



DEPARTMENT OF THE NAVY
NAVAL MEDICAL RESEARCH CENTER DETACHMENT

LIMA, PERU
UNIT NUMBER 3800
APO AA 34041 - 3800

IN REPLY REFER TO

NMRCINST 6110.1B
10 October 2003

NMRCD INSTRUCTION 6110.1B

From: Officer-in-Charge
To: US Naval Officers, NMRCD

Subj: NAVAL MEDICAL RESEARCH CENTER DETACHMENT PHYSICAL
READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1G

Encl: (1 Navy Physical Readiness Test Procedures and Scoring

1. Purpose. To provide guidance for the implementation of the NMRCD Military Physical Readiness Program as directed by reference (a).

2. Cancellation. NMRCINST 6110.1A

3. Policy. To ensure the operational effectiveness of the Navy, every member shall achieve and maintain standards of physical readiness and participate in a lifestyle that promotes optimal health. This program is designed to support and enhance the physical readiness of all personnel.

4. Responsibilities

a. Officer-in-Charge.

(1) Will appoint one Command Fitness Leader (CFL) to administer the Physical Fitness Assessment (PFA) and to monitor the progress of those desiring or requiring assistance in weight loss, physical fitness programs, and other fitness enhancing activities.

(2) Will ensure that the CFL is adequately trained and CPR certified.

(3) Will encourage that physical readiness activities are integrated into the workweek while meeting mission and operational requirements.

b CFL.

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(1) Will ensure that members perform a PFA at least semiannually as per reference (a).

(2) Will ensure that the PFA is announced 10 weeks prior to occurrence.

Will inform the OIC of PFA results of all members.

(4) Will supervise the Detachment's Fitness Enhancement Plan (FEP).

(5) Will maintain updated health and fitness educational resources for use by command personnel.

(6) Will maintain all PFA test results in the Physical Readiness Information Management System (PRIMS) for each military member.

c. Physical Readiness Program Medical Officer (PRPMO)

(1) Will conduct a yearly examination to ensure each member's ability to participate in the PFA.

(2) Will review records to ensure that the 5-year physicals are up to date.

(3) Will request medical waivers in writing for members describing the PRT events that the member is waived from participating.

d. Members.

(1) Will strive to maintain a constant state of mental and physical readiness.

(2) Will develop a regular year-round fitness program of aerobic, flexibility, muscular strength and endurance exercises. A minimum of three weekly exercise sessions of at least 20-30 minutes of aerobic activity is necessary to maintain fitness.

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(3) Will seek assistance from the CFL or American Embassy Health Unit if problems are encountered in maintaining a minimally acceptable physical fitness standard.

5. Action

- a. The CFL will announce the occurrence of a PFA 10 weeks prior
- b. The CFL will conduct a risk factor screening within 8 weeks prior to the actual Physical Readiness Test (PRT).
- c. All members will be required to have an annual examination by the PRPMO to ensure their ability to safely complete the PFA.
- d. The body composition analysis (BCA), which consists of height/weight and/or body composition measurements, will be conducted within 10 days but not less than 48 hours prior to the actual PRT. Members who fail will be evaluated and referred to the appropriate organization as outlined in Ref (a).
- e. The PFA will be conducted at least twice a year, preferably in April and October, or as determined by the Officer-in-Charge based on security, climatic conditions, and safety. The PFA should be administered no less than four months but no longer than eight months from the last PFA.
- f. Members who are cleared by the CFL to participate in the PRT may elect to either run/walk or swim if a swimming pool adhering to regulations stated in Ref (a) is available.
- g. PRT events will be conducted and scored as described in Ref (a) and Encl (1).
- h. The PRT standards are described in Ref (a) and Encl (2).
- i. Members will be given the opportunity to request a medical waiver at any time prior to the actual testing. A medical waiver will only be granted with an appropriate letter from a physician and must state the PFA events that the member is waived from participating. All members receiving a waiver will be reevaluated prior to the next scheduled PFA.

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j. Members who do not pass the PFA will be directed to engage in a mandatory Fitness Enhancement Plan (FEP).

k. Administrative actions for failing any part of the PFA are outlined in Ref (a).



J. K. BAIRD

PHYSICAL READINESS TEST (PRT)**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. NHRC San Diego completed data analysis and computed proposed PRT standards. 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 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, 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/walk and 500-yard/450-meter swim are included in the PRT because performance in these events is indicative of aerobic capacity.

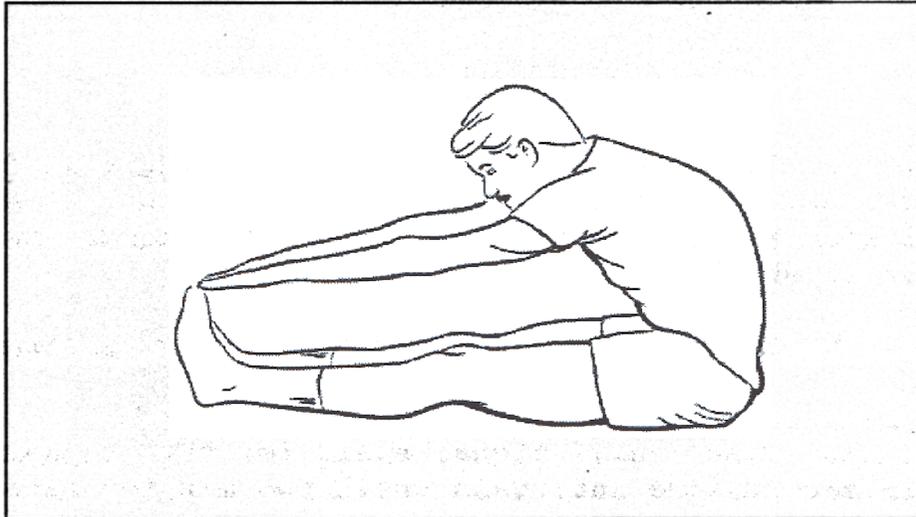
4 Event sequence

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



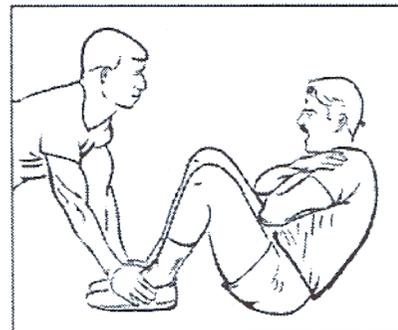
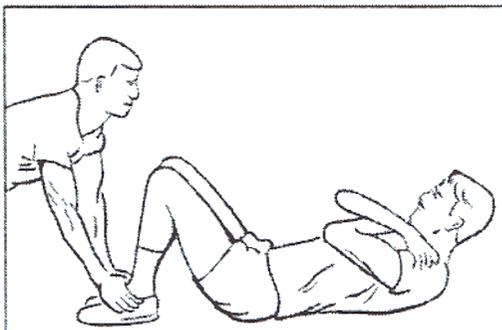
(1) Ensure proper warm-up and stretching is done prior to testing.

(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 one 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) Participants 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 participants and call out 15-second time intervals until two minutes have elapsed.

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

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

Participants 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 participants 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 two 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

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

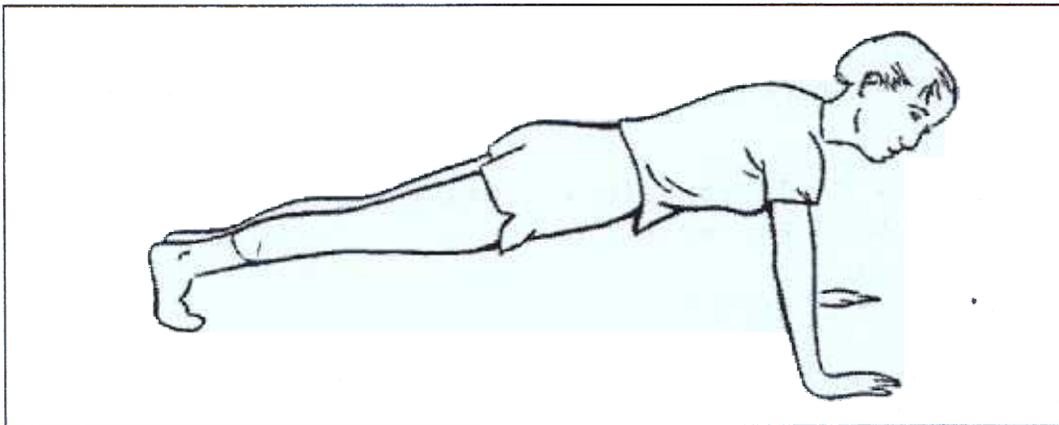
(1) Push-ups shall be performed on a firm or suitably padded, level surface. Shoes are optional.

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

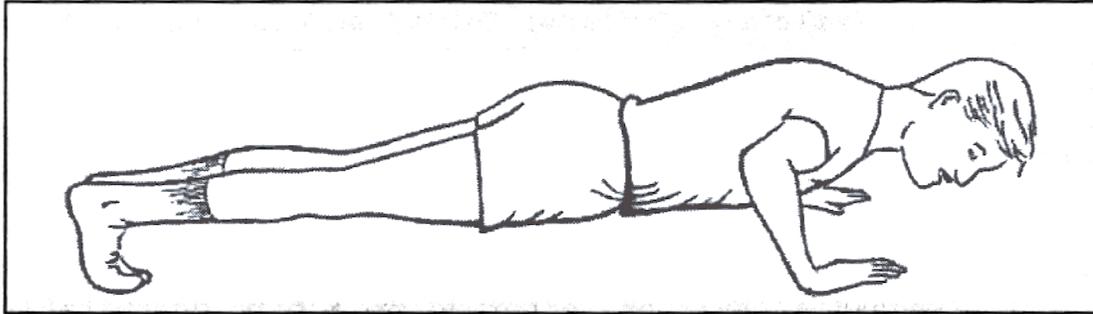
(a) Participant shall begin in "front-leaning rest" position, palms of hands placed on floor directly beneath or slightly wider than shoulders. Both feet together on floor.

(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 participants and calls out 15-second time intervals until two minutes have elapsed.



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

(f) Participants 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 two minutes. CFLs or assistant CFLs monitor participants for correct form and counts correctly performed push-ups. Incorrect push-ups shall not be counted. Results for event ended in less than two 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/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:

Participants shall stand at start line

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

Time is recorded with stopwatch to nearest second.

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

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

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

Timer calls out time intervals until completion of test.

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.

Event is ended if participants

(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. 500-yard or 450-meter swim

(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.

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 participants

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 TAD 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 mean 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. 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/walk or swim), or

(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 performance category-level 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.

$$85 + 65 + 55 = 205 \text{ points}$$

Step 3. Divide total points by three.

$$205 \text{ divided by } 3 = 68.3.$$

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".