)

APPENDIX B
PERCENT FAT ESTIMATION FOR WOMEN (CONT'D)

Circumference Value*	Height (inches)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
39.5	1	1	1	1	-	-	-	-	-	-
40.0	2	2	2	1	1	1	1	-	-	-
40.5	3	3	2	2	2	2	1	1	1	1
41.0	4	4	3	3	3	2	2	2	2	1
41.5	5	4	4	4	3	3	3	3	2	2
42.0	5	5	5	5	4	4	4	3	3	3
42.5	6	6	6	5	5	5	4	4	4	4
43.0	7	7	6	6	6	5	5	5	5	4
43.5	8	7	7	7	6	6	6	6	5	5
44.0	8	8	8	7	7	7	7	6	6	6
44.5	9	9	8	8	8	8	7	7	7	7
45.0	10	9	9	9	9	8	8	8	8	7
45.5	10	10	10	10	9	9	9	9	8	8
46.0	11	11	11	10	10	10	10	9	9	9
46.5	12	12	11	11	11	11	10	10	10	9
47.0	13	12	12	12	11	11	11	11	10	10
47.5	13	13	13	12	12	12	12	11	11	11
48.0	14	14	13	13	13	13	12	12	12	12
48.5	15	14	14	14	14	13	13	13	12	12
49.0	15	15	15	15	14	14	14	13	13	13
49.5	16	16	15	15	15	15	14	14	14	14
50.0	17	16	16	16	16	15	15	15	14	14
50.5	17	17	17	17	16	16	16	15	15	15
51.0	18	18	17	17	17	17	16	16	16	16
51.5	19	18	18	18	18	17	17	17	16	16
52.0	19	19	19	18	18	18	18	17	17	17
52.5	20	20	19	19	19	19	18	18	18	17
53.0	21	20	20	20	19	19	19	19	18	18
53.5	21	21	21	20	20	20	20	19	19	19
54.0	22	22	21	21	21	20	20	20	20	19
54.5	23	22	22	22	21	21	21	21	20	20
55.0	23	23	23	22	22	22	21	21	21	21
55.5	24	23	23	23	23	22	22	22	21	21
56.0	24	24	24	24	23	23	23	22	22	22
56.5	25	25	24	24	24	24	23	23	23	22
57.0	26	25	25	25	24	24	24	24	23	23

* Circumference value = natural waist + hip - neck circumference (in inches)

APPENDIX B
PERCENT FAT ESTIMATION FOR WOMEN (CONT'D)

Circumference Value*	Height (inches)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
57.5	26	26	26	25	25	25	24	24	24	24
58.0	27	27	26	26	26	25	25	25	25	24
58.5	27	27	27	27	26	26	26	25	25	25
59.0	28	28	27	27	27	27	26	26	26	25
59.5	29	28	28	28	27	27	27	27	26	26
60.0	29	29	29	28	28	28	27	27	27	27
60.5	30	30	29	29	29	28	28	28	27	27
61.0	30	30	30	29	29	29	29	28	28	28
61.5	31	31	30	30	30	29	29	29	29	28
62.0	32	31	31	31	30	30	30	29	29	29
62.5	32	32	32	31	31	31	30	30	30	29
63.0	33	32	32	32	31	31	31	31	30	30
63.5	33	33	33	32	32	32	31	31	31	31
64.0	34	34	33	33	33	32	32	32	31	31
64.5	34	34	34	33	33	33	33	32	32	32
65.0	35	35	34	34	34	33	33	33	33	32
65.5	35	35	35	35	34	34	34	33	33	33
66.0	36	36	35	35	35	35	34	34	34	33
66.5	37	36	36	36	35	35	35	34	34	34
67.0	37	37	37	36	36	36	35	35	35	34
67.5	38	37	37	37	36	36	36	36	35	35
68.0	38	38	38	37	37	37	36	36	36	35
68.5	39	38	38	38	38	37	37	37	36	36
69.0	39	39	39	38	38	38	37	37	37	37
69.5	40	40	39	39	39	38	38	38	37	37
70.0	40	40	40	39	39	39	38	38	38	38
70.5	41	41	40	40	40	39	39	39	38	38
71.0	41	41	41	40	40	40	40	39	39	39
71.5	42	42	41	41	41	40	40	40	39	39
72.0	42	42	42	41	41	41	41	40	40	40
72.5	43	43	42	42	42	41	41	41	40	40
73.0	43	43	43	43	42	42	42	41	41	41
73.5	44	44	43	43	43	42	42	42	41	41
74.0	44	44	44	44	43	43	43	42	42	42

* Circumference value = natural waist + hip - neck circumference (in inches)

PHYSICAL READINESS TEST (PRT)

1. Background and Rationale

a. Navy's culture of fitness includes an all hands commitment to well-rounded, regular physical conditioning, and healthy food choices. The PRT is simply one element of a total health, physical fitness, and readiness program. Minimal satisfactory performance on the PRT establishes a base level of physical capacity essential for every member, regardless of designator, Navy Enlisted Classification (NEC), or duty assignment. All personnel shall strive to optimize fitness and readiness by exceeding minimum standards and achieving continual improvement.

b. Standards are based on a sample of PRT results from over 200,000 members in the Fleet during PRTs from 1997 and 1998. NAVHLTHRESCHCEN San Diego completed data analysis and computed proposed PRT standards (see appendix A to this enclosure.) Results of Navy personnel were divided into groups based on gender and age. Separate standards were developed for each gender within each age group. Standards for each performance category are approximately as follows:

(1) **OUTSTANDING** - Performance above or equal to top 10 percent.

(2) **EXCELLENT** - Performance in top 25 percent, but less than OUTSTANDING.

(3) **GOOD** - Performance better than or equal to lowest 25 percent, but less than EXCELLENT.

(4) **SATISFACTORY/PROBATIONARY** - Performance in bottom 25 percent, but above lowest 10 percent.

(5) **UNSATISFACTORY** - Performance in lowest 10 percent.

2. Purpose of PRT Events

a. Provide members with goals to promote basic physical fitness, health, and readiness.

b. Provide COs a means of assessing the general fitness of members of their command.

3. Components of PRT. Navy assesses physical fitness by a series of events associated with factors that enable members to perform physically. Factors evaluated and associated with physical activity are as follows:

a. Flexibility. Flexibility is the ability of a joint to move through the full range of motion. Lack of flexibility is associated with an increased risk of injury. Although no single test measures the flexibility of all joints, the sit-reach event serves as an important functional measure of hip region flexibility including lower back and back of legs.

b. Muscular endurance. Muscular endurance is the ability to sustain muscle contractions over a period of time without undue fatigue. Curl-up and push-up events are indicators of muscular endurance. No single endurance test measures the endurance of all muscles; however, curl-ups serve as a measure of abdominal muscle endurance while push-ups indicate upper body muscular endurance. The curl-up exercise, when performed properly, is important in developing abdominal muscle tone. Adequate strength and endurance of abdominal muscles are an important element in prevention and treatment of lower back injury, which is associated with the ability to perform common pushing, pulling, and carrying tasks.

c. Cardiovascular endurance. Cardiovascular endurance or aerobic capacity is the ability of the heart and lungs to deliver oxygen to working muscles. It is associated with the ability to carry out strenuous work throughout the workday without undue fatigue. One and a half mile run and/or walk and 500-yard/450-meter swim are included in the PRT because performance in these events is indicative of aerobic capacity.

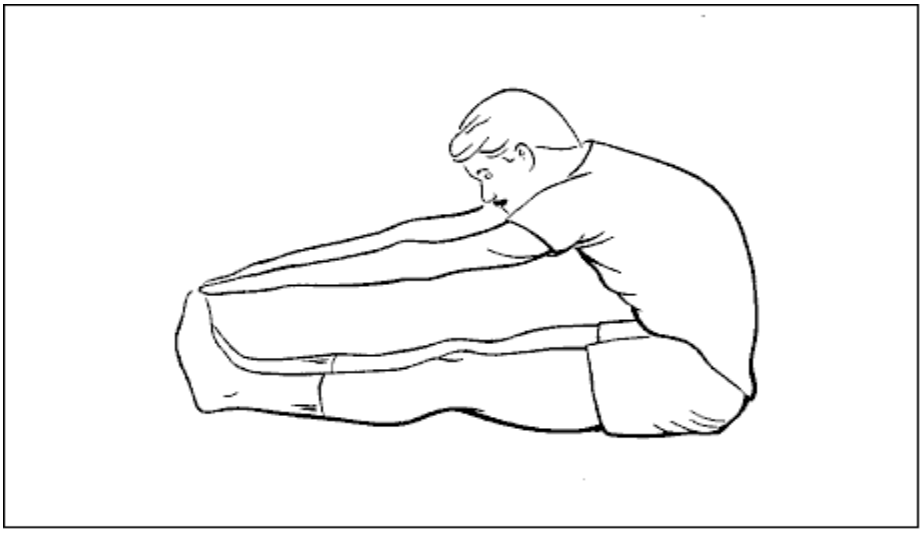
4. Event sequence

a. PRT events shall be completed on same day, in the following sequence: warm-up, sit-reach, curl-ups, push-ups, cardiovascular event (run and/or walk or swim), and cool-down.

b. Events shall be performed allowing at least 2 minutes, but no more than 15 minutes between events.

5. Event procedures

a. Sit-reach



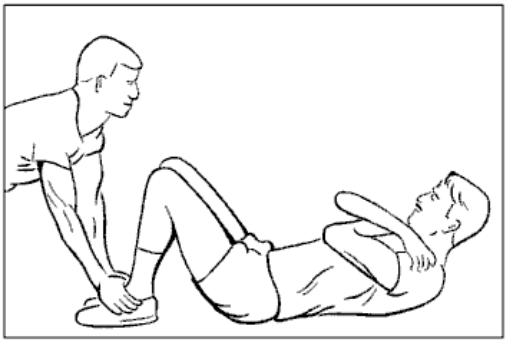
(1) Ensure proper warm-up and stretching is done prior to testing.

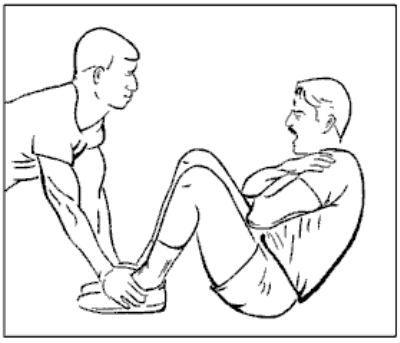
(2) Sit on deck, legs extended, knees very slightly flexed, feet together, and toes pointed up. Shoes are optional.

(3) Reach slowly forward and touch toes with fingertips of both hands simultaneously.

(4) Hold reach for 1 second. Do not bounce or lunge.

b. Curl-ups





(1) Event shall be conducted with partner on a level surface on a blanket, mat, or other suitable padding. Shoes are optional.

(2) Curl-ups are conducted as follows:

(a) Participant shall start by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with hands touching upper chest or shoulders.

(b) Feet shall be held to floor only by partner’s hands.

(c) Timer shall signal start for participant and call out 15-second time intervals until 2 minutes have elapsed.

(d) Participant curls body up, touching elbows to thighs while keeping hands in contact with chest or shoulders.

(e) After touching elbows to thighs, participant lies back, touching lower edge of shoulder blades to deck.

(f) Participant may rest in either up or down position.

(3) Curl-ups are repeated correctly as many times as possible in 2 minutes. CFL or assistant CFL monitors participant for correct form and counts number of correctly performed curl-ups. Incorrectly performed curl-ups shall not be

counted. Results for event ended in less than 2 minutes shall be the number of curl-ups properly completed at time of termination.

(4) Event is ended if participant:

(a) Lowers legs.

(b) Raises feet off ground or floor.

(c) Lifts buttocks off ground or floor.

(d) Fails to keep arms folded across and touching chest.

(e) Fails to keep hands in contact with chest or shoulders.

c. Push-ups

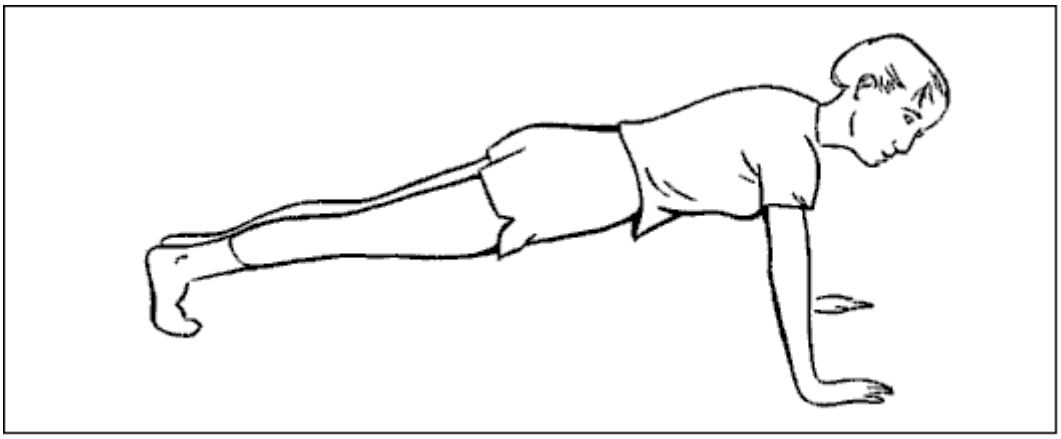
(1) Push-ups shall be performed on a firm or suitably padded, level surface. Shoes are optional.

(2) Push-ups shall be performed as follows:

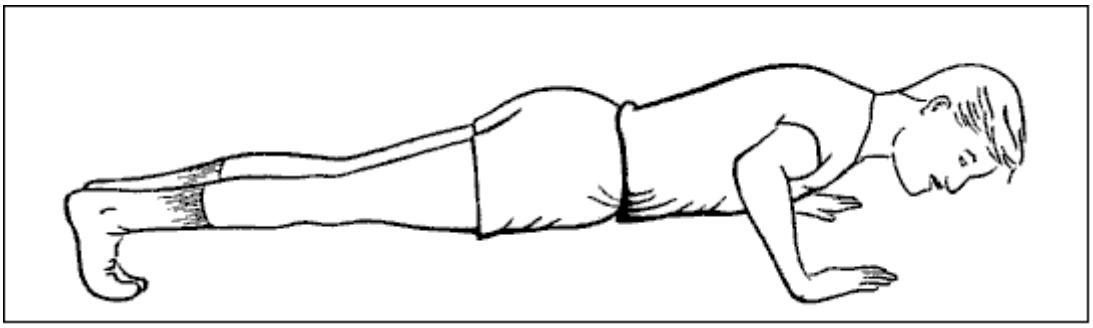
(a) Participant shall begin in "front-leaning rest" position, palms of hands placed on floor directly beneath or slightly wider than shoulders. Both feet together on floor.

(b) Back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. Toes and palms of hands shall remain in contact with floor. Feet shall not contact a wall or other vertical support surface.

(c) Timer shall signal start for participant and call out 15-second time intervals until 2 minutes have elapsed.



(d) Participant shall lower entire body as a single unit by bending elbows until upper arms, shoulders, and lower back are aligned and parallel to deck.



(e) Participant shall return to starting position by extending elbows, raising body as a single unit until arms are straight.

(f) Participant may rest only in up position while maintaining arms, back, buttocks, and legs in straight position.

(3) Push-ups are repeated correctly as many times as possible in 2 minutes. CFLs or assistant CFLs monitor participant for correct form and counts correctly performed push-ups. Incorrect push-ups shall not be counted. Results for event ended in less than 2 minutes shall be number of push-ups properly performed at time of termination.

(4) Event is ended if participant:

(a) Touches deck with any part of body except hands and feet.

(b) Raises one or both feet or hands off deck or ground.

(c) Fails to maintain back, buttocks, and legs straight from head to heels.

d. 1.5-mile run and/or walk

(1) Event consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete event.

(a) Event shall be conducted on a flat and solid surface.

(b) At CO's discretion event may be conducted on treadmill where appropriate facilities and equipment are reasonably available. Treadmill shall have following features:

1. Motor-driven running surface belt with emergency stop button.

2. Adjustable speed displayed in miles per hour.

3. Inclination adjustment.

4. Odometer that accurately measures distance traveled in miles.

(2) Event shall be conducted on a track or outdoor course as follows:

(a) Participant shall stand at start line.

(b) Timer shall signal start and call out time intervals until completion of test.

(c) Time is recorded with stopwatch to nearest second.

(3) Event shall be conducted on a treadmill as follows:

(a) Participant straddle treadmill belt with treadmill inclination set to 1.0 percent.

(b) Timer shall signal start and participant starts treadmill at desired speed.

(c) Timer calls out time intervals until completion of test.

(d) Time is recorded with stopwatch to nearest second.

(e) Treadmill speed may be adjusted to participant's comfort anytime during test.

(f) Touching bar with fingertips or open palm for safety to recover balance is acceptable.

(4) Event is ended if participant:

(a) Stops running or walking other than to retie shoelace or remove foreign object from shoe.

(b) Completes 1.5 miles.

(c) Changes treadmill inclination from 1.0 percent.

(d) Supports body weight using arms, hands, torso, or any mechanical device.

e. <u>500-yard or 450-meter swim</u>

(1) Event consists of swimming 500 yards or 450 meters in fastest time possible. Any swim stroke and turn may be used.

(2) Event shall only be conducted in a standard 25 or 50 yard/meter swimming pool.

(3) Swim event shall be conducted as follows:

(a) Swimmers begin test in water.

(b) Timer shall signal start and call out time intervals or lengths until completion of test.

(c) Time is recorded with stopwatch to nearest second.

(d) Swimmers may push off from sides with hands and feet after each pool length.

(e) Resting is permitted by holding side of pool, standing, or treading water.

(f) Swimmers may use goggles, facemasks, swim caps, and or ear plugs. Fins, snorkels, flotation, wet suit, and propulsion device are not allowed.

(7) Event is ended if participant:

(a) Completes prescribed distance.

(b) Moves forward while resting.

(c) Receives or requires assistance from lifeguard or other person.

6. Options

a. COs may allow swim event if facilities are reasonably available.

b. If medically cleared, members shall participate in 1.5 mile run/walk unless COs authorize swim event.

c. Members who are medically waived from 1.5-mile run/walk are not required to participate in swim event.

d. COs may permit 1.5-mile run/walk to be conducted on a treadmill if equipment is reasonably available.

7. Personnel at Increased Elevation

a. Members permanently assigned or on TEMADD to locations at increased elevation shall participate in Physical Readiness Program, including PFAs. Increased elevation is defined as greater than or equal to 5,000 feet above sea level.

b. For PRT conducted at increased elevation, support facilities and personnel required by this instruction must be available.

c. PRT shall be conducted at nearest suitable site with lower or equal elevation.

d. PRT conducted at increased elevation shall be scored using standards for increased elevation (see appendix B of this enclosure). These standards are adjusted for effects of altitude.

e. Elevation adjustment in standards reflects research based on an acclimation period of 30 days. Commands shall provide members an acclimation period of at least 30 days prior to conducting PRT.

f. Other than PRT scoring, PRT procedures are not modified due to increased elevation.

g. Commands shall institute all appropriate safety measures to minimize risk of injury to members exercising at increased elevation.

8. Interpretation of Performance Standard Tables

a. Values for curl-ups and push-ups are minimum required to attain category.

b. Run time values are maximum allowed to attain category.

c. If members attempt and fail a cardiorespiratory event, it is considered a PRT failure; an attempt on a different cardiorespiratory event is not authorized. For example, members failing run on treadmill, track, or outdoor course cannot participate in swimming test.

d. Inability to touch toes and hold for 1 second does not constitute a PRT failure.

9. Grading PRT

a. PRT is passed when members achieve “Probationary” performance standard or better for:

(1) Curl-ups, push-ups, and one cardiorespiratory event (run and/or walk or swim).

(2) Any two PRT events (other than sit reach) when the third is medically waived.

b. Regardless of level of performance on other events, PRT is failed when members do not achieve “Probationary” performance standard or better for any PRT event (other than sit reach) unless event is medically waived.

10. Overall Score

a. Overall score is category-level performance corresponding to the average of points accumulated on PRT events. Members must pass all three PRT events to receive an overall score.

b. Members must perform push-ups, curl-ups, and a cardiovascular event. Members who are medically waived from any of these events cannot be assigned an overall score.

c. Point assignment

Category Level	Points
Outstanding-High	100
Outstanding-Medium	95
Outstanding-Low	90
Excellent-High	85
Excellent-Medium	80
Excellent-Low	75
Good-High	70
Good-Medium	65
Good-Low	60
Satisfactory-High	55
Satisfactory-Medium	50
Probationary	45

d. Example for 25 year-old female.

Step 1. Determine points for each event.

Event	Performance	Performance Category-Level	Points
Curl-ups	91	Excellent High	85
Push-ups	26	Good Medium	65
Run	15:23	Satisfactory High	55

Step 2. Add points for individual events.

85 + 65 + 55 = 205 points.

Step 3. Divide total points by three.

205 divided by 3 = 68.3.

Step 4. Assign performance category-level. (Category-level is not achieved unless average equals or exceeds points corresponding to category-level.) 68 points equals “Good Medium”.

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)

Performance		Points	Males: Age 17-19 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	109	92	8:15	6:30	6:20
Outstanding	Medium	95	107	91	8:45	6:45	6:35
Outstanding	***Low***	***90***	***102***	***86***	***9:00***	***7:15***	***7:05***
Excellent	High	85	98	82	9:15	7:45	7:35
Excellent	Medium	80	93	79	9:30	8:15	8:05
Excellent	***Low***	***75***	***90***	***76***	***9:45***	***8:30***	***8:20***
Good	High	70	81	68	10:00	9:15	9:05
Good	Medium	65	71	60	10:30	10:30	10:20
Good	***Low***	***60***	***62***	***51***	***11:00***	***11:15***	***11:05***
Satisfactory	High	55	59	49	12:00	11:45	11:35
Satisfactory	Medium	50	54	46	12:15	12:15	12:05
Probationary		45	50	42	12:30	12:45	12:35

Performance		Points	Females: Age 17-19 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	109	51	9:29	6:45	6:35
Outstanding	Medium	95	107	50	11:15	7:45	7:35
Outstanding	***Low***	***90***	***102***	***47***	***11:30***	***8:30***	***8:20***
Excellent	High	85	98	45	11:45	9:00	8:50
Excellent	Medium	80	93	43	12:00	9:30	9:20
Excellent	***Low***	***75***	***90***	***42***	***12:30***	***9:45***	***9:35***
Good	High	70	81	36	12:45	10:45	10:35
Good	Medium	65	71	30	13:00	12:00	11:50
Good	***Low***	***60***	***62***	***24***	***13:30***	***13:00***	***12:50***
Satisfactory	High	55	59	22	14:15	13:15	13:05
Satisfactory	Medium	50	54	20	14:45	13:45	13:35
Probationary		45	50	19	15:00	14:15	14:05

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 20-24 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	105	87	8:30	6:30	6:20
Outstanding	Medium	95	103	86	9:00	7:00	6:50
Outstanding	***Low***	***90***	***98***	***81***	***9:15***	***7:30***	***7:20***
Excellent	High	85	94	77	9:45	8:00	7:50
Excellent	Medium	80	90	74	10:00	8:15	8:05
Excellent	***Low***	***75***	***87***	***71***	***10:30***	***8:45***	***8:35***
Good	High	70	78	64	10:45	9:30	9:20
Good	Medium	65	66	55	11:30	10:30	10:20
Good	***Low***	***60***	***58***	***47***	***12:00***	***11:30***	***11:20***
Satisfactory	High	55	54	45	12:45	12:00	11:50
Satisfactory	Medium	50	50	42	13:15	12:15	12:05
Probationary		45	46	37	13:30	13:00	12:50

Performance		Points	Females: Age 20-24 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	105	48	9:47	7:15	7:05
Outstanding	Medium	95	103	47	11:15	8:00	7:50
Outstanding	***Low***	***90***	***98***	***44***	***11:30***	***8:45***	***8:35***
Excellent	High	85	94	43	12:15	9:15	9:05
Excellent	Medium	80	90	40	12:45	9:45	9:35
Excellent	***Low***	***75***	***87***	***39***	***13:15***	***10:00***	***9:50***
Good	High	70	78	33	13:30	11:00	10:50
Good	Medium	65	66	28	13:45	12:15	12:05
Good	***Low***	***60***	***58***	***21***	***14:15***	***13:15***	***13:05***
Satisfactory	High	55	54	20	15:00	13:45	13:35
Satisfactory	Medium	50	50	17	15:15	14:00	13:50
Probationary		45	46	16	15:30	14:30	14:20

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance Performance		Points	Males: Age 25-29 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	101	84	8:55	6:38	6:28
Outstanding	Medium	95	100	82	9:23	7:08	6:58
Outstanding	***Low***	***90***	***95***	***77***	***9:38***	***7:38***	***7:28***
Excellent	High	85	91	73	10:15	8:08	7:58
Excellent	Medium	80	87	69	10:30	8:23	8:13
Excellent	***Low***	***75***	***84***	***67***	***10:52***	***8:53***	***8:43***
Good	High	70	75	60	11:23	9:38	9:28
Good	Medium	65	62	51	12:15	10:38	10:28
Good	***Low***	***60***	***54***	***44***	***12:53***	***11:38***	***11:28***
Satisfactory	High	55	50	41	13:23	12:08	11:58
Satisfactory	Medium	50	47	38	13:45	12:23	12:13
Probationary		45	43	34	14:00	13:08	12:58

Performance		Points	Females: Age 25-29 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	101	46	10:17	7:23	7:13
Outstanding	Medium	95	100	45	11:30	8:15	7:58
Outstanding	***Low***	***90***	***95***	***43***	***11:45***	***9:00***	***8:50***
Excellent	High	85	91	41	12:30	9:30	9:20
Excellent	Medium	80	87	39	13:00	10:00	9:50
Excellent	***Low***	***75***	***84***	***37***	***13:23***	***10:15***	***10:05***
Good	High	70	75	30	14:00	11:15	11:05
Good	Medium	65	62	26	14:30	12:30	12:20
Good	***Low***	***60***	***54***	***19***	***14:53***	***13:30***	***13:20***
Satisfactory	High	55	50	18	15:23	13:53	13:43
Satisfactory	Medium	50	47	15	15:45	14:15	14:05
Probationary		45	43	13	16:08	14:45	14:35

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 30-34 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	98	80	9:20	6:45	6:35
Outstanding	Medium	95	97	78	9:45	7:15	7:05
Outstanding	***Low***	***90***	***92***	***74***	***10:00***	***7:45***	***7:35***
Excellent	High	85	88	69	10:30	8:15	8:05
Excellent	Medium	80	85	67	11:00	8:30	8:20
Excellent	***Low***	***75***	***81***	***64***	***11:15***	***9:00***	***8:50***
Good	High	70	73	57	12:00	9:45	9:35
Good	Medium	65	59	48	13:00	10:45	10:35
Good	***Low***	***60***	***51***	***41***	***13:45***	***11:45***	***11:35***
Satisfactory	High	55	47	38	14:00	12:15	12:05
Satisfactory	Medium	50	44	35	14:15	12:30	12:20
Probationary		45	40	31	14:30	13:15	13:05

Performance		Points	Females: Age 30-34 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	98	44	10:46	7:30	7:20
Outstanding	Medium	95	97	43	11:45	8:30	8:20
Outstanding	***Low***	***90***	***92***	***41***	***12:00***	***9:15***	***9:05***
Excellent	High	85	88	39	12:45	9:45	9:35
Excellent	Medium	80	85	37	13:15	10:15	10:05
Excellent	***Low***	***75***	***81***	***35***	***13:30***	***10:30***	***10:20***
Good	High	70	73	28	14:30	11:30	11:20
Good	Medium	65	59	24	15:15	12:45	12:35
Good	***Low***	***60***	***51***	***17***	***15:30***	***13:45***	***13:35***
Satisfactory	High	55	47	15	15:45	14:00	13:50
Satisfactory	Medium	50	44	13	16:15	14:30	14:20
Probationary		45	40	11	16:45	15:00	14:50

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 35-39 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	95	76	9:25	6:53	6:43
Outstanding	Medium	95	93	74	9:53	7:23	7:13
Outstanding	***Low***	***90***	***88***	***70***	***10:08***	***7:53***	***7:43***
Excellent	High	85	85	65	10:38	8:23	8:13
Excellent	Medium	80	83	63	11:08	8:38	8:28
Excellent	***Low***	***75***	***78***	***60***	***11:23***	***9:08***	***8:58***
Good	High	70	70	53	12:23	9:53	9:43
Good	Medium	65	55	44	13:23	10:53	10:43
Good	***Low***	***60***	***47***	***37***	***14:08***	***11:53***	***11:43***
Satisfactory	High	55	43	35	14:23	12:23	12:13
Satisfactory	Medium	50	40	33	14:45	12:38	12:28
Probationary		45	37	27	15:00	13:23	13:13

Performance		Points	Females: Age 35-39 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	95	43	10:51	7:45	7:35
Outstanding	Medium	95	93	42	11:53	8:38	8:28
Outstanding	***Low***	***90***	***88***	***39***	***12:08***	***9:30***	***9:20***
Excellent	High	85	85	37	12:53	10:00	9:50
Excellent	Medium	80	83	35	13:23	10:23	10:13
Excellent	***Low***	***75***	***78***	***34***	***13:45***	***10:45***	***10:35***
Good	High	70	70	26	14:38	11:45	11:35
Good	Medium	65	55	22	15:30	12:53	12:43
Good	***Low***	***60***	***47***	***14***	***15:53***	***14:00***	***13:50***
Satisfactory	High	55	43	13	16:15	14:15	14:05
Satisfactory	Medium	50	40	11	16:38	14:38	14:28
Probationary		45	37	9	17:00	15:15	15:05

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 40-44 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	92	72	9:30	7:00	6:50
Outstanding	Medium	95	90	70	10:00	7:30	7:20
Outstanding	***Low***	***90***	***85***	***67***	***10:15***	***8:00***	***7:50***
Excellent	High	85	83	61	10:45	8:30	8:20
Excellent	Medium	80	80	59	11:15	8:45	8:35
Excellent	***Low***	***75***	***76***	***56***	***11:45***	***9:15***	***9:05***
Good	High	70	68	50	12:45	10:00	9:50
Good	Medium	65	51	41	13:45	11:00	10:50
Good	***Low***	***60***	***44***	***34***	***14:30***	***12:00***	***11:50***
Satisfactory	High	55	39	32	14:45	12:30	12:20
Satisfactory	Medium	50	37	29	15:15	12:45	12:35
Probationary		45	35	24	15:30	13:30	13:20

Performance		Points	Females: Age 40-44 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	92	41	10:56	8:00	7:50
Outstanding	Medium	95	90	40	12:00	8:45	8:35
Outstanding	***Low***	***90***	***85***	***37***	***12:15***	***9:45***	***9:35***
Excellent	High	85	83	35	13:00	10:15	10:05
Excellent	Medium	80	80	33	13:30	10:30	10:20
Excellent	***Low***	***75***	***76***	***32***	***14:00***	***11:00***	***10:50***
Good	High	70	68	24	14:45	12:00	11:50
Good	Medium	65	51	20	15:45	13:00	12:50
Good	***Low***	***60***	***44***	***12***	***16:15***	***14:15***	***14:05***
Satisfactory	High	55	39	11	16:45	14:30	14:20
Satisfactory	Medium	50	37	9	17:00	14:45	14:35
Probationary		45	35	7	17:15	15:30	15:20

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 45-49 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	88	68	9:33	7:08	6:58
Outstanding	Medium	95	86	66	10:08	7:38	7:28
Outstanding	***Low***	***90***	***81***	***63***	***10:30***	***8:08***	***7:58***
Excellent	High	85	80	57	11:08	8:38	8:28
Excellent	Medium	80	78	54	11:38	8:53	8:43
Excellent	***Low***	***75***	***73***	***52***	***12:08***	***9:23***	***9:13***
Good	High	70	65	46	13:00	10:08	9:58
Good	Medium	65	47	37	14:08	11:08	10:58
Good	***Low***	***60***	***40***	***32***	***14:53***	***12:08***	***11:58***
Satisfactory	High	55	35	28	15:15	12:38	12:28
Satisfactory	Medium	50	33	25	15:45	12:53	12:43
Probationary		45	31	21	16:08	13:38	13:28

Performance		Points	Females: Age 45-49 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	88	40	10:58	8:15	8:05
Outstanding	Medium	95	86	39	12:08	9:00	8:50
Outstanding	***Low***	***90***	***81***	***35***	***12:30***	***9:53***	***9:43***
Excellent	High	85	80	33	13:15	10:23	10:13
Excellent	Medium	80	78	32	13:45	10:45	10:35
Excellent	***Low***	***75***	***73***	***30***	***14:08***	***11:08***	***10:58***
Good	High	70	65	22	15:00	12:15	12:05
Good	Medium	65	47	18	15:53	13:15	13:05
Good	***Low***	***60***	***40***	***11***	***16:30***	***14:30***	***14:20***
Satisfactory	High	55	35	8	16:53	14:45	14:35
Satisfactory	Medium	50	33	7	17:08	15:00	14:50
Probationary		45	31	5	17:23	15:38	15:28

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 50-54 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	85	64	9:35	7:15	7:05
Outstanding	Medium	95	84	62	10:15	7:45	7:35
Outstanding	***Low***	***90***	***78***	***59***	***10:45***	***8:15***	***8:05***
Excellent	High	85	77	53	11:30	8:45	8:35
Excellent	Medium	80	76	51	12:00	9:00	8:50
Excellent	***Low***	***75***	***71***	***49***	***12:30***	***9:30***	***9:20***
Good	High	70	63	43	13:15	10:15	10:05
Good	Medium	65	44	34	14:30	11:15	11:05
Good	***Low***	***60***	***37***	***30***	***15:15***	***12:15***	***12:05***
Satisfactory	High	55	32	25	15:45	12:45	12:35
Satisfactory	Medium	50	30	23	16:15	13:00	12:50
Probationary		45	29	19	16:45	13:45	13:35

Performance		Points	Females: Age 50-54 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	85	38	11:00	8:30	8:20
Outstanding	Medium	95	84	37	12:15	9:15	9:05
Outstanding	***Low***	***90***	***78***	***33***	***12:45***	***10:00***	***9:50***
Excellent	High	85	77	31	13:30	10:30	10:20
Excellent	Medium	80	76	30	14:00	11:00	10:50
Excellent	***Low***	***75***	***71***	***28***	***14:15***	***11:15***	***11:05***
Good	High	70	63	20	15:15	12:30	12:20
Good	Medium	65	44	16	16:00	13:30	13:20
Good	***Low***	***60***	***37***	***10***	***16:45***	***14:45***	***14:35***
Satisfactory	High	55	32	6	17:00	15:00	14:50
Satisfactory	Medium	50	30	5	17:15	15:15	15:05
Probationary		45	29	2	17:30	15:45	15:35

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 55-59 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	81	60	10:42	7:17	7:07
Outstanding	Medium	95	80	59	11:09	7:47	7:37
Outstanding	***Low***	***90***	***74***	***56***	***11:25***	***8:17***	***8:07***
Excellent	High	85	70	52	11:57	8:50	8:40
Excellent	Medium	80	66	48	12:29	9:15	9:05
Excellent	***Low***	***75***	***62***	***46***	***13:12***	***9:47***	***9:37***
Good	High	70	54	38	14:13	10:40	10:30
Good	Medium	65	40	32	15:14	11:35	11:25
Good	***Low***	***60***	***36***	***16***	***16:15***	***12:33***	***12:23***
Satisfactory	High	55	30	14	16:33	13:00	12:50
Satisfactory	Medium	50	28	12	16:51	13:25	13:15
Probationary		45	26	10	17:09	13:55	13:45

Performance		Points	Females: Age 55-59 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	81	30	12:23	8:45	8:35
Outstanding	Medium	95	80	28	13:39	9:30	9:20
Outstanding	***Low***	***90***	***74***	***26***	***13:57***	***10:07***	***9:57***
Excellent	High	85	70	24	14:25	10:37	10:27
Excellent	Medium	80	66	22	14:53	11:15	11:05
Excellent	***Low***	***75***	***62***	***20***	***15:20***	***11:25***	***11:15***
Good	High	70	54	16	16:09	12:45	12:35
Good	Medium	65	40	10	16:58	13:45	13:35
Good	***Low***	***60***	***36***	***6***	***17:48***	***15:00***	***14:50***
Satisfactory	High	55	30	5	18:03	15:15	15:05
Satisfactory	Medium	50	28	3	18:18	15:30	15:20
Probationary		45	26	2	18:34	16:00	15:50

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 60-64 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	75	57	11:21	7:20	7:10
Outstanding	Medium	95	74	56	11:48	7:50	7:40
Outstanding	***Low***	***90***	***70***	***52***	***12:04***	***8:20***	***8:10***
Excellent	High	85	66	48	12:40	8:55	8:45
Excellent	Medium	80	62	46	13:16	9:30	9:20
Excellent	***Low***	***75***	***56***	***44***	***13:53***	***10:05***	***9:55***
Good	High	70	40	32	15:00	11:00	10:50
Good	Medium	65	32	23	16:07	11:55	11:45
Good	***Low***	***60***	***26***	***14***	***17:14***	***12:50***	***12:40***
Satisfactory	High	55	24	12	17:47	13:15	13:05
Satisfactory	Medium	50	22	10	18:20	13:40	13:30
Probationary		45	20	8	18:52	14:05	13:55

Performance		Points	Females: Age 60-64 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	75	26	13:34	9:00	8:50
Outstanding	Medium	95	74	24	14:50	9:45	9:35
Outstanding	***Low***	***90***	***70***	***22***	***15:08***	***10:15***	***10:05***
Excellent	High	85	66	20	15:34	10:45	10:35
Excellent	Medium	80	62	18	16:00	11:30	11:20
Excellent	***Low***	***75***	***56***	***16***	***16:25***	***11:35***	***11:25***
Good	High	70	40	12	17:17	13:00	12:50
Good	Medium	65	32	8	18:06	14:00	13:50
Good	***Low***	***60***	***26***	***5***	***18:51***	***15:15***	***15:05***
Satisfactory	High	55	24	4	19:08	15:30	15:20
Satisfactory	Medium	50	22	3	19:25	15:45	15:35
Probationary		45	20	2	19:43	16:15	16:05

APPENDIX A
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 65+ years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	65	48	11:41	7:25	7:15
Outstanding	Medium	95	64	46	12:13	7:55	7:45
Outstanding	***Low***	***90***	***60***	***44***	***12:43***	***8:25***	***8:15***
Excellent	High	85	55	41	13:20	9:05	8:55
Excellent	Medium	80	50	39	13:57	9:45	9:35
Excellent	***Low***	***75***	***44***	***36***	***14:34***	***10:30***	***10:20***
Good	High	70	36	25	15:47	11:25	11:15
Good	Medium	65	28	18	17:00	12:20	12:10
Good	***Low***	***60***	***20***	***10***	***18:13***	***13:20***	***13:10***
Satisfactory	High	55	17	8	19:00	13:40	13:30
Satisfactory	Medium	50	13	6	19:47	14:00	13:50
Probationary		45	10	4	20:35	14:15	14:05

Performance		Points	Females: Age 65+ years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	65	22	14:45	9:15	9:05
Outstanding	Medium	95	64	20	16:01	10:00	9:50
Outstanding	***Low***	***90***	***60***	***18***	***16:19***	***10:23***	***10:13***
Excellent	High	85	55	16	16:43	10:52	10:42
Excellent	Medium	80	50	14	17:07	11:45	11:35
Excellent	***Low***	***75***	***44***	***12***	***17:30***	***11:50***	***11:40***
Good	High	70	36	9	18:18	13:15	13:05
Good	Medium	65	28	6	19:06	14:15	14:05
Good	***Low***	***60***	***20***	***4***	***19:54***	***15:30***	***15:20***
Satisfactory	High	55	17	3	20:13	15:45	15:35
Satisfactory	Medium	50	13	2	20:31	16:00	15:50
Probationary		45	10	1	20:52	16:30	16:20

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

Performance		Points	Males: Age 17-19 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	109	92	9:00	7:05	6:55
Outstanding	Medium	95	107	91	9:30	7:20	7:10
Outstanding	***Low***	***90***	***102***	***86***	***9:50***	***7:55***	***7:45***
Excellent	High	85	98	82	10:05	8:25	8:15
Excellent	Medium	80	93	79	10:20	9:00	8:50
Excellent	***Low***	***75***	***90***	***76***	***10:40***	***9:15***	***9:05***
Good	High	70	81	68	10:55	10:05	9:55
Good	Medium	65	71	60	11:25	11:25	11:15
Good	***Low***	***60***	***62***	***51***	***12:00***	***12:15***	***12:05***
Satisfactory	High	55	59	49	13:05	12:50	12:40
Satisfactory	Medium	50	54	46	13:20	13:20	13:10
Probationary		45	50	42	13:40	13:55	13:40

Performance		Points	Females: Age 17-19 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	109	51	10:20	7:20	7:10
Outstanding	Medium	95	107	50	12:15	8:25	8:15
Outstanding	***Low***	***90***	***102***	***47***	***12:30***	***9:15***	***9:05***
Excellent	High	85	98	45	12:50	9:50	9:40
Excellent	Medium	80	93	43	13:05	10:20	10:10
Excellent	***Low***	***75***	***90***	***42***	***13:40***	***10:40***	***10:25***
Good	High	70	81	36	13:55	11:45	11:30
Good	Medium	65	71	30	14:10	13:05	12:55
Good	***Low***	***60***	***62***	***24***	***14:45***	***14:10***	***14:00***
Satisfactory	High	55	59	22	15:30	14:25	14:15
Satisfactory	Medium	50	54	20	16:05	15:00	14:50
Probationary		45	50	19	16:20	15:30	15:20

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 20-24 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	105	87	9:15	7:05	6:55
Outstanding	Medium	95	103	86	9:50	7:40	7:25
Outstanding	***Low***	***90***	***98***	***81***	***10:05***	***8:10***	***8:00***
Excellent	High	85	94	77	10:40	8:45	8:30
Excellent	Medium	80	90	74	10:55	9:00	8:50
Excellent	***Low***	***75***	***87***	***71***	***11:25***	***9:30***	***9:20***
Good	High	70	78	64	11:45	10:20	10:10
Good	Medium	65	66	55	12:30	11:25	11:15
Good	***Low***	***60***	***58***	***47***	***13:05***	***12:30***	***12:20***
Satisfactory	High	55	54	45	13:55	13:05	12:55
Satisfactory	Medium	50	50	42	14:25	13:20	13:10
Probationary		45	46	37	14:45	14:10	14:00

Performance		Points	Females: Age 20-24 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	105	48	10:40	7:55	7:45
Outstanding	Medium	95	103	47	12:15	8:45	8:30
Outstanding	***Low***	***90***	***98***	***44***	***12:30***	***9:30***	***9:20***
Excellent	High	85	94	43	13:20	10:05	9:55
Excellent	Medium	80	90	40	13:55	10:40	10:25
Excellent	***Low***	***75***	***87***	***39***	***14:25***	***10:55***	***10:45***
Good	High	70	78	33	14:45	12:00	11:50
Good	Medium	65	66	28	15:00	13:20	13:10
Good	***Low***	***60***	***58***	***21***	***15:30***	***14:25***	***14:15***
Satisfactory	High	55	54	20	16:20	15:00	14:50
Satisfactory	Medium	50	50	17	16:40	15:15	15:05
Probationary		45	46	16	16:55	15:50	15:40

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance Performance		Points	Males: Age 25-29 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	101	84	9:43	7:13	7:06
Outstanding	Medium	95	100	82	10:15	7:48	7:40
Outstanding	***Low***	***90***	***95***	***77***	***10:30***	***8:18***	***8:10***
Excellent	High	85	91	73	11:13	8:53	8:44
Excellent	Medium	80	87	69	11:28	9:08	8:59
Excellent	***Low***	***75***	***84***	***67***	***11:50***	***9:40***	***9:31***
Good	High	70	75	60	12:25	10:30	10:20
Good	Medium	65	62	51	13:20	11:35	11:24
Good	***Low***	***60***	***54***	***44***	***14:03***	***12:40***	***12:28***
Satisfactory	High	55	50	41	14:35	13:13	13:00
Satisfactory	Medium	50	47	38	14:58	13:30	13:17
Probationary		45	43	34	15:18	14:18	14:04

Performance		Points	Females: Age 25-29 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	101	46	11:13	8:03	7:55
Outstanding	Medium	95	100	45	12:33	9:00	8:51
Outstanding	***Low***	***90***	***95***	***43***	***12:48***	***9:48***	***9:38***
Excellent	High	85	91	41	13:38	10:23	10:13
Excellent	Medium	80	87	39	14:10	10:55	10:45
Excellent	***Low***	***75***	***84***	***37***	***14:35***	***11:10***	***10:59***
Good	High	70	75	30	15:18	12:15	12:03
Good	Medium	65	62	26	15:50	13:38	13:24
Good	***Low***	***60***	***54***	***19***	***16:13***	***14:43***	***14:28***
Satisfactory	High	55	50	18	16:45	15:08	14:53
Satisfactory	Medium	50	47	15	17:13	15:33	15:18
Probationary		45	43	13	17:35	16:05	15:50

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 30-34 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	98	80	10:10	7:20	7:10
Outstanding	Medium	95	97	78	10:40	7:55	7:45
Outstanding	***Low***	***90***	***92***	***74***	***10:55***	***8:25***	***8:15***
Excellent	High	85	88	69	11:45	9:00	8:50
Excellent	Medium	80	85	67	12:00	9:15	9:05
Excellent	***Low***	***75***	***81***	***64***	***12:15***	***9:50***	***9:40***
Good	High	70	73	57	13:05	10:40	10:25
Good	Medium	65	59	48	14:10	11:45	11:30
Good	***Low***	***60***	***51***	***41***	***15:00***	***12:50***	***12:40***
Satisfactory	High	55	47	38	15:15	13:20	13:10
Satisfactory	Medium	50	44	35	15:30	13:40	13:25
Probationary		45	40	31	15:50	14:25	14:15

Performance		Points	Females: Age 30-34 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	98	44	11:45	8:10	8:00
Outstanding	Medium	95	97	43	12:50	9:15	9:05
Outstanding	***Low***	***90***	***92***	***41***	***13:05***	***10:05***	***9:55***
Excellent	High	85	88	39	13:55	10:40	10:25
Excellent	Medium	80	85	37	14:25	11:10	11:00
Excellent	***Low***	***75***	***81***	***35***	***14:45***	***11:25***	***11:15***
Good	High	70	73	28	15:50	12:30	12:20
Good	Medium	65	59	24	16:40	13:55	13:45
Good	***Low***	***60***	***51***	***17***	***16:55***	***15:00***	***14:50***
Satisfactory	High	55	47	15	17:10	15:15	15:05
Satisfactory	Medium	50	44	13	17:45	15:50	15:40
Probationary		45	40	11	18:15	16:20	16:10

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 35-39 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	95	76	10:15	7:30	7:23
Outstanding	Medium	95	93	74	10:48	8:03	7:55
Outstanding	***Low***	***90***	***88***	***70***	***11:03***	***8:35***	***8:27***
Excellent	High	85	85	65	11:45	9:08	8:59
Excellent	Medium	80	83	63	12:08	9:23	9:14
Excellent	***Low***	***75***	***78***	***60***	***12:33***	***9:58***	***9:48***
Good	High	70	70	53	13:30	10:48	10:37
Good	Medium	65	55	44	14:35	11:53	11:41
Good	***Low***	***60***	***47***	***37***	***15:25***	***12:58***	***12:45***
Satisfactory	High	55	43	35	15:40	13:30	13:17
Satisfactory	Medium	50	40	33	16:05	13:48	13:34
Probationary		45	37	27	16:23	14:35	14:21

Performance		Points	Females: Age 35-39 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	95	43	11:50	8:28	8:19
Outstanding	Medium	95	93	42	12:58	9:23	9:14
Outstanding	***Low***	***90***	***88***	***39***	***13:13***	***10:23***	***10:13***
Excellent	High	85	85	37	14:03	10:55	10:45
Excellent	Medium	80	83	35	14:35	11:18	11:07
Excellent	***Low***	***75***	***78***	***34***	***15:00***	***11:43***	***11:31***
Good	High	70	70	26	15:58	12:48	12:35
Good	Medium	65	55	22	16:55	14:03	13:49
Good	***Low***	***60***	***47***	***14***	***17:20***	***15:15***	***15:00***
Satisfactory	High	55	43	13	17:43	15:33	15:18
Satisfactory	Medium	50	40	11	18:08	15:58	15:42
Probationary		45	37	9	18:33	15:33	16:22

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 40-44 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	92	72	10:20	7:40	7:25
Outstanding	Medium	95	90	70	10:55	8:10	8:00
Outstanding	***Low***	***90***	***85***	***67***	***11:10***	***8:45***	***8:30***
Excellent	High	85	83	61	11:45	9:15	9:05
Excellent	Medium	80	80	59	12:15	9:30	9:20
Excellent	***Low***	***75***	***76***	***56***	***12:50***	***10:05***	***9:55***
Good	High	70	68	50	13:55	10:55	10:45
Good	Medium	65	51	41	15:00	12:00	11:50
Good	***Low***	***60***	***44***	***34***	***15:50***	***13:05***	***12:55***
Satisfactory	High	55	39	32	16:05	13:40	13:25
Satisfactory	Medium	50	37	29	16:40	13:55	13:45
Probationary		45	35	24	16:55	14:45	14:30

Performance		Points	Females: Age 40-44 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	92	41	11:55	8:45	8:30
Outstanding	Medium	95	90	40	13:05	9:30	9:20
Outstanding	***Low***	***90***	***85***	***37***	***13:20***	***10:40***	***10:25***
Excellent	High	85	83	35	14:10	11:10	11:00
Excellent	Medium	80	80	33	14:45	11:25	11:15
Excellent	***Low***	***75***	***76***	***32***	***15:15***	***12:00***	***11:50***
Good	High	70	68	24	16:05	13:05	12:55
Good	Medium	65	51	20	17:10	14:10	14:00
Good	***Low***	***60***	***44***	***12***	***17:45***	***15:30***	***15:20***
Satisfactory	High	55	39	11	18:15	15:50	15:40
Satisfactory	Medium	50	37	9	18:30	16:05	15:55
Probationary		45	35	7	18:50	16:55	16:40

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 45-49 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	88	68	10:23	7:48	7:40
Outstanding	Medium	95	86	66	11:03	8:18	8:10
Outstanding	***Low***	***90***	***81***	***63***	***11:28***	***8:53***	***8:44***
Excellent	High	85	80	57	12:08	9:23	9:14
Excellent	Medium	80	78	54	12:40	9:40	9:31
Excellent	***Low***	***75***	***73***	***52***	***13:15***	***10:13***	***10:03***
Good	High	70	65	46	14:10	11:03	10:52
Good	Medium	65	47	37	15:25	12:08	11:56
Good	***Low***	***60***	***40***	***32***	***16:15***	***13:13***	***12:60***
Satisfactory	High	55	35	28	16:38	13:48	13:34
Satisfactory	Medium	50	33	25	17:13	14:03	13:49
Probationary		45	31	21	17:35	14:53	14:38

Performance		Points	Females: Age 45-49 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	88	40	11:58	9:00	8:51
Outstanding	Medium	95	86	39	13:13	9:48	9:38
Outstanding	***Low***	***90***	***81***	***35***	***13:38***	***10:48***	***10:37***
Excellent	High	85	80	33	14:28	11:18	11:07
Excellent	Medium	80	78	32	15:00	11:43	11:31
Excellent	***Low***	***75***	***73***	***30***	***15:23***	***12:08***	***11:56***
Good	High	70	65	22	16:23	13:23	13:10
Good	Medium	65	47	18	17:18	14:28	14:14
Good	***Low***	***60***	***40***	***11***	***18:00***	***15:48***	***15:32***
Satisfactory	High	55	35	8	18:23	16:05	15:50
Satisfactory	Medium	50	33	7	18:40	16:23	16:07
Probationary		45	31	5	18:58	17:03	16:46

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 50-54 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	85	64	10:25	7:55	7:45
Outstanding	Medium	95	84	62	11:10	8:25	8:15
Outstanding	***Low***	***90***	***78***	***59***	***11:45***	***9:00***	***8:50***
Excellent	High	85	77	53	12:30	9:30	9:20
Excellent	Medium	80	76	51	13:05	9:50	9:40
Excellent	***Low***	***75***	***71***	***49***	***13:40***	***10:20***	***10:10***
Good	High	70	63	43	14:25	11:10	11:00
Good	Medium	65	44	34	15:50	12:15	12:05
Good	***Low***	***60***	***37***	***30***	***16:40***	***13:20***	***13:10***
Satisfactory	High	55	32	25	17:10	13:55	13:45
Satisfactory	Medium	50	30	23	17:45	14:10	14:00
Probationary		45	29	19	18:15	15:00	14:50

Performance		Points	Females: Age 50-54 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	85	38	12:00	9:15	9:05
Outstanding	Medium	95	84	37	13:20	10:05	9:55
Outstanding	***Low***	***90***	***78***	***33***	***13:55***	***10:55***	***10:45***
Excellent	High	85	77	31	14:45	11:25	11:15
Excellent	Medium	80	76	30	15:15	12:00	11:50
Excellent	***Low***	***75***	***71***	***28***	***15:30***	***12:15***	***12:05***
Good	High	70	63	20	16:40	13:40	13:25
Good	Medium	65	44	16	17:25	14:45	14:30
Good	***Low***	***60***	***37***	***10***	***18:15***	***16:05***	***15:55***
Satisfactory	High	55	32	6	18:30	16:20	16:10
Satisfactory	Medium	50	30	5	18:50	16:40	16:26
Probationary		45	29	2	19:05	17:10	17:00

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 55-59 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	81	60	11:46	8:01	7:50
Outstanding	Medium	95	80	59	12:16	8:34	8:23
Outstanding	***Low***	***90***	***74***	***56***	***12:34***	***9:07***	***8:56***
Excellent	High	85	70	52	13:09	9:43	9:32
Excellent	Medium	80	66	48	13:44	10:11	10:00
Excellent	***Low***	***75***	***62***	***46***	***14:31***	***10:46***	***10:35***
Good	High	70	54	38	15:38	11:44	11:33
Good	Medium	65	40	32	16:45	12:45	12:34
Good	***Low***	***60***	***36***	***16***	***17:53***	***13:48***	***13:37***
Satisfactory	High	55	30	14	18:12	14:18	14:07
Satisfactory	Medium	50	28	12	18:32	14:46	14:35
Probationary		45	26	10	18:52	15:19	15:08

Performance		Points	Females: Age 55-59 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	81	30	13:37	9:38	9:27
Outstanding	Medium	95	80	28	15:01	10:27	10:16
Outstanding	***Low***	***90***	***74***	***26***	***15:21***	***11:08***	***10:57***
Excellent	High	85	70	24	15:52	11:41	11:30
Excellent	Medium	80	66	22	16:22	12:23	12:12
Excellent	***Low***	***75***	***62***	***20***	***16:52***	***12:34***	***12:23***
Good	High	70	54	16	17:46	14:02	13:51
Good	Medium	65	40	10	18:40	15:08	14:57
Good	***Low***	***60***	***36***	***6***	***19:35***	***16:30***	***16:19***
Satisfactory	High	55	30	5	19:51	16:47	16:36
Satisfactory	Medium	50	28	3	20:08	17:03	16:52
Probationary		45	26	2	20:25	17:36	17:25

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 60-64 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	75	57	12:29	8:04	7:53
Outstanding	Medium	95	74	56	12:59	8:37	8:26
Outstanding	***Low***	***90***	***70***	***52***	***13:16***	***9:10***	***8:59***
Excellent	High	85	66	48	13:56	9:49	9:38
Excellent	Medium	80	62	46	14:36	10:27	10:16
Excellent	***Low***	***75***	***56***	***44***	***15:16***	***11:06***	***10:55***
Good	High	70	40	32	16:30	12:06	11:55
Good	Medium	65	32	23	17:44	13:07	12:56
Good	***Low***	***60***	***26***	***14***	***18:57***	***14:07***	***13:56***
Satisfactory	High	55	24	12	19:34	14:35	14:24
Satisfactory	Medium	50	22	10	20:10	15:02	14:51
Probationary		45	20	8	20:45	15:30	15:19

Performance		Points	Females: Age 60-64 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	75	26	14:55	9:54	9:43
Outstanding	Medium	95	74	24	16:19	10:44	10:33
Outstanding	***Low***	***90***	***70***	***22***	***16:39***	***11:17***	***11:06***
Excellent	High	85	66	20	17:07	11:50	11:39
Excellent	Medium	80	62	18	17:36	12:39	12:28
Excellent	***Low***	***75***	***56***	***16***	***18:04***	***12:45***	***12:34***
Good	High	70	40	12	19:01	14:18	14:07
Good	Medium	65	32	8	19:55	15:24	15:13
Good	***Low***	***60***	***26***	***5***	***20:44***	***16:47***	***16:36***
Satisfactory	High	55	24	4	21:03	17:03	16:52
Satisfactory	Medium	50	22	3	21:22	17:20	17:09
Probationary		45	20	2	21:41	17:53	17:42

APPENDIX B
PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)
(CONT'D)

Performance		Points	Males: Age 65+ years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	65	48	12:51	8:10	7:59
Outstanding	Medium	95	64	46	13:26	8:43	8:32
Outstanding	***Low***	***90***	***60***	***44***	***13:59***	***9:16***	***9:05***
Excellent	High	85	55	41	14:40	10:00	9:49
Excellent	Medium	80	50	39	15:21	10:44	10:33
Excellent	***Low***	***75***	***44***	***36***	***16:01***	***11:33***	***11:22***
Good	High	70	36	25	17:22	12:34	12:23
Good	Medium	65	28	18	18:42	13:34	13:23
Good	***Low***	***60***	***20***	***10***	***20:02***	***14:40***	***14:29***
Satisfactory	High	55	17	8	20:54	15:02	14:51
Satisfactory	Medium	50	13	6	21:46	15:24	15:13
Probationary		45	10	4	22:39	15:41	15:30

Performance		Points	Females: Age 65+ years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	65	22	16:14	10:11	10:00
Outstanding	Medium	95	64	20	17:37	11:00	10:49
Outstanding	***Low***	***90***	***60***	***18***	***17:57***	***11:25***	***11:14***
Excellent	High	85	55	16	18:23	11:57	11:46
Excellent	Medium	80	50	14	18:50	12:56	12:45
Excellent	***Low***	***75***	***44***	***12***	***19:15***	***13:01***	***12:50***
Good	High	70	36	9	20:08	14:35	14:24
Good	Medium	65	28	6	21:01	15:41	15:30
Good	***Low***	***60***	***20***	***4***	***21:53***	***17:03***	***16:52***
Satisfactory	High	55	17	3	22:14	17:20	17:09
Satisfactory	Medium	50	13	2	22:34	17:36	17:25
Probationary		45	10	1	22:57	18:09	17:58

ADMINISTRATIVE ACTIONS

1. **Physical Fitness Assessment (PFA)**

a. A PFA is a event comprised of BCA (maximum weight for height screening and body fat percentage measurements) and PRT (sit-reach, curl-ups, push-ups, and run and/or walk or swim). PFAs are required of active duty and reserve members, the results of which must apply towards administrative consequences of this instruction. COs and OICs may require additional PFAs/BCAs to monitor individual progression, but only the official PFA will apply towards administrative consequences.

b. Failure to meet BCA or PRT standards prior to 1 May 2000 shall not count towards administrative consequences set forth in this instruction.

c. Members shall not participate in more than two official PFAs in a calendar year.

d. Members who do not perform to the anticipated level to which they had conditioned (i.e. a “bad day”) and failed the PFA may retest and record the best score achieved within the command’s official PFA cycle.

e. PFAs shall be completed at least 4 but not to exceed 8 months from preceding PRT.

f. BCA shall normally be taken within 10 days of, but absolutely not less than 24 hours, prior to participation in PRT.

g. Members shall be provided written notification at least 10 weeks in advance of dates for conducting PFA components. Personnel who have not been given 10 weeks notice shall not participate in PRT. Written notification shall specify time periods during which PFA components shall be conducted. Components conducted outside these periods shall not comprise the same PFA.

h. Only BCA taken by CFLs (or designated and trained assistant CFLs) shall apply toward Physical Readiness Program administrative actions.

i. Failure of BCA as part of a PFA is a PFA failure.

j. Failure of PRT as part of a PFA is a PFA failure.

k. Failing both BCA and PRT of the same PFA shall be counted as one PFA failure.

l. Members shall not be deemed to acquire a PFA failure or pass when medical waiver is granted for BCA and all PRT events during a PFA.

2. Injury or Illness During PRT

a. If injury or illness during PRT impairs normal performance and the CO determines illness or injury was not due to member's failure to participate in an effective conditioning program, medical waiver for event in which injury occurred and subsequent event(s) is authorized. PFA shall then be comprised of either

(1) Results of PRT in which member was injured or ill provided PRT is graded per this instruction, or

(2) A subsequent PRT conducted and graded per this instruction.

b. If injury or illness during PRT impairs normal performance and CO determines illness or injury was due to member's failure to participate in an effective conditioning program, CO shall:

(1) Not authorize medical waiver for event in which injury occurred and subsequent events.

(2) Use results to constitute member's PFA. PRT shall be graded per this instruction. (Members shall not be allowed to participate in a subsequent PRT.)

c. When members are injured or become ill during PRT or PT, CFLs shall report to command safety officer. Command safety officer shall report injury or illness to COMNAVSAFECEN using guidance contained in chapter 14 of reference (i). Include BUMED (MED-02), COMNAVPERSCOM (PERS-676), and NAVHLTHRESCHCEN as information addressees.

3. Tracking PFA Failures

a. Member's command is responsible for tracking PFA results via PRIMS and taking appropriate administrative action.

b. Members shall be notified in writing following each PFA failure. This shall be a covenant between the member and the command that documents how they will work together to overcome the deficiency. This covenant will include scheduled times for PT, available resources, and the weekly and/or monthly goals the member should strive to achieve.

(1) Written counseling shall detail substandard performance requiring correction, action required of members, and administrative consequences for failure to correct performance. If deemed appropriate by COs, additional actions shall be included.

(2) Enlisted Members

(a) Written counseling shall include at least one NAVPERS 1070/613, Administrative Remarks (appendix A of enclosure 8).

(b) Signed original NAVPERS 1070/613 shall be forwarded to COMNAVPERSCOM (PERS-312C) for inclusion in permanent personnel record and copy shall be placed in member’s field service record.

(3) Officers

(a) When members acquire first or second failure in most recent 4-year period, COs are not required to make an adverse entry in permanent service record. Written notification similar to appendix B of this enclosure is sufficient to meet the requirement of written counseling. There is no requirement to forward this notification to COMNAVPERSCOM unless the officer is currently selected for promotion.

(b) Appendix B of this enclosure will be used to meet the requirement of written counseling required, when

1. it is first or second failure in most recent 4-year period and the CO thinks an adverse entry in permanent service record is warranted, or

2. there is cause to believe that officer is physically unqualified for promotion as a result of PFA failure or,

3. it is third or greater failure in 4 years.

4. original counseling shall be forwarded to COMNAVPERSCOM (PERS-4834) with a copy of fitness report(s) documenting PFA failure.

c. Documentation of written counseling provided anytime prior to member acquiring third PFA failure in a 4-year period is sufficient notice for all administrative actions specified in this instruction.

4. Processing for Administrative Separation (ADSEP). For members who do not achieve prescribed physical readiness standards by failing to pass three PFA cycles in most recent 4-year period, ADSEP is authorized per reference (c), in the following phased approach:

a. July 2005. COs are authorized, with ISIC concurrence, to initiate ADSEP processing of personnel who, in their judgment, are not trying or indicate they are unwilling to try to meet standards.

b. January 2006. COs shall review personnel who failed the PFA three or more times in most recent four years and also failed the Fall 2005 PFA. COs are authorized, with ISIC concurrence, to initiate ADSEP processing for those who are not making reasonable progress toward meeting standards.

c. July 2006. Mandatory ADSEP processing for personnel who failed the PFA three or more times in four years and also failed the Spring 2006 PFA. COs may request ISIC waive ADSEP processing for special cases. Personnel who have failed the PFA three or more times in four years but passed the Spring 2006 PFA must continue passing PFAs during each subsequent cycle until no longer possessing three PFA failures in most recent 4-year period.

5. Permanent Change of Station (PCS) Transfer. Members who fail to meet BCA or PRT standards including those with 3 or more PFA failures in most recent 4-year period, may transfer on PCS orders. Members must meet all requirements including obligated service. PCS transfer to some designated duties (instructor, recruiter, etc.) may be restricted to members who are within standards at time of transfer or on most recent PFA. Contact community detailers and receiving command for guidance.

a. Individuals not in standards and currently under Sea Duty orders shall contact the Medical Department representative performing the screening so that the member’s next command can be notified.

b. If individuals report at next command significantly out of BCA standards, are found unable to perform duties on platform, or Medical Department representative finds member is not compatible for platform, contact community detailers for guidance.

6. Schools and Select Communities

a. Certain communities, such as aviation, SEALS, instructor schools and recruiting, may require members to remain within BCA or PRT standards to retain standing in that community. Contact community detailers or school command for guidance.

b. Select schools may require members to report within BCA or PRT standards in order to be accepted for training, or require members to be within standards to graduate. Contact community detailers or school command for guidance.

7. Promotion, Advancement, Frocking, Redesignation, Rate Conversion, Commissioning Programs, Perform to Serve (PTS), and Advanced Schools(Figure 8-1)

a. Authority to recommend, deny, or execute advancement, promotion, frocking, or redesignation per references (e), articles 1420-020 and 1420-060, (i), (k), and (l), shall remain discretion of COs or appropriate authority except for situations covered in paragraphs 7b and 7c below. Nothing in this instruction shall be construed as requiring advancement, promotion, frocking, or redesignation of members, officer or

enlisted, where CO does not consider members physically or otherwise qualified.

b. Redesignation, Rate Conversion, Commissioning Programs, Perform to Serve (PTS) and Advance Schools. Officers and enlisted member who fail three or more PFAs in most recent 4-year period shall not be eligible until the member:

(1) Subsequently passes three consecutive PFAs, or

(2) No longer possesses three PFA failures in most recent 4-year period.

c. Promotion and Advancement

(1) Officers shall be ineligible for promotion if they have failed most recent official PFA. Reference (m) outlines requirement for CO to forward notification of failure to delay promotion to NAVPERSCOM (PERS-483). Member may regain eligibility upon passing next command directed PFA (i.e., monthly FEP mock PFA) and notification shall again be made to NAVPERSCOM (PERS-483).

(2) Enlisted members shall:

(a) Have advancement or frocking deferred if they have failed most recent official PFA. Member may participate in monthly FEP mock PFA to regain eligibility. If not within standards by the promotion cycle limiting date the advancement authority will be withdrawn per reference (k).

(b) Have page 13 (refer to appendix C of enclosure (8)), or special evaluations submitted upon PFA failure to withdraw advancement recommendation. Submit special evaluation upon passing next official PFA to reinstate eligibility.

(c) Be ineligible to compete for advancement (take advancement examination) upon failing third PFA in a 4-year period. Member may regain eligibility upon passing two consecutive PFAs prior to next advancement exam date.

d. Waiver requests will not be considered.

8. PFA Codes. Codes for use in fitness reports or evaluations shall use three letters with a slash (/) between first and second letter. In all cases, the single letter to left of slash shall indicate performance on most recent PRT (exercise portion of PFA) occurring during the reporting period. Two letters to right of slash shall indicate most recent BCA of PFA.

a. PRT results. Only letters P (Pass), F (Fail), M (Medically Waived), and N (Not Tested) shall be used.

(1) “P” shall be used when members achieve “Probationary” standard or better on all PRT events or on two events and have an authorized medical waiver for the third. (excluding sit-reach)

(2) “F” shall only be used when members participate in all or part of PRT and fail to achieve “Probationary” standard or better on any event (excluding sit-reach).

(3) “M” shall only be used when members are granted medical waiver from two or more PRT events (excluding sit-reach) and achieves “Probationary” standard or better on all non-medically waived events. Pregnancy shall constitute a medical condition.

(4) “N” shall only be used when members do not participate in one or more non-medically waived PRT events. When “N” is used, justification must be provided in “Comments on Performance” block of the Fitness Report or Evaluation.

b. BCA. Only combinations WS (Within Standards), NS (Not Within Standards), MW (Medically Waived from Measurement), and XX (Not Weighed or Measured) shall be used.

(1) “WS” shall only be used when members are determined to be “within” BCA standards. This shall include members waived to the DOD limit by their CO under the guidance of this instruction.

(2) “NS” shall only be used when members are determined to be “not within” BCA standards.

(3) “MW” shall only be used for pregnancy or unusual cases where member's weight or circumference is distorted by a temporary medical condition.

(4) “XX” shall only be used for rare cases where it is not possible to weigh or measure member. Justification must be provided in "Comments on Performance" block of Fitness Report or Evaluation.

9. Fitness Reports and Evaluations

a. Authority to assign marks regarding promotability, retention, and other NAVPERS 1610/2, NAVPERS 1611/2 or NAVPERS 1616/26 items of members per reference (d), shall remain discretion of COs, and OICs except for situations covered in paragraphs below.

b. Annotate reports as follows:

(1) Results from most recent PFA performed during reporting period shall be recorded in Block 20 using appropriate PFA codes. Results for Flag Officers shall be recorded in block 10a(7) of NAVPERS 1611/2-1, Report on the Fitness of Flag Officers and Flag Selectees.

(2) Results of all PFAs (except most recent) performed during reporting period shall be documented in “Comments on Performance” section using appropriate PFA codes. Results may be documented in the following manner:

(a) Spring 0X PFA: P/WS.

(b) Spring 0X PFA: M/MW.

(c) Fall 0X PFA: P/NS.

(d) Fall 0X PFA: N/WS. PRT not conducted due to operational commitments/emergency leave/TEMADD/PCS.

c. Performance trait grades and recommendations shall conform to the following:

(1) No minimum mark for "Military Bearing" or for promotability and retention is mandated or prohibited for

reporting period in which member's first or second PFA failure in a 4-year period occurs.

(2) For reporting period in which members fail third or more PFA in most recent 4-year period,

(a) Enlisted members shall receive:

1. A grade no greater than 1.0 in "Military Bearing".

2. Marks of "Significant Problems" and "Retention Not Recommended", respectively.

(b) Officers shall receive:

1. A grade no greater than 1.0 in "Military Bearing".

2. Mark for promotability shall be "Significant Problems".

d. Reporting seniors shall use their discretion when determining "Military Bearing" and retention recommendation marks for a reporting period in which members passes all PFAs. Overall score of "Outstanding" or "Excellent" are not required for assigning 5.0 in "Military Bearing".

10. Reenlistment and Extension

a. Enlisted members who fail to meet PFA standards three or more times in most recent 4-year period are ineligible for reenlistment per reference (e), articles 1160-030 and 1160-040 until members subsequently pass three consecutive PFAs.

b. Reenlistment of members with 18 or more years of service or otherwise within 2 years of qualifying for retirement is subject to reference (p), sections 1176 and 12686. Achieving 18 or more years of service does not provide sanctuary from separation due to PFA failures.

c. Upon member's request and with CO's approval, members may be extended in 6-month increments (or less) provided the CO has assurance that member has potential to pass next PFA. The

limit of extensions to an aggregate of 48 months in any single enlistment remains in effect. Information regarding Extensions of Enlistment is contained in article 1160—040 of reference (c).

d. Personnel with a pending or approved PTS application may be extended up to 2 months per the current PTS guidance or be extended per paragraph above (if applicable). Under no circumstances shall the extension extend the member's Enlisted Active Obligated Service (EAOS) beyond 6 years of active service for PTS applicants, or High Year Tenure (HYT) for all others.

e. Failure of PFA during extension period for above reason shall prevent additional extension and result in discharge at end of Enlisted Active Obligated Service (EAOS).

f. Waiver requests will not be considered.

11. TEMADD. PFA shall be conducted per this instruction. Commands and members shall make every effort to schedule make-up dates so TEMADD personnel may be accommodated.

12. Conducting PFAs at Service Schools of Less Than 10-Weeks Duration

a. If PFA is to be conducted, PFA shall be conducted per this instruction.

b. When meeting minimum fitness standards is graduation requirement, schools may conduct PFA under the following circumstances:

(1) Members have current periodic physical examination.

(2) Schools have a moderately paced fitness training program in which the student has developed (or maintained) and demonstrated a level of fitness during school that allows safe participation in PRT.

c. Ensure PFA results are entered in PRIMS to avoid members participating in more than two PFAs per calendar year.

13. Conducting PFA at Schools of More Than 10-Weeks Duration. PFA shall be conducted per this instruction.

14. Duty Under Instruction (DUINS). Members who are in a DUINS status are subject to provisions of this instruction. PFA is to be conducted by member's reporting unit.

15. Isolated Duty Stations

a. Members serving at isolated duty stations shall comply with requirements of this instruction, as determined by the CO or

b. PRT may be suspended at CO’s discretion. BCA shall be performed.

16. Service at Multi-Service Commands, With Another Service, or at Unified Joint Commands

a. Members shall comply with provisions of this instruction.

b. Members serving with U.S. Marine Corps (USMC)

(1) Must participate in BCA per this instruction.

(2) Who choose to take and pass USMC Physical Fitness Test (PFT), have met requirements of PRT.

(3) Who choose to take and fail USMC PFT, shall be tested on PRT when sufficient conditioning has occurred to ensure successful completion. USMC PFT failure shall not be subject to administrative action under this instruction.

(4) Results of PFT shall be entered into PRIMS.

17. Newly Reported Personnel. Members who report to a command other than service school command less than 10 weeks prior to scheduled date or dates of PFA

a. Cannot be required to participate in PRT.

b. May voluntarily participate in PRT if within BCA standards, have a current periodic physical examination, and have a current PARFQ. Commands shall document voluntary consent to participate.

c. May be required to participate in BCA, at command's discretion. If member fails BCA, they shall be required to participate in FEP but failure shall not count as official PFA failure unless they participate in all PFA components.

18. Selected Reserve (SELRES)

a. SELRES members shall comply with provisions of this instruction.

b. PFA shall be responsibility of Navy Reserve Activity (NRA) Commanders, COs, and OICs per this instruction and supplemental COMNAVRESFORCOM established guidance.

19. Limited Duty (LIMDU)

a. Members on LIMDU shall receive guidance from Medical Department concerning type(s) and duration(s) of activities (e.g., walking, water aerobics, stationary bicycling, etc.) appropriate to maintain physical conditioning and appropriate body composition, given nature of illness or injury.

b. Members on LIMDU who are not medically waived from participation in PFA and do not meet standards, are subject to appropriate administrative action.

c. Members who are ineligible for frocking, advancement, reenlistment, or incurs other administrative consequences due to PFA failures prior to injury or diagnosis, remains ineligible during LIMDU period.

d. Members who are removed from LIMDU status less than 10 weeks prior to a scheduled PFA shall participate in all portions of PFA, except for PRT event(s) waived while in LIMDU status.

20. Physical Evaluation Board (PEB)

a. Inability to meet Physical Readiness Program standards or lack of participation in PFA does not justify referral to PEB.

b. Inability to participate in or pass PFA shall not be the sole basis for a finding of "Unfit" to continue naval service by PEB.

c. A “Fit” finding by PEB does not mean members are automatically able or ready to participate in PFA. This also does not preclude members being determined unsuitable due to inability to participate in PFA.

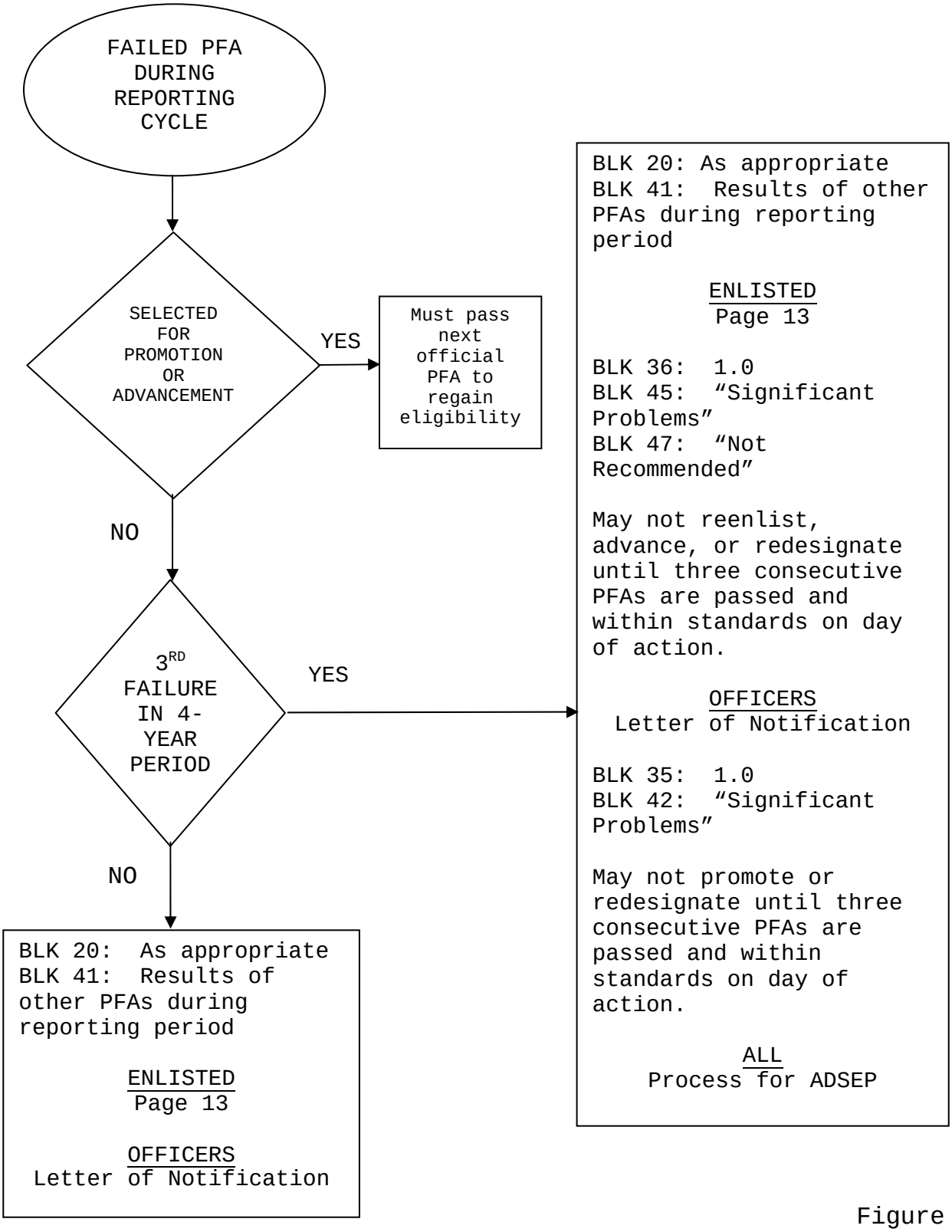
21. Participation in ShipShape

a. NAVPERS 1070/613, Administrative Remarks entry shall be made in service record documenting completion of participation, refusal to participate when offered, or premature termination of members who are required by command to attend for failure to meet Physical Readiness Program standards.

b. Upon completion of ShipShape, CFLs shall ensure results of FEP-required BCA and PRTs are entered into PRIMS.

22. Procedural Rights. Failure to adhere to provisions of this instruction by those responsible command officials tasked with its implementation creates no substantive or procedural rights among those individuals who fail to comply with the standards of the Physical Readiness Program.

Figure 8-1. Physical Fitness Assessment Failure Consequence Decision Process.



ADMINISTRATIVE COUNSELING/WARNING
(Place on NAVPERS 1070/613, Administrative Remarks Page)

1. The following deficiencies in your performance and or conduct are identified:

a. ☐ Failure to meet body composition assessment standards.

Date of body composition assessment: _____.

Weight (lbs): _____ Height (in): _____ Neck (in): _____
Abdomen (in): _____ Waist (in): _____ Hips (in): _____

Body fat (%): _____

b. ☐ Failure to meet physical readiness test standards.

Date of PRT: _____.

Push-ups (#): _____ Curl-ups (#): _____
Run (min:sec): _____ Swim (min:sec): _____

Event(s) failed: ☐ push-ups ☐ curl-up ☐ run ☐ swim

c. In the most recent 4 years this is your ☐1st ☐2nd ☐3rd ☐ greater failure to meet standards.

2. The following corrective actions are required as of this date:

a. Actively participate in a Fitness Enhancement Program (FEP) directed and monitored by your command. You shall participate until your body fat percentage is below the upper allowable Navy limit and you achieve “Good-Low” or better on all unwaived PRT events for two consecutive PFAs.

b. Physically train at a minimum of three sessions each week. Each session shall include at least 30-45 minutes of aerobic exercise, muscular strength and endurance activities, and flexibility exercises.

c. Read and complete NAVPERS 15602A, Navy Nutrition and Weight Control Self-Study Guide.

d. Establish a healthy diet.

3. Assistance is available through your chain of command, Medical Department personnel, and Morale, Welfare, and Recreation Fitness professionals. Your Command Fitness Leader, _____, can assist you in obtaining guidance from each.

4. You are aware of the administrative actions for failure of a first or second PFA in the most recent 4-year period. These include, but are not limited to

a. Documentation of your PFA result(s) on your enlisted evaluation for the reporting period in which the failure(s) occurred.

b. Ineligibility for promotion, advancement, or frocking until within standards or promotion cycle limiting date.

c. Ineligibility to transfer to any special duty or school if you do not meet physical readiness standards for that duty or school.

d. Other actions as deemed appropriate by your chain of command.

5. You are aware of the administrative actions for failure of a third PFA in the most recent 4-year period. These include, but are not limited to, those above and

a. Mark of 1.0 in "Military Bearing" for the reporting period in which the failure occurred.

b. Marks for promotability and retention shall be “Significant Problems” and “Retention Not Recommended”, respectively.

c. Ineligibility to take advancement examination, or for reenlistment until you pass all PRTs and are within standards for all body composition assessments for three consecutive PFAs.

d. May only be granted an enlistment extension at CO’s discretion to participate in next immediate PFA. Failure of a

PFA before three consecutive passes shall result in discharge at end of active obligated service.

e. Processing for Administrative Separation (ADSEP).

6. This counseling/warning entry is made to afford you an opportunity to undertake the recommended corrective actions. As stated above, your failure to meet Physical Readiness Program standards may result in adverse administrative actions.

7. This counseling/warning entry is based upon known failures in your compliance with the Physical Readiness Program.

8. No additional written notification need be issued to execute the administrative actions specified in this document.

_____
Commanding Officer

☐ I acknowledge the above counseling/warning and understand its contents.

☐ I have been informed of my right to submit a statement in response to this counseling/warning (initial one below).

____ I intend to submit a statement. I will submit my statement within 10 days of this date.

____ I do not intend to submit a statement.

_____ _____
Member’s Signature Date

_____ _____
Witness's Signature Date

Copy to:
NAVPERSCOM (PERS-312C)

NOTIFICATION OF PFA FAILURE BY OFFICER
FOR OFFICIAL USE ONLY (When Filled In)

From: Commanding Officer, COMMAND
To: Rank, Name, (Corps), USN(R), (SSN/Designator)

Subj: NOTIFICATION OF PHYSICAL FITNESS ASSESSMENT (PFA) FAILURE

Ref: (a) OPNAVINST 6110.1H
(b) SECNAVINST 1420.1A
(c) SECNAVINST 1412.6K
(d) SECNAVINST 1412.8
(e) SECNAVINST 1421.4D
(f) SECNAVINST 1421.7B

1. You are advised that you failed to meet Physical Fitness Assessment (PFA) standards of reference (a). The following deficiencies in your performance/conduct are identified:

a. ☐ Failure to meet body composition assessment standards.

Date of body composition assessment: _____.

Weight (lbs): _____ Height (in): _____ Neck (in): _____
Abdomen (in): _____ Waist (in): _____ Hips (in): _____

Body fat (%): _____

b. ☐ Failure to meet physical readiness test standards.

Date of PRT: _____.

Push-ups (#): _____ Curl-ups(#): _____
Run (min:sec): _____ Swim (min:sec): _____

Event(s) failed: ☐ push-ups ☐ curl-up ☐ run ☐ swim

c. In the most recent 4-years this is your ☐ 1st ☐ 2nd ☐ 3rd ☐ greater failure to meet standards.

FOR OFFICIAL USE ONLY (When Filled In)

FOR OFFICIAL USE ONLY (When Filled In)

Subj: NOTIFICATION OF PHYSICAL FITNESS ASSESSMENT (PFA) FAILURE

2. The following corrective actions are required as of this date:

a. Actively participate in a Fitness Enhancement Program (FEP) directed and monitored by your command. You shall participate until your body fat percentage is below the upper allowable Navy limit and you achieve “Good-Low” or better on all unwaived PRT events in two consecutive PFAs.

b. Physically train at a minimum of three sessions each week. Each session shall include at least 30-45 minutes of aerobic exercise, muscular strength and endurance activities, and flexibility exercises.

c. Read and complete NAVPERS 15602A, Navy Nutrition and Weight Control Self-Study Guide.

d. Establish a healthy diet.

3. Assistance is available through your chain of command, Medical Department personnel, and Morale, Welfare, and Recreation Fitness professionals. Your Command Fitness Leader, _____, can assist you in obtaining guidance from each.

4. You are aware of the administrative actions for failure of a first or second PFA in the most recent 4-year period. These include, but are not limited to:

a. Documentation of your PFA result(s) on your fitness report for the reporting period in which the failure(s) occurred.

b. Ineligible for promotion until within standards, passing next official PFA.

c. Ineligible to transfer to any special duty or school if you do not meet physical readiness standards for that duty or school.

FOR OFFICIAL USE ONLY (When Filled In)

FOR OFFICIAL USE ONLY (When Filled In)

Subj: NOTIFICATION OF PHYSICAL FITNESS ASSESSMENT (PFA) FAILURE

d. Other actions as deemed appropriate by your chain of command and per references (b) through (f).

5. You are aware of the administrative actions for failure of a third PFA in the most recent 4-year period. These include, but are not limited to, those above and

a. a mark of 1.0 in "Military Bearing" for the reporting period in which the failure occurred, and

b. a mark for promotability shall be “Significant Problems”,

c. processing for Administrative Separation (ADSEP)

6. This counseling and/or warning entry is made to afford you an opportunity to undertake the recommended corrective actions. As stated above, your failure to meet PFA standards may result in adverse administrative actions.

7. This counseling and/or warning entry is based upon known failures in your compliance with the Physical Readiness Program.

8. This notification will be sent to Navy Personnel Command for entry into your permanent service record, if this is for a third PFA failure in 4-year period or as deemed appropriate by the CO. No additional written notification need be issued to execute the administrative actions specified in this document.

_____
Commanding Officer

- -

From: Rank, Name, (Corps), USN(R), (SSN/Designator)
To: Commanding Officer, COMMAND

☐ I acknowledge receipt of the above letter and understand its contents.

FOR OFFICIAL USE ONLY (When Filled In)

FOR OFFICIAL USE ONLY (When Filled In)

Subj: NOTIFICATION OF PHYSICAL FITNESS ASSESSMENT (PFA) FAILURE

☐ I understand that this is my formal notification of PFA failure.

☐ I understand that since this letter can be considered adverse and placed in my permanent service record, I have the right to submit a statement in response (initial one below).

____ I intend to submit a statement. I will submit my statement within 10 days of this date.

____ I do not intend to submit a statement.

_____ _____
Member's Signature Date

_____ _____
Witness's Signature Date

Copy to:
NAVPERSCOM (PERS-4834)

FOR OFFICIAL USE ONLY (When Filled In)

ADVANCEMENT/FROCKING/PROMOTION WITHDRAWN

(Date): I understand that my advancement/frocking/promotion eligibility has been **withdrawn** due to non-compliance with OPNAVINST 6110.1H. I understand that this authority will remain in effect until I successfully pass next command Physical Fitness Assessment (PFA), which may be monthly FEP mock PFA. I also understand that my recommendation for Retention has been withdrawn in which I am no longer eligible for reenlistment and can only extend my enlistment as provided within OPNAVINST 6110.1H and MILPERSMAN 1160-030.

_____ _____

CO/OIC (No By direction) (Member's Signature)/Date

NOTE: Original Page 13 entries shall be forwarded to NAVPERSCOM (PERS-312C), 5720 Integrity Drive, Millington TN 38053-3120 immediately upon completion. File copy in field service record.

COMMAND FITNESS LEADER (CFL) QUALIFICATIONS

1. CFL Qualifications. Setting the course toward a Navy fitness culture requires leadership from the front. CFL qualifications shall be as follows:

a. E-6 or above preferred.

b. CPR qualified.

c. Non-user of tobacco products.

d. Overall PRT score of "Excellent-Low" or better.

e. Be within maximum weight for height standards or no more than 21 percent body fat for males or 32 percent for females.

f. Complete NAVPERSCOM-approved CFL certification course.

2. CFL Training. CFL training is a challenging overview providing the practical skills necessary to conduct an effective program afloat and ashore. Personnel successfully completing training receive certification as a CFL. CFL training is conducted on Navy E-Learning within Navy Knowledge Online “https://wwwa.nko.navy.mil/” and covers:

a. Basic exercise science (physiology, nutrition, and weight control, psychology of motivation, program adherence, and stress management).

b. Physical Readiness Program Administration (PFA procedures, record management, and use of CFL software, safety, etc.)

c. Exercise programming and organization (coordinating individual and command needs, PT session scheduling, promotion of exercise, space, and equipment utilization).

d. Coordination of resources available to CFL (MWR, Medical Department, NAVPERSCOM, support commands, etc.)

3. Until command secures a fully qualified CFL:

a. Appoint an interim CFL. In appointment letter identify deficiencies, state date to complete qualification, and identify resources and personnel (CFL at another command, MWR fitness professional, former qualified CFL, and other appropriate personnel) who will assist interim CFL in the safe conduct of the Physical Readiness Program.

b. Establish a Memorandum of Understanding (MOU) with all activities providing resources and personnel. MOU shall identify all responsibilities and authorities of persons involved in the Physical Readiness Program at the command.

c. Command shall secure fully qualified CFL within 6 months of appointment of interim CFL.

NAVY PHYSICAL FITNESS ASSESSMENT CHECKLIST

HOW TO CONDUCT A SAFE AND EFFICIENT PHYSICAL FITNESS ASSESSMENT (PFA)

TABLE OF CONTENTS

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NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
PLANNING THE EVENT
10–15 WEEKS BEFORE

COMMAND _____ **CFL** _____

PRT DATES _____ **MONITORS** _____

MAKE-UPS _____ **MONITORS** _____

COMMAND FITNESS LEADER	DATE COMPLETED
Review written summary from the previous PFA.	_____
❑ Develop acceptable dates to conduct PFA components (HT/WT, Body Fat, PRT).	_____
❑ Review and understand all current specifics pertaining to the PRT including test sequence, length of test, and rest between each event.	_____
❑ Announce dates for conducting the PFA at least 10-15 weeks in advance.	_____
❑ Direct CMD members to complete PARFQ at least 10 weeks prior to scheduled PFA date.	_____
❑ Conduct preliminary (courtesy) Body Composition Assessment (BCA), upon request. If member fails, for first time in recent 4-year period refer to the Medical Department.	_____
❑ Verify that members' periodic physical examinations are current. (If not, refer to Medical Department).	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
PLANNING THE EVENT
10–15 WEEKS BEFORE (CONT'D)

COMMAND FITNESS LEADER	DATE COMPLETED
❑ Establish Command policy regarding members' conflicts (drills, TAD, leave, vacation, deployment).	_____
❑ Develop plan for medical attention during PRT.	_____
Estimate number of members who will be completing the PRT.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
PLANNING THE EVENT
10–15 WEEKS BEFORE (CONT'D)

SCHEDULING	DATE COMPLETED
❑ Evaluate schedule limitations for PFA.	_____
❑ Determine time (hours, day, etc.) limitations; check base schedule.	_____
❑ Determine personnel requirements.	_____
❑ Identify facility limitations.	_____
❑ Evaluate, if any, weather liability concerns.	_____
❑ Establish make-up dates for poor weather conditions.	_____
❑ Determine and announce alternate dates for members who cannot participate in PFA due to TAD, leave, holidays, etc.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
PLANNING THE EVENT
10–15 WEEKS BEFORE (CONT'D)

EQUIPMENT/SUPPLIES	DATE COMPLETED
❑ Review last PFA list of what was rented, borrowed, and purchased… from where and how much.	_____
❑ Review previous PFA equipment needs.	_____
❑ Plan for replacement of lost and damaged equipment.	_____
❑ Review and/or develop equipment check in and out system.	_____
❑ Secure CFL and monitor shirts (if available).	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
PLANNING THE EVENT
10–15 WEEKS BEFORE (CONT'D)

FACILITIES	DATE COMPLETED
❑ Reserve adequate fitness facilities (include pool if available).	_____
❑ Obtain written fitness facility reservation well in advance.	_____
❑ Secure back-up testing facility.	_____
❑ Determine alternate date for run in case of outdoor inclement weather.	_____
❑ Develop procedures for facility set up and take down.	_____
❑ Secure crew for maintenance and preparations of facility.	_____
❑ Develop emergency evacuation plan.	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
PLANNING THE EVENT
10–15 WEEKS BEFORE (CONT'D)

FACILITIES	DATE COMPLETED
❑ Select and measure the most level 1.5-mile course available. The course: • should be free of steep inclines and declines, surface irregularities, and sharp turns • must be accessible to emergency vehicles • must have cell phone, walkie-talkies or be near a telephone for emergency reasons A measuring wheel can be checked out from MWR to verify or measure the course distance; permanent markers are advised.	_____
❑ Identify sufficient area for warming-up and stretching prior to test.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
PLANNING THE EVENT
10–15 WEEKS BEFORE (CONT'D)

RISK MANAGEMENT	DATE COMPLETED
❑ Identify all safety and liability concerns.	_____
❑ Confirm that CPR certification for each PFA monitor and assistant CFLs has been completed.	_____
❑ Identify and list command First-Aid certified personnel.	_____
❑ Develop PRT Safety Plan. The plan should include at a minimum: • telephone numbers and procedures for summoning aid. • use of cellular phones or walkie-talkies. • clear travel directions for emergency response personnel to ensure their prompt arrival. • guidance for contracting base security personnel.	_____
❑ Develop plan for obtaining immediate medical assistance if needed.	_____
❑ Develop policy for various weather and environmental conditions.	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
PLANNING THE EVENT
10–15 WEEKS BEFORE (CONT'D)

RISK MANAGEMENT	DATE COMPLETED
❑ Identify clear warning signs of risks. 1. Weather Wet Bulb Globe Test (WBGT) Index (flag condition BLU GRE AMB RED BLA). 2. Wind chill __ degrees). 3. Location (inspect for hazardous objects and obstructions).	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
PLANNING THE EVENT
10–15 WEEKS BEFORE (CONT'D)

FORMS	DATE COMPLETED
❑ Obtain a Facility Rental Application Form	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
ORGANIZING THE EVENT
2 DAYS – 8 WEEKS BEFORE

COMMAND FITNESS LEADER	DATE COMPLETED
❑ Develop an appropriate format for the completion of the test.	_____
❑ Organize and recruit qualified personnel to assist in PFA.	_____
❑ Develop administrative procedures for members who incorrectly perform test, incur muscle cramps during test, or stop to rest.	_____
❑ Other:	_____
❑ Re-check and confirm that each member's periodic physical examinations are current.	_____
❑ Conduct BCA, normally 10 days but no less than 24 hours, prior to PRT. If member fails for first time in receipt four-year period, refer to members to Medical Department for evaluation.	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
ORGANIZING THE EVENT
2 DAYS – 8 WEEKS BEFORE (CONT'D)

COMMAND FITNESS LEADER	DATE COMPLETED
❑ Provide the Navy Weight Control Self-study Guide to any member who fails to meet body composition standards.	_____
❑ Confirm that members who checked Yes to any questions on the Physical Activity Risk Factor Questionnaire (PARFQ) have been seen by medical staff or have a confirmed appointment prior to the PFA date.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
ORGANIZING THE EVENT
2 DAYS – 8 WEEKS BEFORE (CONT'D)

SCHEDULING	DATE COMPLETED
❑ Develop a master schedule form for the PRT.	_____
❑ Duplicate policy instructions for each test that should be read by the CFL or monitor(s).	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
ORGANIZING THE EVENT
2 DAYS – 8 WEEKS BEFORE (CONT'D)

EQUIPMENT/SUPPLIES	DATE COMPLETED
❑ Obtain all equipment and supplies needed for event: _____ chairs _____ water/cooler _____ tables _____ paper cups _____ clipboards _____ First Aid kit _____ floor mats _____ Automated External Deliberator (AED) (if equipment and trained operators are available) _____ scorecards _____ stopwatches(measures both minutes and seconds) _____ pencils/pens _____ measuring wheel (1.5 mile run) _____ runner numbers	_____
❑ Acquire back-up equipment system in case of original equipment failure.	_____
❑ Conduct preliminary tests of all equipment.	_____
❑ Arrange transport of large equipment items.	_____
❑ Submit forms for equipment rental.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
ORGANIZING THE EVENT
2 DAYS – 8 WEEKS BEFORE (CONT'D)

FACILITIES	DATE COMPLETED
❑ Reserve room for member meeting.	_____
❑ Confirm facility reservations and arrangements.	_____
❑ Identify location of test stations.	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
ORGANIZING THE EVENT
2 DAYS – 8 WEEKS BEFORE (CONT'D)

PERSONNEL	DATE COMPLETED
❑ Contingency plan for CFL, monitors, and lifeguards, etc.	_____
❑ Prepare final list of volunteers and paid employees needed for the event.	_____
❑ Distribute and explain personnel job descriptions and plan a personnel training session for select positions.	_____
❑ Arrange for medical staff location and supplies when available.	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
ORGANIZING THE EVENT
2 DAYS – 8 WEEKS BEFORE (CONT'D)

RISK MANAGEMENT	DATE COMPLETED
❑ Train staff on proper procedures for identifying and handling weather and environmental conditions.	_____
❑ Confirm plan for inclement weather.	_____
❑ Call local base branch medical or hospital and let personnel know that you are conducting a PRT and where it will be held.	_____
❑ Review plan for obtaining immediate medical assistance if needed.	_____
❑ Obtain appropriate First Aid Kit with supplies and equipment (**only** if Command supported and they have First-Aid Certified Personnel).	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
CONDUCTING THE EVENT
1 DAY PRIOR TO EVENT

COMMAND FITNESS LEADER	DATE COMPLETED
❑ Consult with Commander, CO, or OIC regarding last minute cancellation procedures if unsafe weather conditions are present.	_____
❑ Review safety plan and other procedures with assistant CFLs.	_____
❑ Confirm site, equipment, and safety procedures are in place.	_____
❑ Confirm that all certified monitors will be present at PRT site.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
DAY OF EVENT

COMMAND FITNESS LEADER	DATE COMPLETED
❑ Implement and monitor rules and regulations of the events.	_____
❑ Closely monitor projected time-table for competition to ensure schedule is being followed.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
DAY OF EVENT

MEMBERS	DATE COMPLETED
❑ Verify all members have been approved to participate.	_____
❑ Ask all members about general health using Pre-physical activity questions:	
1. Has a health care provider ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	
2. Do you feel pain in your chest when you do physical activity?	
3. In the past month, have you had chest pain when you are not doing physical activity?	
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?	
6. Is your health care provider currently prescribing drugs (for, example, water pills) for your blood pressure or heart condition?	

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
DAY OF EVENT (CONT'D)

MEMBERS	DATE COMPLETED
7. Do you know of any other reason why you should not do physical activity?	_____
❑ Prohibit participation if recently recovered from a cold, surgery, flu, illness or if health changes have occurred since completing the Physical Activity Risk Factor Questionnaire (PARFQ).	_____
❑ If any participants have experienced recent chest pain, shortness of breath, arm and neck pain, direct them to withdraw from test and go to medical for a physical evaluation.	_____
❑ Remind any females who might be pregnant to withdraw from test and see medical for an evaluation.	_____
❑ Caution participants that new medications for respiratory, cardiac, concerns or recent physician consult for orthopedic concerns may warrant withdrawal from the test.	_____
❑ Ensure drinking water is readily available at the test site and that members are well hydrated before, during, and after the PRT.	_____
❑ Identify if any member has sickle-cell traits. If so, 8 oz. of clear fluids must be administered before, during, and after test	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
DAY OF EVENT (CONT'D)

MEMBERS	DATE COMPLETED
❑ Check to be sure that all members are dressed appropriately for weather conditions and wearing proper footwear.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
DAY OF EVENT (CONT'D)

SCHEDULING	DATE COMPLETED
❑ Display physical readiness test performance standards at PRT site.	_____
❑ Organize members into appropriate groups for testing.	_____
❑ Participate in 5-10 minutes of warm-up and stretching exercise (required before beginning the PRT events).	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
DAY OF EVENT (CONT'D)

EQUIPMENT/SUPPLIES	DATE COMPLETED
❑ Replace broken equipment if needed.	_____
❑ Update equipment list and obtain necessary equipment items not projected: ____ chairs ____ tables ____ clipboards ____ scorecards ____ floor pads ____ stopwatches (measures both minutes and seconds) ____ pencils/pens ____ measuring wheel (1.5 mile run) ____ runner numbers	_____
❑ Clean equipment.	_____
❑ Collect all lost and found items at PRT site.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
DAY OF EVENT (CONT'D)

FACILITIES	DATE COMPLETED
❑ Supervise facility cleaning before and after event.	_____
❑ Monitor facility usage during event.	_____
❑ Check environmental safety during event.	_____
❑ Arrange equipment layout at test site.	_____
❑ Prohibit smoking, tobacco, and alcohol use at PRT site. Discourage use of all tobacco products at least 30 minutes prior and at least 15 minutes after PRT.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
DAY OF EVENT (CONT'D)

PERSONNEL	DATE COMPLETED
❑ Review assistant's and monitor's performance. Report to appropriate Commander, CO, or OIC.	_____
❑ For the 1.5 mile run and/or walk, CPR-certified personnel should be placed at appropriate intervals so the entire course is in view of monitors (1 CPR-certified monitor for every 25 members tested), minimum of 2 required, may not be test participants, IDC not required.	_____
❑ Confirm: • scorers • monitors • demonstrator for each test • safety, control, and medical personnel	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
DAY OF EVENT (CONT'D)

RISK MANAGEMENT/SAFETY	DATE COMPLETED
❑ Conduct inspection of each facility looking specifically for potential risk situations and/or conditions.	_____
❑ Document any improper use of facilities.	_____
❑ Confirm and distribute emergency medical response plan to assistants and monitors.	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
DAY OF EVENT (CONT'D)

RISK MANAGEMENT	DATE COMPLETED
❑ Verify environmental conditions (temperature, humidity, storm conditions, WGBT, etc.) are safe during each test.	_____
❑ Report from the command safety officer to COMNAVSAFECEN if a participant is injured during the PRT.	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
EVALUATING THE EVENT
1–3 WEEKS FOLLOWING

COMMAND FITNESS LEADER	DATE COMPLETED
❑ Record and evaluate number of major and minor injuries (All injuries reported to Safety Office within 48 hours).	_____
❑ Evaluate and recommend to the CO, any major changes for the next PFA.	_____
❑ Maintain on file all completed Risk Factor Questionnaires until member executes permanent change of station orders.	_____
❑ Enter PFA results in PRIMS within 30 days.	_____
❑ Provide command and command members with PFA results: • Inclusion on FITREPS and EVALS. • Appropriate career counseling. • Recognition of significant improvement or superior performance. • Issuing of Administrative Remarks page 13 and Letter of Notification (LON). • Send documents to NAVPERSCOM (PERS-312C or PERS-4834 as required) including Administrative remarks page entry and injury report to COMNAVSAFECEN.	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
EVALUATING THE EVENT
1–3 WEEKS FOLLOWING

MEMBERS	DATE COMPLETED
❑ Enter each member’s score using PRIMS	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
EVALUATING THE EVENT
1–3 WEEKS FOLLOWING

SCHEDULING	DATE COMPLETED
❑ Prepare after action reports to chain of command. This will include, but not be limited to, the following: ▪ Problems encountered ▪ Schedule conflicts ▪ Weather problems ▪ appropriate schedule for next year ▪ revisions to procedures ▪ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
EVALUATING THE EVENT
1–3 WEEKS FOLLOWING

FACILITIES	DATE COMPLETED
❑ Evaluate if facilities were adequate	_____
❑ Determine if facilities were utilized as planned	_____
❑ Others:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
EVALUATING THE EVENT
1–3 WEEKS FOLLOWING

ASSISTANTS	DATE COMPLETED
❑ Schedule CFL assistant training for next PFA cycle	_____
❑ Other:	_____

NAVY PHYSICAL FITNESS ASSESSMENT (PFA) CHECKLIST
EVALUATING THE EVENT
1–3 WEEKS FOLLOWING

RISK MANAGEMENT/SAFETY	DATE COMPLETED
❑ Other:	_____

INSPECTION AND COMMAND SELF ASSESSMENT CHECKLIST

1. Does the Commander, CO, or OIC aggressively support the Physical Readiness Program per OPNAVINST 6110.1H? ☐ Yes ☐ No

2. Is a Fitness Enhancement Program (FEP) available to members not meeting Physical Readiness Test (PRT) and or body composition assessment (BCA) standards? ☐ Yes ☐ No

3. Are physical fitness and nutrition education provided through FEP and General Military Training (GMT)? ☐ Yes ☐ No

4. Has a Command Fitness Leader (CFL) and assistant CFL(s) been appointed in writing? ☐ Yes ☐ No

5. Does the CFL meet the following criteria:

a. E-6 or above preferred. ☐ Yes ☐ No

b. CPR certified. ☐ Yes ☐ No

c. Completed NAVPERSCOM CFL training. ☐ Yes ☐ No

d. Achieved “Excellent-Low” or better on PRT. ☐ Yes ☐ No

e. Within maximum weight for height standards or less than 21% body fat (22% > 40) if male or 32% (33% > 40)if female. ☐ Yes ☐ No

f. Non-user of tobacco products. ☐ Yes ☐ No

6. Is there one assistant CFL appointed for every 25 members participating in PRT? ☐ Yes ☐ No

7. Does the command have at least two cardiorespiratory resuscitation (CPR) certified personnel to attend all PRTs? ☐ Yes ☐ No

8. Does the command maintain back-up computer or paper file PRT results? ☐ Yes ☐ No

INSPECTION AND COMMAND SELF ASSESSMENT CHECKLIST (CONT'D)

9. Are PFA results properly entered in member's FITREP or EVAL?
☐ Yes ☐ No

10. Does Command ENTER all Command PFA results into PRIMS within 30 days of completing PRT? ☐ Yes ☐ No

11. Are all members provided the opportunity to attain and maintain satisfactory physical fitness and or BCA standards?
☐ Yes ☐ No

12. Is the physical readiness of members assessed twice each year, no less than 4 months or greater than 8 months apart?
☐ Yes ☐ No

13. Are all members properly notified in writing of the PFA dates at least 10 weeks prior to first PRT date? ☐ Yes ☐ No

14. Is the Physical Activity Risk Factor Questionnaire (PARFQ) completed? ☐ Yes ☐ No

15. Do all members have a current regular periodic physical examination prior to participating in the PRT? ☐ Yes ☐ No

16. Are members requiring medical evaluation and clearance referred to Medical Department prior to participating in PRT?
☐ Yes ☐ No

17. Do members not meeting BCA and or PRT standards participate in a FEP until passing two consecutive PFAs? ☐ Yes ☐ No

18. Are <u>all</u> members, officers and enlisted, who fail to meet Physical Readiness Program standards subject to the administrative actions outlined in OPNAVINST 6110.1H?
☐ Yes ☐ No

19. Are administrative actions for all members who do not meet Physical Readiness Program standards documented in a Page 13 or letter to member? ☐ Yes ☐ No

20. Does the command support referral of overweight members to ShipShape or a registered dietitian if available through the Medical Department? ☐ Yes ☐ No

INSPECTION AND COMMAND SELF ASSESSMENT CHECKLIST (CONT'D)

21. Does FEP include a nutrition education component including distribution of NAVPERS 15602A, Navy Nutrition and Weight Control Self-Study Guide? ☐ Yes ☐ No

22. Does the CFL advise the chain of command on all Physical Readiness Program matters, particularly about members who need assistance in meeting standards or are in danger of being processed for administrative separation or ineligible for reenlistment? ☐ Yes ☐ No

23. Does the CFL report existence of all injuries and illnesses attributable to Physical Readiness Program activities to command safety officer? ☐ Yes ☐ No

24. Does command safety officer report all injuries and illnesses attributable to Physical Readiness Program activities to COMNAVSAFECEN? ☐ Yes ☐ No

25. Does the CFL distribute health and fitness materials?
☐ Yes ☐ No

26. Does the CFL maintain updated health and physical fitness educational resources for use by command personnel?
☐ Yes ☐ No

27. Does the Morale, Welfare, and Recreation Department make facilities and professional staff available for administering PRTs, PT, and FEP? ☐ Yes ☐ No

28. Does the Morale, Welfare, and Recreation Department provide assistance and support to local CFLs upon request? ☐ Yes ☐ No

29. Does the Morale, Welfare, and Recreation Department ensure that healthy food choices are available at all Navy clubs?
☐ Yes ☐ No

30. Does galley ensure that healthy food choices are available to all members? ☐ Yes ☐ No