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REFERENCE / AUTHORITYSOURCE DOCUMENT

Information Sheet

Document Designation: OPERATION OF THE NAVY INSTRUCTION

Number: 6110.1

TITLE: PHYSICAL READINESS PROGRAM

Date: 01 MAY 00

Purpose: To provide policy and guidance for the implementation of the Physical Readiness Program in the Navy.

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DEPARTMENT OF THE NAVY
OFFICE OF THE CHIEF OF NAVAL OPERATIONS
2000 NAVY PENTAGON
WASHINGTON, DC 20350-2000

IN REPLY REFER TO

PERS-601
1 MAY 00

OPNAV INSTRUCTION 6110.1F

From: Chief of Naval Operations
To: All Ships and Stations (less Marine Corps field addressees not having Navy personnel attached)

Subj: PHYSICAL READINESS PROGRAM

Ref: (a) DOD Instruction 1308.3 of 30 Aug 95 (NOTAL)
(b) OPNAVINST 6100.2
(c) BUPERSINST 1610.10
(d) Manual of the Medical Department (NAVMED P-117), Article 15-11
(e) MILPERSMAN 6110-010, 1910-170, 1420-060, 1420-020
(f) SECNAVINST 1920.6B
(g) OPNAVINST 5100.23E (NOTAL)
(h) COMNAVRESFORINST 6110.2A (NOTAL)
(i) BUPERSINST 1430.16D
(j) DOD Directive 1308.1 of 20 Jul 95 (NOTAL)
(k) SECNAVINST 1412.6K
(l) SECNAVINST 1420.1A
(m) Section 14311 of Title 10, United States Code
(n) Enlisted Transfer Manual, NAVPERS 15909F
(o) Officer Transfer Manual, NAVPERS 15559G
(p) OPNAVINST 3500.39
(q) BUPERSINST 1430.16D

Encl: (1) Program Action and Responsibilities
(2) Physical Fitness Assessment
(3) Medical Screening and Waivers
(4) Conditioning and Test Safety
(5) Fitness Enhancement and Weight Management Programs
(6) Body Composition Assessment
(7) Physical Readiness Test Exercise Events
(8) Administrative Actions
(9) Command Fitness Leader Qualifications

1. Purpose

a. To provide policy and procedures for Navy's Physical

OPNAVINST 6110.1F

1 MAY 00

Readiness Program as directed by reference (a). This instruction is a major revision and should be reviewed in its entirety.

b. To provide guidance in accordance with references (a) through (q).

2. Cancellation. OPNAVINST 6110.1E, BUPERSINST 6110.4, and BUPERSINST 6110.1E, forms OPNAV 6110/1 and OPNAV 6110/2, and report symbols OPNAV 6110-3 and OPNAV 6110-4.

3. Applicability. Provisions of this instruction apply to all active and reserve naval personnel, enlisted, and officers, E-1 through O-10.

4. Policy

a. Physical fitness is a crucial element of mission performance and must be a part of every Navy member'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. Commanding officers shall aggressively integrate physical readiness activities into the workweek in the same manner applied to meeting other mission and operational requirements.

c. The Command Fitness Enhancement Program (FEP) must be designed to increase and maintain each member's cardiorespiratory fitness, muscular strength and endurance, and flexibility; reduce excess body fat; promote year-round fitness and health; and provide nutritional guidance. Commands are responsible for ensuring their FEP meets the needs of all personnel striving for improved fitness, not simply those who do not meet standards. Each command shall ensure all medically qualified personnel meet or exceed all physical readiness standards. Testing the physical fitness and readiness of every uniformed member of the Navy is required.

d. The Physical Fitness Assessment (PFA) includes the Physical Activity Risk Factor Screening Questionnaire (and medical evaluation if necessary), Body Composition Assessment,

1 MAY 00

and Physical Readiness Test (PRT). Body composition assessment is the maximum weight for height screening and body fat percentage estimation based on circumference measurements. The PRT is the sit-reach, push-ups, curl-ups, and either run or swim. All Navy personnel, regardless of age, shall participate in semi-annual PFAs unless medically prohibited.

e. All personnel are required to meet the standards set forth in this instruction. Members who are unable to meet PFA standards or mission-related physical fitness standards required of their units may be subject to administrative action. Commanding officers are encouraged to recognize Sailors who make significant improvements in physical fitness or consistently score excellent or better, through fitness report and evaluation comments, as well as other incentive awards.

5. Action

a. Commanders, commanding officers (CO), and officers in charge (OIC) are responsible for the physical fitness of their personnel and shall establish and maintain an effective year-round Physical Readiness Program consistent with this instruction and unit missions.

b. All personnel shall participate in a year-round physical readiness 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) or Navy Morale, Welfare, and Recreation (MWR) fitness instructor, in conjunction with appropriate medical personnel.

6. Forms. NAVPERS 1070/613 (Rev 10-81), Administrative Remarks, S/N 0106-LF-010-6991, is available in the Naval Supply System and may be requisitioned per CDROM NAVSUP P600(NLL).

7. Reports

a. Reference (a) requires all services to report on their respective Physical Readiness Program annually. These reports are approved for three years from the date of this instruction.

OPNAVINST 6110.1F

1 MAY 00

b. Report control symbol NAVPERSCOM 6110-2 , Command Physical Readiness Test Summary contained in enclosure (1), paragraph 11h.

c. Report control symbol NAVPERSCOM 6110-3, Risk Factor/Screening Physical Readiness Test Results, contained in enclosure (1), paragraph 11j.

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Distribution:
SNDL Parts 1 and 2

PROGRAM ACTION AND RESPONSIBILITIES

1. Deputy Chief of Naval Operations (M&P) 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. Chief of Naval Personnel (CHNAVPERS) shall

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

b. Establish PFA standards and physical conditioning program 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 Body Composition Program, Alcohol and Drug Abuse Prevention Program, and Tobacco Use Cessation Program.

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

OPNAVINST 6110.1F
1 MAY 00

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

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

4. Chief, Bureau of Medicine and Surgery (CHBUMED) shall

a. Ensure service members who have weight control and/or physical fitness challenges are properly screened and referred for evaluation, as necessary.

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

c. Conduct research in appropriate physical readiness areas to ensure physical readiness testing adequately evaluates the physical readiness needs of 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. Chief of Naval Education and Training (CNET) shall

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

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

c. Assist in the development of education/rating curricula and materials for CFL training course.

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

1 MAY 00

requirement to comply with the 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, Naval Reserve Force (COMNAVRESFOR) shall

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

b. Ensure all Selected Reservists (SELRES) including Voluntary Training Unit (VTU) members are tested twice annually.

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

d. Ensure compliance with all reporting requirements outlined in enclosure (8).

10. Commanders in Chief (CINCs) and Immediate Superiors in Command (ISIC) shall develop awards that promote and recognize the physical readiness of their subordinate commands and individuals within those commands. Awards shall recognize achievement and maintenance of superior fitness, overall readiness, command fitness program quality, and other actions that advance Navy physical readiness.

11. Commanders, COs, and OICs 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 devoted to moderate and moderately high intensity physical conditioning. Physical conditioning sessions should be at least 40 minutes in length to allow for proper warm-up and cool-down, and consist of at least 20-30 minutes of continuous aerobic activity.

b. Ensure galleys and messes follow healthy menu standards and develop healthy cycle menus. COMNAVSUPSYSCOM's 35-day Healthy Cycle menu shall be incorporated if no local healthy menu exists. Menus are available on NAVSUP homepage

OPNAVINST 6110.1F

1 MAY 00

(<http://navsup.navy.mil>). Ensure nutrition information is available; at a minimum, calories and fat grams will be posted for all entrees, including speedline items. NAVSUP Pub 580 (fat, cholesterol, and calorie list for general messes) is available from the NAVSUP website.

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

d. Appoint, in writing, CFLs to carry out this instruction. Ensure CFLs meet the qualifications and training requirements identified in enclosure (9).

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

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

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

h. Upon transfer of member, ensure completed NAVPERS 1070/613, Administrative Remarks page, member's Physical Readiness Program data (using COMNAVPERSCOM-approved Physical Readiness Program software), and other documents are forwarded to the member's next command. Retain copies for 6 months.

i. Enter PFA results in NAVPERS 1610/2, Fitness Report and Counseling Record (FITREP) or NAVPERS 1616/26 (7-95), Evaluation Report and Counseling Record (EVAL) per reference (c).

j. Forward results of PFAs for all command members (using COMNAVPERSCOM-approved Physical Readiness Program software) to COMNAVPERSCOM (PERS-601) within 30 days of completion of testing.

k. Ensure two PFAs each fiscal year are announced and conducted for all medically qualified members.

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

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

n. Ensure members with nutritional or performance challenges are referred to the CFL for placement into nutritional and conditioning programs. Refer members to medical upon members' initial body composition assessment.

o. Make a NAVPERS 1070/613, Administrative Remarks page entry each time an enlisted member exceeds body composition limits or fails the PRT, forward to COMNAVPERSCOM (PERS-313C) the original Administrative Remarks page for inclusion in the permanent personnel record, and file a copy in the field service record.

p. Issue a letter of notification each time an officer exceeds body composition limits or fails the PRT. Forward a copy to COMNAVPERSCOM (PERS-834) for monitoring if it is a third failure in 4 years or the commanding officer feels that there is cause to believe that the officer is physically unqualified for promotion as a result of PFA failure.

q. When feasible and appropriate, afford members an opportunity to attend BUMED-approved weight management programs (enclosure (5)). Success of individuals who graduate from the program requires dedicated command involvement in the one-year aftercare period.

r. Appropriately recognize members who achieve and maintain outstanding fitness. Additionally, members who have made improvements in physical readiness should be recognized by comments on fitness reports and evals.

s. Distribute health and fitness materials in support of CHNAVPERS health promotion initiatives.

12. CFLs shall

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

OPNAVINST 6110.1F
1 MAY 00

- b. Obtain (and maintain current) CPR certification.
- c. Complete COMNAVPERSCOM-approved CFL training course as soon as possible upon assignment as CFL.
- d. Schedule and announce official PFAs (enclosure (2)). Facility requirements should be coordinated with the appropriate base, county, or city recreation services and requested in advance to minimize the impact on recreation programs.
- e. Follow all testing and measuring requirements, and safety precautions (enclosure (4)), in conjunction with the command safety officer, MWR, and medical department.
- f. Instruct assistant CFLs in conducting the PRT, body composition measurements, and FEP. Obtain CPR training for members of the command who help monitor the PRT and FEP.
- g. Report any injuries related to the Physical Readiness Program to the command safety officer.
- h. Obtain and maintain updated physical readiness resources for use by command personnel.
- i. Closely monitor members who have completed the BUMED-approved Weight Management Program and provide assistance in completing the weight management follow-up program.
- j. Confer with the CO or executive officer (XO) at least quarterly to discuss current and impending referrals for BUMED-approved weight management programs, the progress of personnel in the FEP and weight management follow-up programs, and other items of mutual concern.
- k. Prepare a statement or letter of referral to medical for those members with positive answers on the Risk Screening Questionnaire. If the members answer yes to only tobacco use question, they shall be referred to medical for tobacco cessation counseling and intervention, and can be administratively cleared.
- l. Provide command with results of each PFA.

13. MWR departments shall

- a. Ensure facilities and fitness staff members are available to assist with PFAs, physical training, and command-organized or member-organized programs.
- b. Provide assistance and support to local CFLs, to the fullest extent possible, within existing and authorized resources.
- c. Ensure fitness staff support and endorse nutritional and exercise principles described in enclosure (5).
- d. Ensure that healthy, low-fat food choices are available at Navy clubs.
- e. Conduct assistance visits at units and tenant commands to provide recommendations for improvement of command physical readiness programs.

14. Navy MWR Fitness Instructor shall

- a. Obtain and maintain fitness instructor certification from a national organization, e.g., American College of Sports Medicine, Cooper Institute for Aerobics Research, or National Strength and Conditioning Association, as a condition of employment.
- b. Obtain community first aid and CPR certifications as required by Department of Defense (DOD) and Navy standards and policies.
- c. Personally oversee exercise prescriptions on a regular basis for personnel who fail to attain satisfactory standards on PFA.
- d. Upon request, provide commanders with guidance on developing FEP for their members.
- e. Develop physical conditioning programs and counsel individuals who are medically waived from PFA, on restricted physical activity, or do not meet physical readiness standards outlined in this instruction.
- f. Ensure availability and appropriateness of fitness improvement programs/facilities and provide required education and training.

OPNAVINST 6110.1F

1 MAY 00

g. Provide guidance for local policy for environmental acclimatization of individuals to participate in physical conditioning and activities.

h. Provide annual fitness status updates and educational presentations for installation senior leaders and command personnel regarding Physical Readiness Program.

15. Individual service members 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. A fitness program shall include aerobic physical exercise sessions at least three times per week consisting of at least 40 minutes of activity, including a minimum of 20 to 30 minutes of brisk aerobic exercise, a strength and flexibility component, and warm-up and cool-down periods. In addition, daily tasks should be pursued that result in the accumulation of 30 minutes of moderately intense physical activity and minimization of sedentary periods.

b. Answer Physical Activity Risk Factor Questionnaires completely and truthfully.

c. Report for fitness testing with a level of fitness that ensures safe participation.

d. Report injuries or illnesses that may put them at risk of injury during the PRT, FEP, or individual physical conditioning.

e. Participate in the PFA and FEP unless medically waived.

f. Maintain prudent diets as outlined in enclosure (5).

1 MAY 00

PHYSICAL FITNESS ASSESSMENT

1. PFA. The PFA (Physical Activity Risk Factor Screening, body composition, and exercise events) is part of a goal-oriented total health, physical fitness, and readiness program. Categories and levels for physical fitness (see Figure 2-1) and body composition percentage identify standards against which members may assess their physical readiness strengths and weaknesses. Goals based on the standards promote development of individualized fitness programs that foster improvement beyond what is minimally acceptable. The "satisfactory" standard represents the minimum acceptable performance standard. All naval personnel shall strive to optimize their own fitness and readiness by exceeding the minimum standard and achieving continual improvement.

2. Purpose of the PFA

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

b. Provide unit commanders, COs, and OICs the means of assessing the general fitness of the members of their command.

3. Components of the PFA

a. Physical Activity Risk Factor Screening Questionnaire

b. Body Composition Assessment

(1) Body composition is evaluated by

(a) An initial weight and height screening.

(b) A Navy-approved circumference technique to estimate body fat percentage, if a member exceeds the maximum weight for height.

(2) Only measurements performed by CFLs or a properly trained assistant designated by the unit commanders, COs, or OICs shall be used for official PFA and administrative purposes.

c. PRT. PRT is a series of physical activities designed to evaluate the factors that enable members to perform physically

OPNAVINST 6110.1F

1 MAY 00

and manage their own body weight. Factors evaluated in the PRT are

- (1) Flexibility - sit-reach.
- (2) Muscular strength and endurance
 - (a) Curl-up, and
 - (b) Push-up.
- (3) Aerobic capacity (one of the following)
 - (a) 1.5-mile run/walk, or
 - (b) 500-yard or 450-meter swim.

4. Scheduling of the PFA. Prescreen members with the Risk Screening Questionnaire and refer to medical those members with positive responses, in order to facilitate evaluation by the testing period. For those answering yes only to tobacco use, appropriate referral to a tobacco cessation program is sufficient. Upon a member's initial body composition assessment failure, refer member to medical department.

a. Select dates for PFA components.

- (1) Dates for PFA components shall be selected in consultation with CO and XO.
- (2) Dates shall be at least four months and not more than eight months since a member's last PFA.
- (3) Select alternate dates for members who cannot participate in components due to poor weather, TAD, leave, holidays, etc.
- (4) Reserve swimming pool (if necessary).

b. Select and train assistants in

- (1) Physical Readiness Program data completion.
- (2) Proper body composition assessment techniques.

1 MAY 00

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

(4) Administrative procedures.

c. Ten to twelve weeks prior to PRT date(s)

(1) Verify members' periodic physical examinations are current. If not, refer to medical department.

(2) Have members complete Physical Activity Risk Factor Screening Questionnaire using COMNAVPERSCOM-approved Physical Readiness Program software. Each member shall complete and sign a photocopy of the Physical Activity Risk Factor Questionnaire. Questionnaire consists of the following questions:

(a) SECTION B1:

1. Are you a male greater than 40 years old or a female greater than 50 years old and do not participate in a consistent aerobic exercise activity three to five times weekly?

2. Has your mother or sister died without any explanation (sudden death) or suffered from a heart attack before the age of 55?

3. Has your father or brother died without any explanation (sudden death) or suffered from a heart attack before the age of 45?

4. Are you a current tobacco user?

5. Do you have high blood pressure or are you on blood pressure medication?

6. Has a doctor ever told you that you have high cholesterol or are you on cholesterol medication?

7. Do you have diabetes?

8. Are you sedentary (don't exercise at least three to five times per week for at least 30 minutes)?

(b) SECTION B2: Signs and Symptoms

OPNAVINST 6110.1F
1 MAY 00

1. Do you feel pain in your chest, neck, jaw, or arms when doing physical activity?
2. Do you experience any shortness of breath with moderate continuous exercise?
3. In the last month have you felt chest pain at rest?
4. Have you had any problems with light-headedness?
5. Do you have a known cardiac (heart) disease?
6. Have you experienced episodes of rapid beating or fluttering of the heart?
7. Have you unintentionally lost or gained more than 10 percent of your body weight since the last PFA cycle?
8. Do you suffer from lower leg swelling of both legs?
9. Do you have difficulty breathing or have sudden breathing problems at night?
10. Do you have a bone, joint, or muscle problem that may prevent you from doing physical activity of any kind?
11. Do you have any personal history of metabolic disease (thyroid, renal, liver)?

(c) CFLs shall

1. Use NAVPERSCOM-approved Physical Readiness Program Software to print Risk Factor Questionnaire for each member.
2. Ensure each member answers all questions.
3. Maintain on file all completed Risk Factor Questionnaires until member executes permanent change of station (PCS) orders.

1 MAY 00

(3) Conduct preliminary (courtesy) body composition screens.

(4) Refer members to medical department if:

(a) Member answered yes to any question of the Physical Activity Risk Factor Questionnaire. For those answering yes only to tobacco use, appropriate referral to a tobacco cessation program is sufficient.

(b) Periodic physical is not current.

(5) Schedule CPR certification for PRT monitors and assistant CFLs.

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

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

d. Normally within 10 days of, but not less than 48 hours prior to the scheduled date of the PRT

(1) Conduct body composition assessment.

(2) Ensure members who checked yes to any questions on the Physical Activity Risk Factor questionnaire have been seen by medical or have a confirmed appointment prior to the PRT dates.

(3) Enter body composition measurements into COMNAVPERSCOM-approved Physical Readiness Program software.

(4) Provide the Navy Weight Control Manual to any members who fail to meet body composition standards.

e. Day prior to conducting PRT

(1) Consult with the unit commander, CO, or OIC regarding cancellation procedures if unsafe weather conditions are possible.

(2) Review safety plan and other procedures with assistant CFLs.

OPNAVINST 6110.1F
1 MAY 00

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

f. Day of PRT

(1) Prohibit tobacco use at site.

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

(3) Ensure all members have been approved to participate.

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

(5) Ask all members about general health. Prohibit participation if recently recovered from a cold, flu, or other illness or health changes have occurred since completing Risk Factor Screening Questionnaire. 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 group warm-up is completed.

(7) Notify workplace supervisors of participants.

g. One to three weeks following PRT

(1) Enter PRT results into COMNAVPERSCOM-approved Physical Readiness Program software.

(2) Provide command and command members with PRT results for (appendix A to enclosure (2))

(a) Inclusion on FITREPS and EVALS.

(b) Appropriate career counseling.

(c) Recognition of significant improvement or superior performance.

1 MAY 00

(d) Issuing of Administrative Remarks page and Letters of Notification.

(e) Sending documents to NAVPERSCOM including Administrative Remarks page entry, and injury report to Naval Safety Center (enclosure (4)).

(f) Sending all PFA results to COMNAVPERSCOM (PERS-601) using COMNAVPERSCOM-approved Physical Readiness Program software.

5. Procedural Options/Swim

a. Commanders, COs, and OICs may allow the swim event if facilities are reasonably available.

b. Unless medically waived, members shall be required to participate in the 1.5-mile run/walk in instances where swimming facilities are not reasonably available.

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

d. Commanders, COs, and OICs may permit the run event to be conducted on a treadmill if equipment is reasonably available.

Goal-Oriented Scoring

Fitness Category	Category Level	Cardiovascular Endurance	Muscular Endurance	Muscular Endurance
		Run/ Walk	Push-Ups	Curl-Ups
Outstanding	High			
	Medium			
	Low			
Excellent	High			
	Medium			
	Low			
Good	High			
	Medium			
	Low			
Satisfactory	High			
	Medium			
	Marginal			
Unsatisfactory				

MEDICAL SCREENING AND WAIVERS

1. Medical Screening

a. Current physical examination, Physical Activity Risk Factor Questionnaire, Body Composition Assessment, medical referral and evaluation, and waivers are the primary tools to ensure the safe participation of a member in PFA and FEP.

b. COMNAVPERSCOM-approved Physical Readiness Program software is the primary means of organizing and documenting Physical Readiness Program information in a command including medical screening. It shall be used in the execution of this instruction.

c. Current Physical Examination

(1) Members who do not have a current periodic physical examination (reference (d)) shall have testing deferred until such exam is completed.

(2) Verification of current physical examination shall be documented using COMNAVPERSCOM-approved Physical Readiness Program software.

d. Physical Activity Risk Factor Questionnaire

(1) Physical Activity Risk Factor Questionnaire shall be completed by the member prior to each PRT.

(2) The Physical Activity Risk Factor Questionnaire shall be answered by the member at least 10 weeks prior to the scheduled PRT to ensure ample time is available for any necessary medical evaluation prior to testing, and provide documentation that the member was given appropriate notice of the upcoming test.

e. Body Composition Assessment

(1) Body Composition Assessment (enclosure (6)) is composed of

(a) Weight and height screening.

1 MAY 00

(b) Body fat percentage estimation using the circumferences of selected body parts.

(2) Body composition assessment shall normally be conducted within 10 days of, but not less than 48 hours prior to, scheduled date of the PRT.

(3) If members exceed the maximum weight limit for their height, members' percent body fat is estimated using Navy circumference technique. Circumference measurements shall be performed the same day as the height and weight measurement.

(4) Members upon their initial failure to meet body composition assessment standards must be cleared by the medical department before participating in PRT and FEP.

2. Medical Referral and Evaluation

a. Members shall be referred to the medical department for evaluation and clearance to participate in the PRT and FEP if they

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

(2) Answer yes to any question on the Physical Activity Risk Factor Questionnaire.

(3) Initially fail the body composition assessment standards.

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

b. CFLs shall provide a written referral clearly stating the reasons a member is referred. Use COMNAVPERSCOM-approved Physical Readiness Program software.

c. Members who answer yes to any question on the Physical Activity Risk Factor Questionnaire and were previously cleared to participate do not have to be reevaluated every PFA as long as

(1) The condition has not worsened.

(2) No new risk factors are present.

d. Completion of Physical Risk Factor Questionnaire by a member shall be documented using COMNAVPERSCOM-approved Physical Readiness Program software.

3. Medical Waivers

a. Members with a well-documented medical condition may be given a medical waiver from participation in body composition assessment, PRT, or physical conditioning.

b. Medical waiver from participating in the PRT is not a waiver from body composition assessment.

c. A waiver from participation in the body composition assessment is specific to body composition measurements and shall only be issued for members who are recuperating from a medical or surgical condition that interferes with an accurate and valid measurement.

d. Only the medical department may authorize a medical waiver from body composition assessment, all or part of the PRT, or physical conditioning activities.

e. Medical waiver shall document in writing

(1) PRT events waived.

(2) Restrictions placed on participation in conditioning programs.

(3) Waivers from body composition assessments.

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

(5) Prohibited physical activities.

(6) Expiration date of the waiver (normally not to exceed one year).

OPNAVINST 6110.1F

1 MAY 00

f. All waivers require reevaluation by the medical department prior to renewal.

g. Members who were medically waived from a previous PFA component for a condition or injury that has been resolved, do not have to be cleared to participate in an upcoming PFA if the waiver expires at least 10 weeks prior to the scheduled date of the PFA.

h. Pregnancy

(1) Members shall not be held to meeting PRT and body composition assessment standards from the time of diagnosis of pregnancy by a military treatment facility until at least 6 months after pregnancy termination (reference (j)).

(2) On the advice of their physicians and with assistance of a CFL or MWR Fitness Specialist, pregnant service members shall continue to participate in an ongoing exercise program, as recommended by the American College of Obstetricians and Gynecologists, unless specifically waived by their Primary Care Manager.

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

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

3. Safety Concerns Prior to Conducting PRT

a. Operational Risk Management (ORM):

(1) An ORM analysis of the event 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/physical condition, current medications, etc., 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 risks still existing. 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 (p) and the COMNAVSAFECEN's web page: <http://www.safetycenter.navy.mil>.

OPNAVINST 6110.1F

1 MAY 00

b. Additional guidelines for safe conduct of PRT may be found at the following web address:

<http://www.persnet.navy.mil/pers601/index.html>

c. Risk Factor Screening shall be completed by all members 10-12 weeks prior to the PRT. The CFL is responsible for notifying a medical representative if a member answers yes to any of the risk factor screening questions. Member must be cleared by medical prior to participating in the PRT and FEP. Additionally, the member must have a current, documented physical examination in order to participate.

d. Height/Weight/Body Fat Measurements should normally be taken within 10 days of, but not less than 48 hours prior to, the PRT. Members that fail for the first time to meet body composition assessment standards must be referred to and cleared by medical prior to participating in the PRT and FEP.

e. Support Personnel

(1) CPR Monitors. A least one CPR-certified monitor shall be present for every 25 members participating in the PRT, with a minimum of two monitors for every test. These members do not have to be 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 the test site.

f. Test Site Selection/Certification. Select the most level 1.5-mile course available. The course should be free of steep inclines and declines, surface irregularities, and sharp turns. Verify or measure the course distance with a measuring wheel (usually available from recreation services). A bike odometer may only be used if a measuring wheel is not available. Do not use automobile or motorcycle odometers. CPR-certified personnel should be placed at appropriate intervals so the entire course is in view of monitors. The test site must be accessible to emergency vehicles and must be near a telephone to

1 MAY 00

facilitate notification of emergency services if needed. Cellular phones, walkie-talkies, etc., are acceptable.

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

4. Safety Concerns During PRT

a. Weather Conditions. PRTs shall not be conducted under harsh environmental conditions. Specifically, PRTs should not be conducted outdoors when wind chill is 20 degrees F or lower, or when hot weather black flag conditions exist (wet bulb globe temperature (WBGT) of 90 degrees or higher).

b. Health Questions. At the time of the PRT and immediately prior to participating, all members shall be asked about their general health. Those recovering from a 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. CFLs should review symptoms of cardiac distress (chest pain, shortness of breath, arm and neck pain) and counsel participants to withdraw from PRT if symptoms occur. Immediately contact medical regarding such individuals. These members should be tested later after medical clearance.

c. Conducting at higher elevations. Commands shall institute all appropriate safety measures to minimize risk of injury to personnel exercising at increased elevation. 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.

d. Warm Up. Participation in 5-10 minutes of warm-up exercise is required before beginning the PRT events. Refer to enclosure (5) (paragraph 5) for recommended warm-up exercises.

e. Clothing. Proper attire for the 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 the member at risk for injury.

OPNAVINST 6110.1F
1 MAY 00

f. Hydration. Adequate fluid intake is vital to safe participation in the PRT. All members are encouraged to drink water before and after the test, especially in hot weather.

g. Smoking/Tobacco Use. The PRT shall be conducted in a smoke-free environment; PRT participants and monitors shall not smoke or use tobacco products during the entire PRT testing period. To reduce health risks to participants, smoking and the use of all tobacco products should be discouraged at least 30 minutes before and at least 15 minutes after the PRT.

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

i. Injury Reporting. When members are injured during the PRT, the command safety officer shall report the injury to COMNAVSAFCEM, using the guidance contained in chapter 14 of reference (g). Include as information addressees BUMED (MED-02) and COMNAVPERSCOM (PERS-601).

1 MAY 00

FITNESS ENHANCEMENT AND WEIGHT MANAGEMENT PROGRAMS

1. Program Requirements. Effective leadership is critical to the success of a command's Physical Readiness program. All leaders must understand the goals of the program and be visible and active practitioners of physical fitness. The responsibility for an effective program rests with leadership.

a. Commanders, COs, and OICs shall ensure that regular physical training sessions and daily physical activity become part of the daily routine for all Navy members unless medically restricted.

b. The purpose of physical training and daily physical activity is to

(1) Increase the overall fitness of Navy.

(2) Ensure safe and effective execution of daily and emergent tasks.

(3) Ensure safe participation in physical activity (organized command physical training, personal training and recreational activities, and the PRT).

c. All members shall maintain a healthy and physically active lifestyle, including

(1) Participation in at least three moderately intense physical training sessions per week.

(2) Maintaining a prudent diet. A prudent diet consists of two to three servings of poultry, fish, lean red meat, beans/legumes; five or more servings of fruits/vegetables; six or more servings of whole grain bread/cereal; two to three servings of lowfat or skim milk products; and one or more servings of high fiber foods, such as oatmeal, beans, legumes, and lentils. Limit consumption of foods high in fat, sugar, and salt. Number of servings will vary, depending upon member's activity level. Refer to Navy Nutrition and Weight Control Self-Study Guide (0500LP0098780) for serving sizes and additional information.

OPNAVINST 6110.1F

1 MAY 00

d. The command and members share the responsibility for physical fitness. The benefits of a program of regular physical activity are in the best interests of the individual and Navy.

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

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

(3) Members should also use off-duty time for physical fitness activities.

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. The CFL, FEP, BUMED-approved Weight Management Program, MWR facilities, and Navy Fitness Instructors can aid in structuring a program that produces the greatest benefit.

3. Physical Training Principles

a. To promote a lifelong commitment to physical activity, optimum physical fitness and health, an understanding and balanced application of physical training 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 three to five times a week for optimal improvement.

(2) Intensity - the strenuousness of an activity.

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

(b) Aerobic activities.

1 MAY 00

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

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

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

AGE	TARGET HEART RATE	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 - the time spent on an activity

(a) Aerobic activities - 20-30 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.

1 MAY 00

(4) Type - the kind of exercise performed

(a) Cardiovascular fitness activities are continuous, rhythmic, and involve large muscle groups. Recommended activities include

1. Running and brisk walking,
2. Swimming,
3. Cycling,
4. Stair-climbing,
5. Jumping rope,
6. Aerobic dance and step routines,
7. Rowing,
8. Skating, and
9. Cross country skiing or hiking.

(b) Muscular strength and endurance activities are intermittent and involve specific muscle groups. Recommended activities include

1. Free weight lifting,
2. Resistance machines workouts, and
3. Calisthenics.

c. Body fat decreasing activities.

(1) Curl-ups, sit-ups, or abdominal crunches will not reduce the size of the abdominal or natural waist measurement. Waist measurements decrease as overall body fat is lost.

(2) The loss of fat is promoted by continuous, low intensity aerobic activities performed for 40 or more minutes four or more days per week. If a continuous 40 minute period is

1 MAY 00

not feasible, roughly the same result may be gained by accumulating 40 minutes of exercise over several periods, for example, two 15 minute sessions and one 10 minute session.

(3) 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. The member should be able to talk to an exercise partner without much difficulty.

(4) 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.

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

4. Physical Training (PT)

a. PT sessions shall be conducted three to five times per week.

b. 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.

c. A training session shall include

(1) Five to 10 minutes of proper warm-up activities.

(2) Aerobic exercise (resulting in the accumulation of at least 30-40 minutes with the heart rate within target training zone).

(3) Flexibility exercises.

(4) Muscular strength and endurance conditioning.

1 MAY 00

(5) Cool-down activities.

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

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

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

g. Administration of this requirement should be delegated to the lowest possible level, to allow integration into the work schedule with minimal disruption.

h. FEP shall be structured so participating members meet the requirements of the PFA with an overall PRT score of SATISFACTORY, GOOD, or BETTER.

i. No specific documentation is required. Commands may require a logbook, direct observation, or unit activities to ensure members are using duty time in a manner consistent with this requirement. Command PFA summary results are the best indicator of meeting this requirement.

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

a. Walk/Jog

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

(2) Two to five minutes total.

b. Whole body calisthenics

(1) Jumping jacks.

(2) Low repetitions.

(3) Adequate rest or walking between exercises.

c. Body segment calisthenics

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

(2) Low repetitions.

(3) Adequate rest or walking between exercises.

d. Flexibility



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

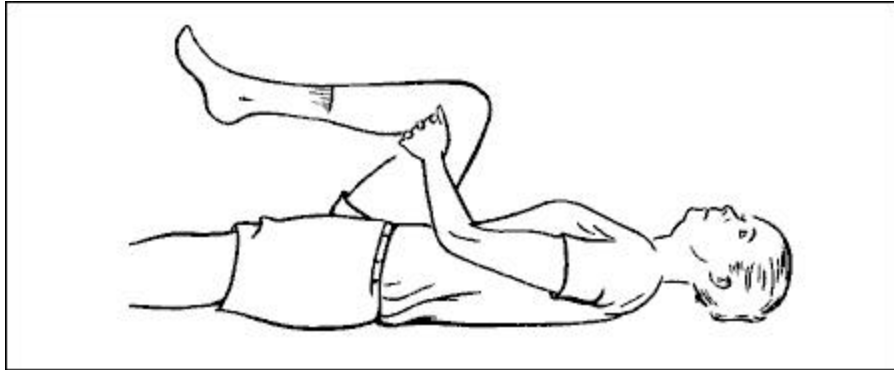


(2) Groin stretch: Sit with soles of feet together as

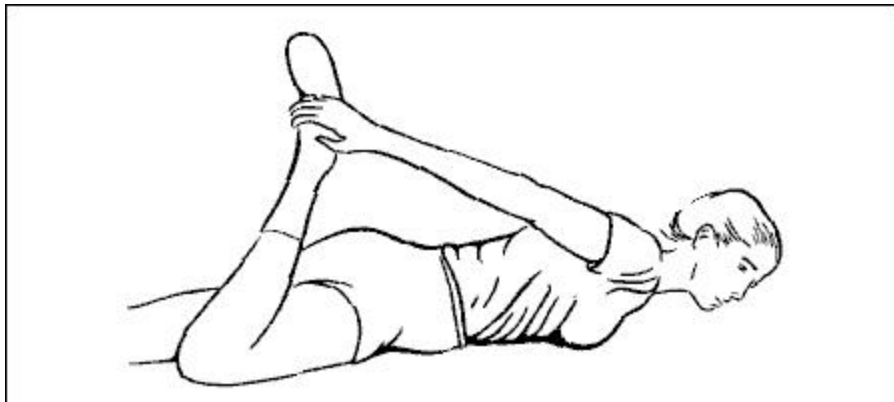
OPNAVINST 6110.1F

1 MAY 00

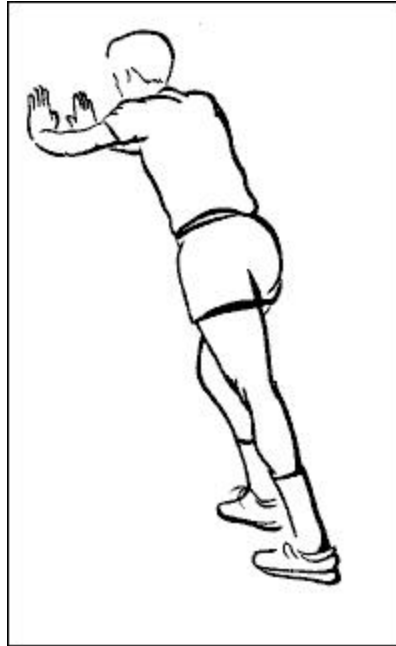
shown, with hands around feet. Sit up straight and press knees toward floor. Lean forward and hold 20 seconds. Relax and repeat.



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



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



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

6. Fitness Enhancement Program (FEP)

a. The purpose of FEP is to introduce all personnel in a command to self-help strategies and facilitate their adoption of health and fitness promoting habits, including regular physical activity, improvement in physical performance, and healthy nutrition. FEP is not exclusively for those who do not meet PFA standards.

b. If medically cleared, participation in FEP is required for members

(1) Who fail a body composition assessment;

OPNAVINST 6110.1F

1 MAY 00

(2) Who fail a PRT;

(3) With body fat percentages greater than or equal to their age-adjusted standard and score less than "Good-Low" on any PRT event; or

(4) Who score "Satisfactory-Marginal" on any PRT exercise event.

c. Participation and monitoring shall continue until member passes two consecutive regularly scheduled PFAs with body fat percentage below age adjusted standard and PRT score of "Good-Low" or better on all events.

d. FEP shall consist of

(1) Activities to improve all levels of physical fitness.

(2) Activities tailored for body fat loss for members who fail or are in danger of failing the body composition assessment standards.

(3) Activities to improve the aerobic fitness, muscular strength and endurance, and flexibility of each member.

(4) A method of monitoring individual's participation and improvement.

(5) A nutrition education program and completion of NAVPERS 15602A, Navy Nutrition and Weight Control Self-Study Guide.

(6) Coordinated activities with local and Navy health promotion programs, including BUMED-approved Weight Management Program.

(7) Monthly body composition assessments and PRTs to monitor progress.

7. BUMED-approved Weight Management Program

a. BUMED-approved Weight Management Program offered by the medical department is designed to provide personnel with basic

1 MAY 00

knowledge of nutrition and effective techniques for healthy eating.

b. Attendance is open to all personnel, especially anyone who exceeds or is in danger of exceeding body composition assessment standards. Attendance is open to those personnel recommended by their commander, CO, or OIC.

c. Upon completion of BUMED-approved Weight Management Program

(1) The member and the command shall receive a course summary that includes a plan identifying goals and means of monitoring progress. If not provided, the CFL shall request a copy from the program administrator.

(2) The commander, CO, or OIC shall monitor the member for one year following program completion.

(a) The member shall meet with the commander's, commanding officer's, or officer in charge's designated representative and body composition shall be assessed regularly, at a minimum, on a monthly basis.

(b) The commander, CO, or OIC shall ensure the member receives appropriate support and access to MWR, medical department, and other organization facilities and staff to meet the goals of the plan.

1 MAY 00

BODY COMPOSITION ASSESSMENT1. Background and Rationale

a. In 1985, a panel of experts at the National Institute of Health (NIH) determined the extent to which excess body fat is associated with negative health consequences. Negative health consequences include 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. Although body fat typically increases with age in Americans, it is not a healthy process, and frequently is simply the result of decreased activity and/or dietary indiscretion.

b. Based on scientific research the NIH conference defined obesity as the amount of body fat associated with significant detrimental health effects. This corresponded to a weight-for-height 20 percent above the midpoint weight for a medium-frame individual, based on the 1983 Metropolitan Life Insurance Height-Weight Tables. Naval Health Research Center (NHRC) scientists reviewed this and numerous other scientific studies and recommended the NIH definition of obesity as the upper limits for Navy standards. Since DOD prescribes body fat percentage as the measure of body composition, NHRC determined obesity to correspond to about 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 Sailors with goals to promote their basic physical fitness, health, and readiness.

b. Provide commanders, COs, and OICs a means of assessing the general fitness of the members of their command.

3. Components of the Body Composition Assessmenta. Standards

(1) The upper allowable Navy limits for body fat percentage are

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

(2) Most personnel should have a significantly lower percentage of body fat.

b. Procedures

(1) Maximum weight for height screening

(a) Height measurement

1. Member removes shoes.
2. Member stands with feet together, flat on the deck, takes a deep breath, and stretches tall.
3. Record height. Fractions of an inch in height shall be rounded up to the nearest half-inch.

(b) Weight measurement

1. Members shall be weighed on a balance beam or digital scale in PT-type clothing (shorts, T-shirt), without shoes.
2. A one pound deduction is made for clothing, regardless of how the member is dressed.
3. Record weight. Fractions of a pound in weight shall be rounded down to the nearest whole pound.

(c) Maximum weight determination.

1. In center column of maximum weight-for-height table (appendix A of this enclosure), find the smallest value equal to or exceeding the member's recorded height as determined in paragraph 3b(1)(a).
2. If the member's weight is less than or equal to the maximum weight listed for his/her gender, member is within body composition assessment standards and percentage body fat determination is not required.

(2) Percentage body fat determination

(a) A standard, non-stretching (cloth or fiberglass) tape measure shall be applied to body landmarks with sufficient tension to keep it in place without indenting the skin surface.

(b) Procedures for Men

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

2. Men shall be measured in the presence of another man, if requested.

3. Standing height. Use height measurement from maximum weight for height screening.

4. Neck circumference



a. Measurement shall be taken on bare skin.

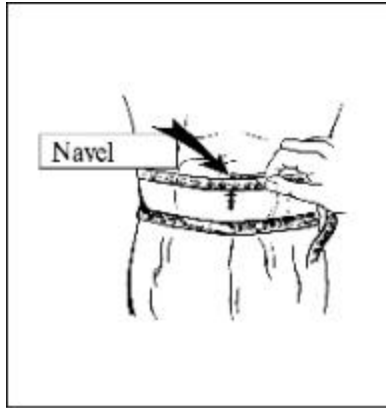
b. Member looks straight ahead with shoulders down (not hunched).

c. Measure the neck circumference at a point just below the larynx (Adam's Apple) perpendicular to the long axis of the neck.

OPNAVINST 6110.1F
1 MAY 00

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

5. Abdomen circumference



- a. Measurements shall be taken on bare skin.
- b. Arms are at the sides. Take measurement at the end of member's normal, relaxed exhalation.
- c. Measure abdominal circumference with tape at level of the navel and parallel to the deck.
- d. Round abdominal measurement down to the nearest 1/2 inch and record (e.g., round 34 3/4 to 34 1/2 inches).

6. Body fat calculation

- a. Subtract the neck circumference from the abdominal circumference to obtain the member's circumference value.
- b. On the appropriate percent fat estimation table (appendix B of this enclosure) find the intersection of the column equal to the member's height (rounded up to the nearest half inch) and the row equal to the member's circumference value.
- c. The member's body fat percentage equals the number at the intersection of the row and column. For circumference values less than the value in the table, body fat

1 MAY 00

percentage is less than or equal to the smallest body fat percentage in the column. For circumference values greater than the value in the table, body fat percentage is greater than or equal to the largest body fat percentage in the column.

(c) Procedures for Women

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

2. Women shall be measured in the presence of another woman, if requested.

3. Standing height. Use height measurement from maximum weight for height screening.

4. Neck circumference



a. Measurements shall be taken on bare skin.

b. Member looks straight ahead with shoulders down (not hunched).

c. Measure the neck circumference at a point just below the larynx (Adam's Apple) perpendicular to the long axis of the neck.

OPNAVINST 6110.1F
1 MAY 00

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

5. Natural waist circumference



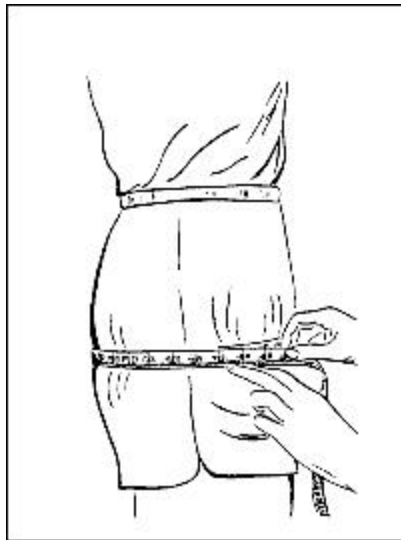
a. Measurements shall be taken on bare skin.

b. Arms are at the sides. Take measurement at the end of member's normal, relaxed exhalation.

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

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

6. Hip circumference



a. Measurements 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.

b. Measure the hip circumference while facing the member's right side by placing the tape around the hips so that it passes over the greatest protrusion of the gluteal muscles (buttocks) as viewed from the side. Ensure the tape is level and parallel to the deck. Apply sufficient tension on the tape to minimize the effect of clothing.

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

7. Body fat calculation

a. Add the waist and the hip circumferences, then subtract the neck circumference to obtain the member's circumference value.

b. On the appropriate percent fat estimation table (appendix B of this enclosure), find the intersection of the column equal to the member's height (rounded

OPNAVINST 6110.1F

1 MAY 00

up to the nearest half inch) and the row equal to the member's circumference value.

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

1 MAY 00

MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE
Maximum Weight in Pounds

Maximum Weight Men	Member's Height (Inches) less than or equal to	Maximum Weight Women
97	51	109
102	52	113
107	53	116
112	54	120
117	55	124
122	56	127
127	57	131
132	58	134
137	59	138
142	60	142
147	61	145
152	62	149
157	63	152
162	64	156
167	65	160
172	66	163
177	67	167
182	68	170
188	69	174
192	70	177
196	71	181
201	72	185
206	73	188
211	74	192
216	75	195
221	76	199
226	77	203
231	78	206
236	79	210
241	80	213
246	81	217
251	82	220
256	83	224
261	84	228
266	85	231
271	86	235

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)

1 MAY 00

PERCENT FAT ESTIMATION FOR MEN

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

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

PERCENT FAT ESTIMATION FOR MEN

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	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)

1 MAY 00

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	26	26	26	26	26
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)

1 MAY 00

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	12	12	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

1 MAY 00

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
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	37	37	37	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)

PERCENT FAT ESTIMATION FOR WOMEN

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)

1 MAY 00

PERCENT FAT ESTIMATION FOR WOMEN

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)

PERCENT FAT ESTIMATION FOR WOMEN

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)

1 MAY 00

PERCENT FAT ESTIMATION FOR WOMEN

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)

PERCENT FAT ESTIMATION FOR WOMEN

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)

1 MAY 00

PERCENT FAT ESTIMATION FOR WOMEN

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)

1 MAY 00

PHYSICAL READINESS TEST EXERCISE EVENTS1. 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 Navy Enlisted Classification (NEC) or duty assignment. All personnel shall strive to optimize their own fitness and readiness by exceeding the minimum standard and achieving continual improvement.

b. Standards are based on a sample of PRTs from over 200,000 members in the Fleet during the Fall 1997 and Spring 1998 PRT cycles. NHRC San Diego completed the 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 were established as follows:

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

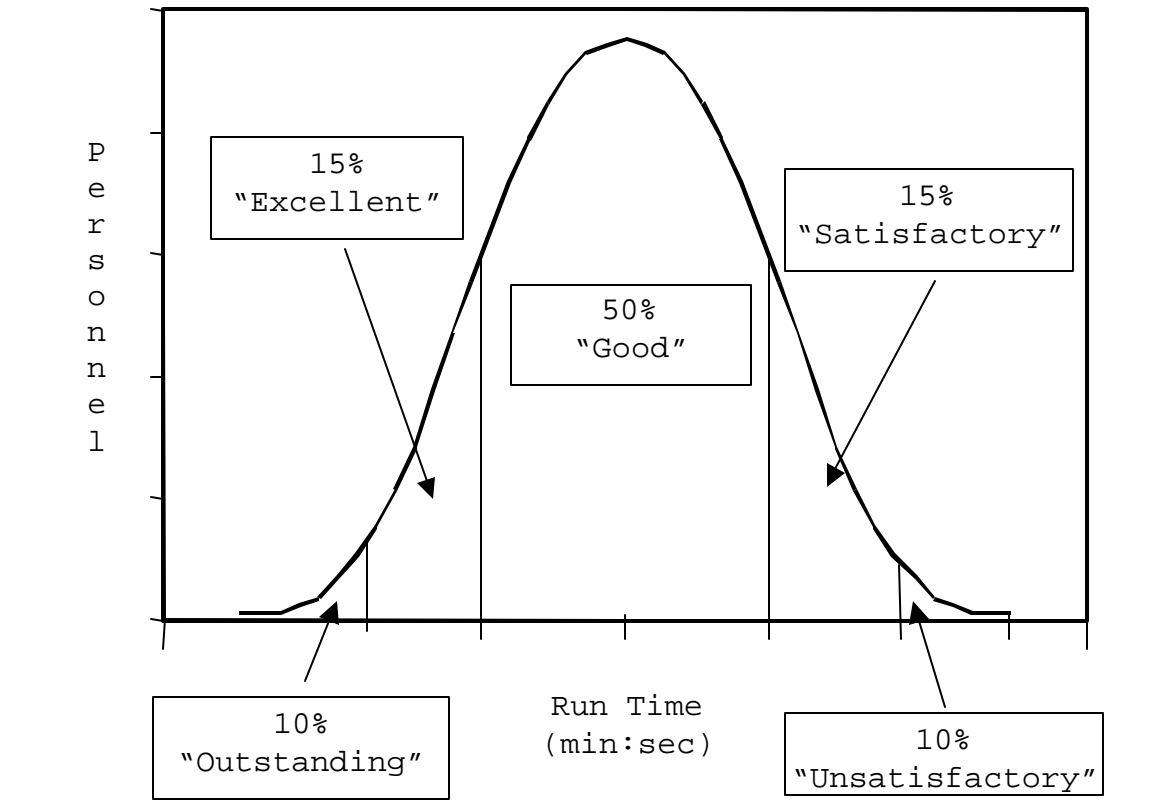
(2) EXCELLENT - Performance in the top 25 percent, but less than OUTSTANDING.

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

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

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

Performances within each category were established to produce three levels containing approximately equal numbers of members. (Figure below is an example for 1.5 mile run.) A similar method is used by Army, Marine Corps, and Cooper Institute for Aerobics Research to establish their fitness assessment standards; however, the division of performance standards vary for each.



2. Purpose of the PRT Events

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

b. Provide commanders, COs, and OICs a means of assessing the general fitness of the members of their command.

3. Components of the PRT. Navy assesses physical fitness by a series of events using factors that enable a member to perform physically and manage their own body weight. The factors evaluated and the associated physical activity are:

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 the lower back and back of the legs.

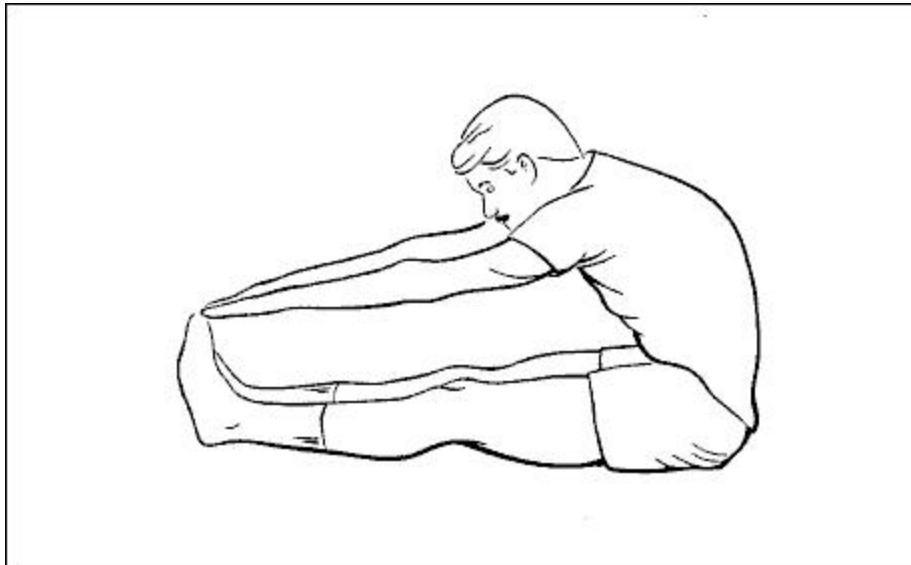
1 MAY 00

b. Muscular endurance. Muscular endurance is the ability to sustain muscle contractions over a period of time without undue fatigue. The 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 the abdominal muscles are an important element in the 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 procedures

a. Sit-reach



OPNAVINST 6110.1F

1 MAY 00

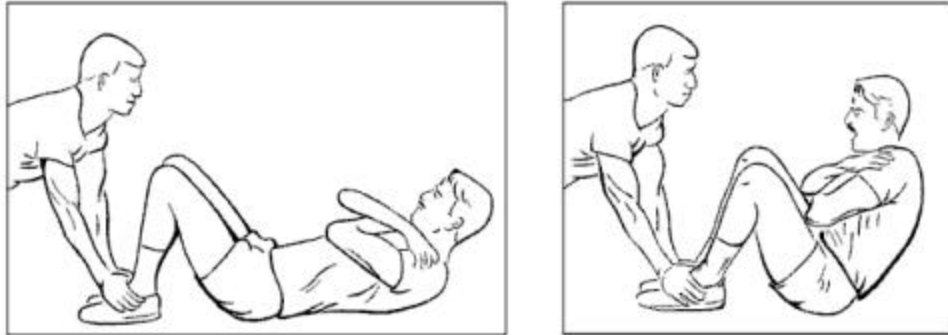
(1) Ensure proper warm-up and stretching was done prior to testing.

(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 the reach for one second. Do not bounce or lunge.

b. Curl-ups



(1) The event shall be conducted with a 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 their backs with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching the chest, with hands touching upper chest or shoulders.

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

(c) The timer shall signal the start for all participants and call out 15 second time intervals until the completion of the event.

1 MAY 00

(d) The participants curl their body up, touching elbows to thighs while keeping hands in contact with the chest or shoulders.

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

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

(3) Curl-ups are repeated correctly as many times as possible in two minutes. Partner monitors participant for correct form, and counts the number of correctly performed curl-ups. Incorrectly performed curl-ups shall not be counted.

(4) The event is ended if participants

(a) Lower legs;

(b) Raise feet off the ground/floor;

(c) Lift buttocks off the floor;

(d) Fail to keep arms folded across and touching chest; or

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

c. Push-ups

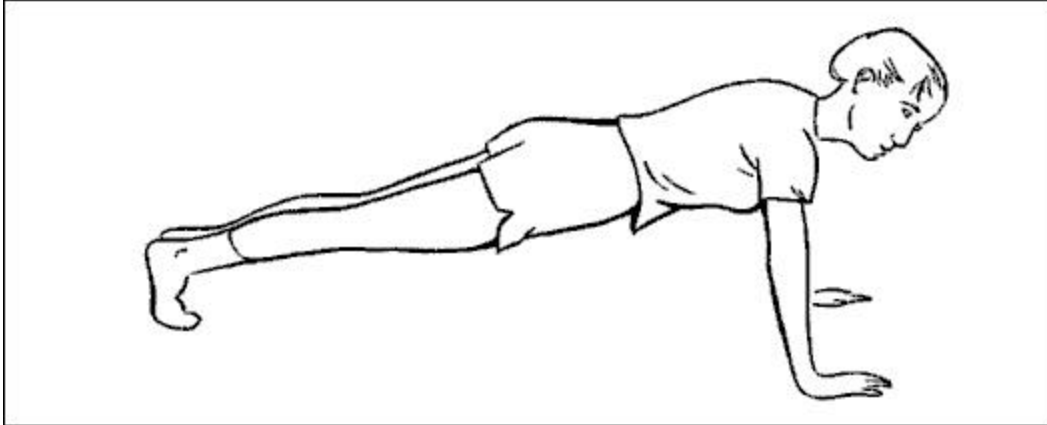
(1) Push-ups shall be performed with a partner on a firm or suitably padded, level surface. Shoes are optional.

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

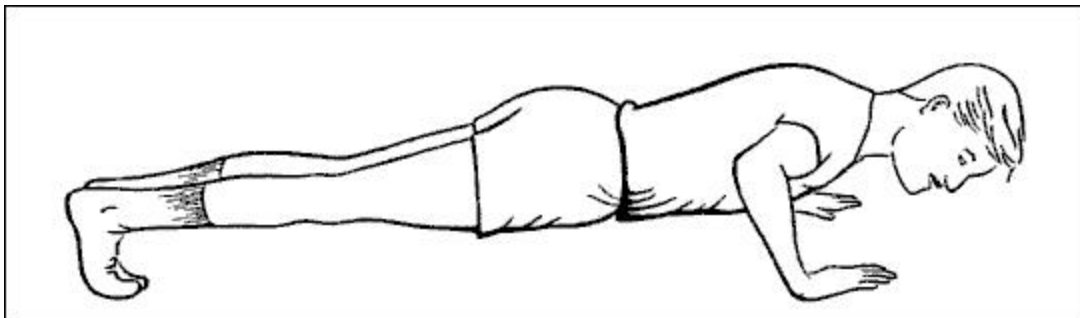
(a) The participants shall begin in the "front-leaning rest" position, hands placed on floor directly beneath the shoulders, both feet together on the floor.

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

(c) The timer shall signal the start for all participants and call out 15 second time intervals until the completion of the test.



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



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

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

(3) Push-ups are repeated correctly as many times as possible in two minutes. Partner monitors participant for correct form and counts the correctly performed push-ups. Incorrect push-ups shall not be counted.

(4) The event is ended if participants

(a) Touch the deck with any part of the body except hands and feet;

(b) Raise one or both feet or hands off the deck or ground; or

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

d. 1.5-mile run/walk

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

(a) Commanders, COs, and OICs may conduct the event on a track or outdoor course where he or she deems the surface to be flat and solid.

(b) COs may conduct the event on a treadmill where appropriate facilities and equipment are reasonably available. The treadmill shall have the 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.

5. Inclination and odometer have been calibrated immediately before the event.

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

(a) All participants shall stand at the start line.

(b) The timer shall signal the start for all personnel being tested and call out time intervals until

OPNAVINST 6110.1F

1 MAY 00

completion of the test.

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

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

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

(b) The timer shall signal the start and the participant starts the treadmill at the desired rate.

(c) The timer calls out time intervals until completion of the test.

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

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

(4) The event is ended if the participant

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

(b) Completes 1.5 miles.

(c) Changes the treadmill inclination from 1.0 percent.

e. 500-yard or 450-meter swim

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

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

(3) Commanders, COs, or OICs may allow the swim event if facilities are reasonably available.

(4) Unless medically waived, members shall be required

1 MAY 00

to participate in the 1.5 mile run/walk in instances where swimming facilities are not reasonably available.

(5) Members medically waived from the 1.5 mile run/walk are not required to participate in the swim.

(6) The swim event shall be conducted as follows:

(a) Swimmers begin the test in the water.

(b) The timer shall signal the start for all personnel being tested and call out time intervals/lengths until completion of the test.

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

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

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

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

(7) The event is ended if a participant

(a) completes the prescribed distance;

(b) moves forward while resting; or

(c) receives or requires assistance from a lifeguard or other person.

5. Personnel at Increased Elevation

a. Personnel permanently assigned on temporary additional duty (TAD) to locations at increased elevation shall participate

OPNAVINST 6110.1F
1 MAY 00

in the Physical Readiness Program, including regular semi-annual PFAs. Increased elevation is defined as greater than or equal to 5,000 feet above mean sea level.

b. PRT for personnel permanently assigned or TAD to locations at increased elevations shall be conducted at increased elevations. Support facilities and personnel required by this instruction must be available.

c. If the PRT for personnel permanently assigned or TAD to locations at increased elevations cannot be conducted at increased elevations, the PRT shall be conducted at the nearest appropriate site.

d. PRT conducted at increased elevations shall be scored against standards for increased elevations. These standards are adjusted for the effects of altitude and provide fairness to all personnel.

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

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

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

6. Grading the Exercise Events

a. Pass

(1) To receive a grade of "pass" on the PRT, a Sailor must meet or exceed the "Satisfactory Marginal" performance standards (see appendix A to enclosure (7)) for curl-ups, push-ups, and one cardiorespiratory event (run/walk or swim).

(2) Times or repetitions on the performance standard tables are the minimum required for each category level.

(3) Members who are medically waived from one of the three graded events (curl-ups, push-ups, and run/walk or swim) shall receive a mark of "pass" if they meet "Satisfactory Marginal" limits on the remaining two events.

(4) A member's overall PRT score or categorization is the lowest category-level achieved on any single event.

b. Fail

(1) Failure to meet satisfactory requirements in any event, other than the sit-reach, constitutes failure of the PRT, regardless of the level of performance on other events.

(2) Failure to meet minimum standards for any event, unless medically waived for that event, constitutes failure of the PRT.

(3) If a member attempts and fails a cardiorespiratory event, it is considered a PRT failure; an attempt on a different cardiorespiratory event is not authorized. For example, member failing the treadmill run cannot participate in the swimming test.

(4) A member's inability to touch toes and hold for one second does not constitute a PRT failure; however, the member shall participate in the FEP to improve flexibility.

Physical Readiness Test Standards
(Test site elevation less than 5,000 ft above sea level)

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

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

1 MAY 00

Physical Readiness Test Standards
(Test site elevation less than 5,000 ft above sea level)

Performance Category	Performance Level	Males: Age 20-29 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	105	87	8:30	6:30	6:20
Outstanding	Medium	103	86	9:00	7:00	6:50
Outstanding	Low	98	81	9:15	7:30	7:20
Excellent	High	94	77	9:45	8:00	7:50
Excellent	Medium	90	74	10:00	8:15	8:05
Excellent	Low	87	71	10:30	8:45	8:35
Good	High	78	64	10:45	9:30	9:20
Good	Medium	66	55	11:30	10:30	10:20
Good	Low	58	47	12:00	11:30	11:20
Satisfactory	High	54	45	12:45	12:00	11:50
Satisfactory	Medium	50	42	13:15	12:15	12:05
Satisfactory	Marginal	46	37	13:30	13:00	12:50

Performance Category	Performance Level	Females: Age 20-29 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	105	48	9:47	7:15	7:05
Outstanding	Medium	103	47	11:15	8:00	7:50
Outstanding	Low	98	44	11:30	8:45	8:35
Excellent	High	94	43	12:15	9:15	9:05
Excellent	Medium	90	40	12:45	9:45	9:35
Excellent	Low	87	39	13:15	10:00	9:50
Good	High	78	33	13:30	11:00	10:50
Good	Medium	66	28	13:45	12:15	12:05
Good	Low	58	21	14:15	13:15	13:05
Satisfactory	High	54	20	15:00	13:45	13:35
Satisfactory	Medium	50	17	15:15	14:00	13:50
Satisfactory	Marginal	46	16	15:30	14:30	14:20

1 MAY 00

Physical Readiness Test Standards
(Test site elevation less than 5,000 ft above sea level)

Performance Category	Performance Level	Males: Age 30-39 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	98	80	9:20	6:45	6:35
Outstanding	Medium	97	78	9:45	7:15	7:05
Outstanding	Low	92	74	10:00	7:45	7:35
Excellent	High	88	69	10:45	8:15	8:05
Excellent	Medium	85	67	11:00	8:30	8:20
Excellent	Low	81	64	11:15	9:00	8:50
Good	High	73	57	12:00	9:45	9:35
Good	Medium	59	48	13:00	10:45	10:35
Good	Low	51	41	13:45	11:45	11:35
Satisfactory	High	47	38	14:00	12:15	12:05
Satisfactory	Medium	44	35	14:15	12:30	12:20
Satisfactory	Marginal	40	31	14:30	13:15	13:05

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

1 MAY 00

Physical Readiness Test Standards
(Test site elevation less than 5,000 ft above sea level)

Performance Category	Performance Level	Males: Age 40-49 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	92	72	9:30	7:00	6:50
Outstanding	Medium	90	70	10:00	7:30	7:20
Outstanding	Low	85	67	10:15	8:00	7:50
Excellent	High	83	61	10:45	8:30	8:20
Excellent	Medium	80	59	11:15	8:45	8:35
Excellent	Low	76	56	11:45	9:15	9:05
Good	High	68	50	12:45	10:00	9:50
Good	Medium	51	41	13:45	11:00	10:50
Good	Low	44	34	14:30	12:00	11:50
Satisfactory	High	39	32	14:45	12:30	12:20
Satisfactory	Medium	37	29	15:15	12:45	12:35
Satisfactory	Marginal	35	24	15:30	13:30	13:20

Performance Category	Performance Level	Females: Age 40-49 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	92	41	10:56	8:00	7:50
Outstanding	Medium	90	40	12:00	8:45	8:35
Outstanding	Low	85	37	12:15	9:45	9:35
Excellent	High	83	35	13:00	10:15	10:05
Excellent	Medium	80	33	13:30	10:30	10:20
Excellent	Low	76	32	14:00	11:00	10:50
Good	High	68	24	14:45	12:00	11:50
Good	Medium	51	20	15:45	13:00	12:50
Good	Low	44	12	16:15	14:15	14:05
Satisfactory	High	39	11	16:45	14:30	14:20
Satisfactory	Medium	37	9	17:00	14:45	14:35
Satisfactory	Marginal	35	7	17:15	15:30	15:20

1 MAY 00

Physical Readiness Test Standards
(Test site elevation less than 5,000 ft above sea level)

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

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

1 MAY 00

Physical Readiness Test Standards
(Test site elevation
greater than or equal to 5,000 ft above sea level)

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

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

1 MAY 00

Physical Readiness Test Standards
(Test site elevation
greater than or equal to 5,000 ft above sea level)

Performance Category	Performance Level	Males: Age 20-29 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	105	87	9:15	7:05	6:55
Outstanding	Medium	103	86	9:50	7:40	7:25
Outstanding	Low	98	81	10:05	8:10	8:00
Excellent	High	94	77	10:40	8:45	8:30
Excellent	Medium	90	74	10:55	9:00	8:50
Excellent	Low	87	71	11:25	9:30	9:20
Good	High	78	64	11:45	10:20	10:10
Good	Medium	66	55	12:30	11:25	11:15
Good	Low	58	47	13:05	12:30	12:20
Satisfactory	High	54	45	13:55	13:05	12:55
Satisfactory	Medium	50	42	14:25	13:20	13:10
Satisfactory	Marginal	46	37	14:45	14:10	14:00

Performance Category	Performance Level	Females: Age 20-29 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	105	48	10:40	7:55	7:45
Outstanding	Medium	103	47	12:15	8:45	8:30
Outstanding	Low	98	44	12:30	9:30	9:20
Excellent	High	94	43	13:20	10:05	9:55
Excellent	Medium	90	40	13:55	10:40	10:25
Excellent	Low	87	39	14:25	10:55	10:45
Good	High	78	33	14:45	12:00	11:50
Good	Medium	66	28	15:00	13:20	13:10
Good	Low	58	21	15:30	14:25	14:15
Satisfactory	High	54	20	16:20	15:00	14:50
Satisfactory	Medium	50	17	16:40	15:15	15:05
Satisfactory	Marginal	46	16	16:55	15:50	15:40

Physical Readiness Test Standards
(Test site elevation
greater than or equal to 5,000 ft above sea level)

Performance Category	Performance Level	Males: Age 30-39 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	98	80	10:10	7:20	7:10
Outstanding	Medium	97	78	10:40	7:55	7:45
Outstanding	Low	92	74	10:55	8:25	8:15
Excellent	High	88	69	11:45	9:00	8:50
Excellent	Medium	85	67	12:00	9:15	9:05
Excellent	Low	81	64	12:15	9:50	9:40
Good	High	73	57	13:05	10:40	10:25
Good	Medium	59	48	14:10	11:45	11:30
Good	Low	51	41	15:00	12:50	12:40
Satisfactory	High	47	38	15:15	13:20	13:10
Satisfactory	Medium	44	35	15:30	13:40	13:25
Satisfactory	Marginal	40	31	15:50	14:25	14:15

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

1 MAY 00

Physical Readiness Test Standards
(Test site elevation
greater than or equal to 5,000 ft above sea level)

Performance Category	Performance Level	Males: Age 40-49 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	92	72	10:20	7:40	7:25
Outstanding	Medium	90	70	10:55	8:10	8:00
Outstanding	Low	85	67	11:10	8:45	8:30
Excellent	High	83	61	11:45	9:15	9:05
Excellent	Medium	80	59	12:15	9:30	9:20
Excellent	Low	76	56	12:50	10:05	9:55
Good	High	68	50	13:55	10:55	10:45
Good	Medium	51	41	15:00	12:00	11:50
Good	Low	44	34	15:50	13:05	12:55
Satisfactory	High	39	32	16:05	13:40	13:25
Satisfactory	Medium	37	29	16:40	13:55	13:45
Satisfactory	Marginal	35	24	16:55	14:45	14:30

Performance Category	Performance Level	Females: Age 40-49 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	92	41	11:55	8:45	8:30
Outstanding	Medium	90	40	13:05	9:30	9:20
Outstanding	Low	85	37	13:20	10:40	10:25
Excellent	High	83	35	14:10	11:10	11:00
Excellent	Medium	80	33	14:45	11:25	11:15
Excellent	Low	76	32	15:15	12:00	11:50
Good	High	68	24	16:05	13:05	12:55
Good	Medium	51	20	17:10	14:10	14:00
Good	Low	44	12	17:45	15:30	15:20
Satisfactory	High	39	11	18:15	15:50	15:40
Satisfactory	Medium	37	9	18:30	16:05	15:55
Satisfactory	Marginal	35	7	18:50	16:55	16:40

1 MAY 00

Physical Readiness Test Standards
(Test site elevation
greater than or equal to 5,000 ft above sea level)

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

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

ADMINISTRATIVE ACTIONS

1. PFA

a. All references to PFA in this enclosure are to one of two regularly scheduled semiannual paired body composition assessments (height/weight screening and body fat percentage measurements) and PRTs (sit-reach, curl-ups, push-ups, and run/walk or swim) required of active duty and reserve members, the results of which can be applied towards the administrative consequences of this instruction. Failures of the PFA under the prior instruction do not count towards the administrative consequences set forth in this instruction.

b. In the event that a member participates in more than one body composition assessment or PRT, only the first assessment and PRT meeting testing requirements of this instruction shall comprise the member's PFA.

c. Members cannot be required to participate in more than two PFAs in a calendar year.

d. PFAs shall be conducted at least four months and not more than eight months apart. Body composition assessments and PRTs may, however, be required for members assigned to a FEP.

e. Body composition assessment shall normally be taken within 10 days of, but not less than 48 hours, prior to the corresponding PRT.

f. The dates for conducting the PFA shall be announced at least 10 weeks in advance. Personnel who have not been given 10 weeks notice shall not be required to participate in the PRT.

g. Prior to conducting a PFA, commanders, COs, and OICs shall specify in writing the time period during which the PFA components shall be conducted. Components conducted outside this period shall not comprise the same PFA.

h. Only body composition assessments taken by CFLs (or designated and trained assistant CFLs) shall be applied toward Physical Readiness Program administrative actions.

OPNAVINST 6110.1F

1 MAY 00

i. Failure of the body composition assessment occurs when a member exceeds both the maximum weight for height screening and the body fat percentage standard.

j. Failing the body composition assessment and the PRT of a PFA shall be counted as one PFA failure.

k. Medical waivers from the body composition assessment or the PRT are not a PFA failure or pass.

l. If a member fails any PRT event, participation in another PRT to apply to the same PFA is not permitted, i.e., no retesting.

m. Reassessment of body composition is not permitted

(1) If member fails to meet body composition standards during a PFA; or

(2) If the corresponding PRT is cancelled or rescheduled.

2. Reporting PRT-related Injuries. When members are injured during the PRT, the command safety officer shall report the injury to the COMNAVSAFECEN, using the guidance contained in chapter 14 of reference (g). Include as information addressees BUMED (MED-02) and COMNAVPERSCOM (PERS-601).

3. Tracking PFA Failures

a. The member's command is responsible for tracking PFA failures and initiating appropriate administrative action.

b. Official notification documenting the member's body composition assessment and PRT results shall be made for each PFA failure to formally notify the member of the possible administrative consequences.

(1) For enlisted members, a Administrative Remarks page, NAVPERS 1070/613, entry shall be made for each PFA failure. Copies including NAVPERS 1616/26 shall be forwarded for inclusion in the field service record and permanent personnel record at COMNAVPERSCOM (PERS-313C).

1 MAY 00

(2) For officers, a Letter of Notification shall be written for each PFA failure. A copy shall be forwarded to COMNAVPERSCOM (PERS-834) with a copy of NAVPERS 1610/2 if it is a third failure in four years or the CO feels that there is cause to believe that the officer is physically unqualified for promotion as a result of PFA failure.

4. PCS Transfer. Members who have failed the PFA may transfer on Permanent Change of Station (PCS) orders, except for some assignments to designated/special duty. PCS transfer of enlisted members and officers to some designated duties (instructor, recruiter, etc.) may be restricted to members who are within PFA standards at time of transfer. Contact community detailers or appropriate command for guidance.

5. Schools and Select Communities

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

b. Select schools may require members to report within body composition 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.

6. Promotion, advancement, frocking, and redesignation (figure 8-1)

a. Authority to deny or execute advancement, promotion, frocking, or redesignation according to reference (q) shall remain the discretion of commanders, COs, and OICs except for situations covered in paragraphs b and c below. Nothing in this instruction shall be construed as requiring a commander, CO, or OIC to advance, promote, frock, or redesignate a member, officer or enlisted, where the commander, CO, or OIC does not consider the member physically or otherwise unqualified for advancement promotion, frocking or redesignation.

b. Officers

(1) Officers, who have failed three or more PFAs in the most recent four-year period (starting 1 May 00), shall not be promoted, frocked, or redesignated until they subsequently have

OPNAVINST 6110.1F

1 MAY 00

passed three consecutive PFAs, or one of the three previous PFA failures are no longer within the most recent four-year period starting 1 May 00.

(2) References (l), (m), and (o) contain requirements for delaying officer promotions and redesignations or removals, if warranted.

c. Enlisted Members

(1) Enlisted members who have failed three or more PFAs in the most recent four-year period (starting 1 May 00) shall not be frocked or advanced until

(a) They subsequently have passed three consecutive PFAs.

(b) One of the three previous PFA failures are no longer within the most recent four-year period starting 1 May 00.

(c) Are ineligible to compete for advancement (take advancement exam) until passing two consecutive, regularly scheduled semi-annual PFAs (minimum of "Satisfactory-Marginal" in all events). They may not be advanced or frocked until passing three consecutive, regularly scheduled semi-annual PFAs.

(2) Enlisted members, who have failed less than three PFAs in the most recent four-year period (starting 1 May 00), may be frocked and advanced.

(3) Reference (i) contains requirements for defrocking and withholding/withdrawing advancements for enlisted members.

7. EVAL and FITREP Marks

a. Authority to assign marks regarding promotability, retention, and other Eval/Fitrep items of a member according to reference (q), shall remain the discretion of commanders, COs, and OICs except for situations covered in paragraphs below.

b. Annotating NAVPERS 1616/26, Evaluation Report and Counseling Record (E1-E6) and NAVPERS 1610/2, Fitness Report and Counseling Record (E7-O6), shall be consistent with the following guidance:

1 MAY 00

(1) Results from the most recent PFA during the reporting period shall be recorded in block 20 of EVALS and FITREPS.

(2) Results of all PFA failures during a reporting period shall be documented in "comments on performance" section of EVALS and FITREPS. Results may be documented in the following manner:

(a) Member failed PFA in April 2000 due to exceeding body composition standards but has made excellent progress and is currently within standards.

(b) Member passed April 2000 PFA, but failed to meet body fat standards on October 2000 PFA.

c. Military Bearing performance trait grades, block 36 on NAVPERS 1616/26 (E1-E6), or block 35 for NAVPERS 1610/2 (E7-O6), and recommendations shall conform to the following:

(1) For the reporting period in which the first or second PFA failure in a four-year period occurs, no minimum marks for "Military Bearing" or for promotability and retention are required.

(2) For the reporting period in which members fail their third or more PFA in the most recent four-year period, the member shall receive

(a) A grade no greater than 1.0 in Military Bearing.

(b) Marks for promotability and retention shall be "Significant Problems" and "Retention Not Recommended," respectively.

d. An overall score of "Outstanding" or "Excellent" is no longer required for assigning a 5.0 in Military Bearing on FITREPS (BLK 35)/EVALS (BLK 36). Reporting seniors shall use their discretion when determining "Military Bearing" and retention recommendation marks for a reporting period in which a member passes all regularly scheduled semiannual PFAs.

OPNAVINST 6110.1F

1 MAY 00

8. PFA Codes

a. Codes for use in block 20 will use three letters with a slant (/) between the first and second letter. In all cases, the single letter to the left of the slant shall only indicate performance on the most recent exercise portion of the PFA. The two letters to the right of the slant will be used to convey only information related to the most recent body composition assessment.

(1) For PRT results, only the letters P (pass), F (fail), M (medically waived), and N (not tested) shall be used. Use of codes F and N requires comments in the "Comments on Performance" section (e.g., not tested due to recent transfer to this command (or operational commitments), or failed PRT).

(2) For body composition assessment, only the combinations WS (within standards), NS (not within standards), MW (medically waived from measurement), and XX (not weighed or measured) shall be used. Use of codes NS and XX require comments in the "Comments on Performance" section (e.g., block 20: NS on spring PRT).

(a) Exceeding height/weight limits but not percent body fat is considered WS.

(b) Exceeding height/weight and percent body fat limits is considered NS.

(c) Use of code MW is reserved for pregnancy or unusual cases where a member's weight or circumference is distorted by a temporary medical condition.

(d) Code XX. Use of code XX is reserved for rare cases where it is not possible to weigh or measure an individual. Justification must be provided in the narrative section (e.g., block 20: XX = Not measured due to extended emergency leave).

9. Reenlistment. Enlisted members who have failed three or more PFAs in the most recent four-year period are ineligible for reenlistment except under the following conditions:

a. Reenlistment of members with 18 or more years of service or otherwise within two years of qualifying for retirement is

1 MAY 00

subject to sections 1176 and 12686 of title 10, United States Code, which requires that the separation of the member be approved by the Chief of Naval Personnel or higher authority. This does not, however, protect them from administrative separation proceedings for other causes.

b. Member subsequently passes three consecutive PFAs.

(1) Upon member's request, commanders, COs, and OICs may extend enlistments in six-month increments in accordance with reference (c) to allow members to pass three consecutive PFAs and become eligible for reenlistment.

(2) Failure of a PFA during an extension period for the above reason shall prevent additional extensions and result in discharge at Enlisted Active Obligated Service (EAOS).

10. Temporary Additional Duty

a. All administrative procedures for conducting the PFA must be followed for personnel on TAD.

b. Notice of PFA may be given at the parent command prior to the beginning of TAD.

11. Conducting PFAs at service schools of less than 10-weeks' duration

a. PFAs may not be conducted unless member has been given at least 10 weeks' notice.

b. If meeting minimum fitness standards is a graduation requirement, a school may conduct a PFA under the following circumstances:

(1) Body composition assessment and risk factor screening must be performed during first week of the school.

(2) Members who exceed body composition assessment standards or answer yes to a risk factor question, must be cleared by the medical department before being allowed to take the PRT or participate in a conditioning program.

(3) The school must have a moderately paced fitness training program for all students to ensure that all students

OPNAVINST 6110.1F

1 MAY 00

develop (or maintain) a level of fitness during the school that allows safe participation in the PRT.

12. Conducting PFA at schools of more than 10 weeks' duration

a. PFAs shall be conducted according to this instruction.

b. Ensure results are forwarded to member's next command to avoid member taking more than two PFAs per year.

13. Duty under instruction (DUINS). Members who are in a DUINS status are subject to the provisions of this instruction. PFAs are to be conducted by the member's reporting unit.

14. Isolated Duty Stations

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

b. PRTs may be suspended based upon commander, CO, or OIC discretion. Body composition assessments shall be performed.

15. Service at a multi-service command, with another Service, or at a Unified Joint Command

a. Members assigned to a multi-service command or who are assigned to a Unified Joint Command shall comply with the provisions of this instruction.

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

(1) Must participate in body composition assessment in accordance with this instruction.

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

(3) Who choose to take and fail the USMC PFT, shall be retested on the PRT when in the opinion of the CO sufficient conditioning has occurred to ensure successful completion.

(4) Members who fail the USMC PFT shall not be subject to administrative action under this instruction, but may be

1 MAY 00

denied the privilege of wearing the Marine Corps uniform, at CO's discretion.

16. Newly Reported Personnel. Members who report to a command less than 10 weeks prior to scheduled date or dates of the PFA

a. Are not required to participate in the PRT.

b. May voluntarily participate in the PRT if within body composition assessment standards and have no risk factors, or have been cleared to participate by medical. Commands shall document voluntary consent to participate.

c. Shall participate in the body composition assessment.

17. Selected Reserve (SELRES)

a. SELRES members shall comply with the PFA standards of this instruction.

b. COMNAVRESFOR shall establish policy for Selected Reservists pertaining to the timing of PFAs and conducting the FEPS.

c. PFA shall be the responsibility of the Naval Reserve activity (NRA) CO, as directed by reference (h).

18. Limited Duty (LIMDU)

a. Members on LIMDU shall receive guidance from the medical department concerning the type(s) and duration(s) of activities (e.g., walking, water aerobics, stationary bicycling, etc.) appropriate to maintain physical conditioning and avoid weight gain, given the nature of the illness or injury.

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

c. LIMDU members, who were not eligible for frocking, advancement, reenlistment, etc., due to PFA failures prior to injury/diagnosis, are not eligible during the LIMDU period.

OPNAVINST 6110.1F

1 MAY 00

d. Members who are removed from LIMDU status less than 10 weeks prior to a scheduled PFA shall participate in all portions of the PFA for which they are medically cleared.

19. Obligated Service. Nothing in this instruction requires separation of a member during a period of obligated service when the Chief of Naval Personnel determines that retention is in the best interest of Navy.

20. Participation in BUMED-approved Weight Management Program

a. An entry shall be made in the member's service record documenting any member who is offered, but refuses to participate in a BUMED-approved Weight Management Program or prematurely terminates from the program.

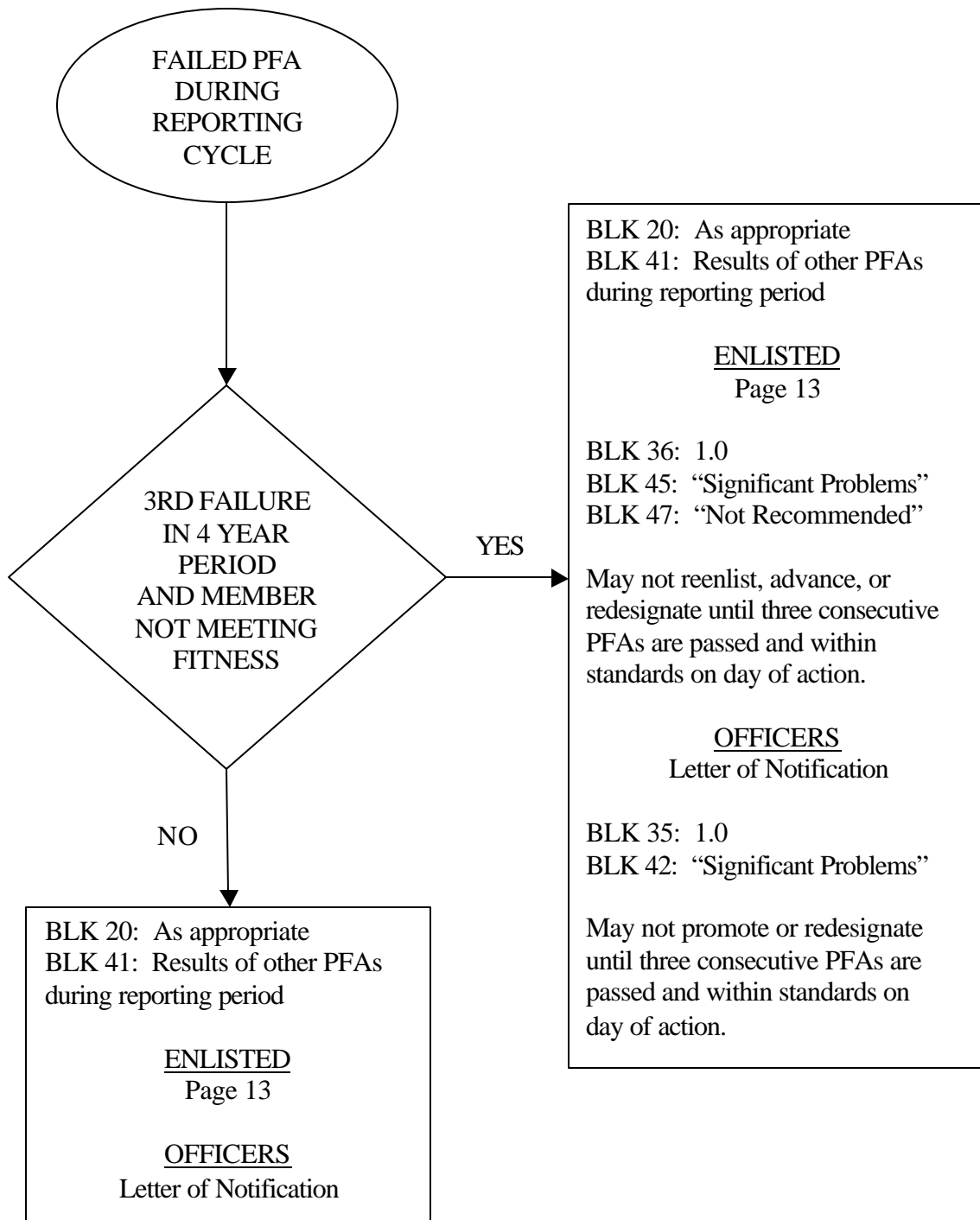
b. Members are required to participate in PFAs during the one-year follow-up period if medically cleared to do so. Failures of the PFA that occur during this period will count toward administrative actions, as appropriate.

c. Requirements of weight management follow-up, such as dietary discretion and physician-recommended low intensity aerobic exercise, shall continue to be followed for members with normal, low-risk pregnancy.

d. A member who becomes pregnant during weight management follow-up shall be granted the six-month post-partum recovery period that is extended to all pregnant members. The measurement that would normally occur at the end of the one-year follow-up period shall be deferred to six months after delivery.

21. Procedural Rights. Failure to adhere to the 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 Readiness Program Failure Consequence Decision Process.



OPNAVINST 6110.1F
1 MAY 00

SAMPLE ADMINISTRATIVE REMARKS PAGE
(for Failure of a PFA)

FOR OFFICIAL USE ONLY

I, (Rank/Rate, First Name, Middle Initial, Last Name, SSN/Designator, Branch of Service) have been advised that I have failed my

___ Physical Fitness Assessment (PFA).

___ Third PFA in the most recent four-year period.

My failure was due to

___ Exceeding height/weight and body fat limits. The date of my body composition measurements was _____. At that time my percent body fat was measured at ___ percent. My weight was measured at ___ pounds; my height was _____ inches; and my circumference measurements were

Neck _____ inches Abdomen _____ inches

Waist _____ inches Hips _____ inches

___ Failure of the Physical Readiness Test (PRT). The date of my PRT was _____. At that time I failed (circle the event failed) the run, swim, push-ups, curl-ups. My raw PRT scores were

Run (swim) _____ min:sec Push-ups _____ Curl-ups _____

I am aware of the administrative actions for failure of a first or second PFA in a four-year period. These include, but are not limited to

- Documentation of my PFA result on my enlisted evaluation for the reporting period in which the failure occurred.
- Ineligible to transfer to any special duty or school if I do not meet the PFA standards for that duty or school.

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I am aware of the administrative actions for failing a third PFA within the most recent four-year period. These include, but are not limited to, those above and

- An evaluation mark of 1.0 in Military Bearing for the reporting period in which the third PFA failure occurred.
- Denial of frocking, advancement, or reenlistment until I pass three consecutive PFAs prior to the limiting date for the advancement cycle.
- May 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.

Signature of Member

Signature of Witness

Member's Name (Printed)

Date

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OPNAVINST 6110.1F
1 MAY 00

SAMPLE LETTER OF NOTIFICATION
(for Failure of a PFA)

FOR OFFICIAL USE ONLY

6110
(Date)

From: Commanding Officer, _____
To: Rank/Rate, First Name, Middle Initial, Last Name,
SSN/Designator, Branch of Service

Subj: LETTER OF NOTIFICATION

Ref: (a) MILPERSMAN 1910-170
(b) OPNAVINST 6110.1F

1. Per references (a) and (b), you are advised that you have failed your

___ Physical Fitness Assessment (PFA).

___ Third PFA in the most recent four-year period.

2. Your failure was due to

a. ___ Exceeding height/weight and body fat limits. The date of your body composition measurements was _____. At that time your percent body fat was measured at ___ percent. Your weight was measured at ___ pounds; your height was ___ inches; and your circumference measurements were:

Neck _____ inches Abdomen _____ inches

Waist _____ inches Hips _____ inches

b. ___ Failure of the Physical Readiness Test (PRT). The date of your PRT was _____. At that time you failed (circle the event failed) the run, swim, push-ups, curl-ups. Your raw PRT scores were:

Run (swim) _____ min:sec Push-ups _____ Curl-ups _____

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3. You are advised that the administrative actions for failing a first or second PFA in a four-year period. These include, but are not limited to

a. Denial of frocking, promotion, or redesignation, at the commanding officer's discretion, until you pass a PFA and measure within height/weight and body fat standards.

b. Documentation of your PFA result on your officer fitness report for the reporting period in which the failure occurred.

c. Ineligibility to transfer to any special duty or school if you do not meet the PFA program standards for that duty or school.

4. You are advised that the administrative actions for failing a third or later PFA within the most recent four-year period. These include, but are not limited to those above and

a. A Fitrep rating of 1.0 in Military Bearing for the reporting period in which the third failure occurred.

b. Denial of frocking, promotion, and redesignation until you pass three consecutive PFAs and meet body composition assessment standards on the day of the action.

Commanding Officer Signature

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OPNAVINST 6110.1F
1 MAY 00

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(Date)

FIRST ENDORSEMENT on

From: Rank/Rate, First Name, Middle Initial, Last Name,
SSN/Designator, Branch of Service

To: Commanding Officer, _____

Subj: LETTER OF NOTIFICATION

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

Member's Signature

Date

Witness Name (printed)

(Witness Signature)

Copy to:
COMNAVPERSCOM (PERS-834)

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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-7 or above,
- 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, and
- f. Complete COMNAVPERSCOM-approved five-day CFL certification course.

2. CFL Training. CFL training is an intensive and challenging overview providing the practical skills necessary to conduct an effective program afloat and ashore. Personnel successfully completing training receive certification as both a Physical Fitness Specialist certified by the Cooper Institute for Aerobics Research and CFL. CFL training consists of classroom and practical hands-on sessions over five days 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, physical training session scheduling, promotion of exercise, space and equipment utilization); and
- d. Coordination of resources available to the CFL (MWR, medical department, COMNAVPERSCOM, support commands, etc.).

OPNAVINST 6110.1F

1 MAY 00

3. Until commands secure a fully qualified CFL, command Physical Readiness Programs shall be conducted by personnel who have successfully completed the Navy Exercise Leader Course (Command Fitness Coordinator training), Navy Fitness Instructor Course, or interim CFL training via videoteletraining.