**BOWLING GREEN STATE UNIVERISTY**

**PERSHING RIFLES SOCIETY**

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PHYSICAL TRAINING MANUAL 1-2

**AUGUST 2012**

**Pershing Rifles Physical Fitness Test (PRPFT)**

The intent of the Pershing Rifles Physical Fitness Test (PRPFT) is to provide an assessment of the Rifleman. Physical fitness testing is designed to ensure the maintenance of a base level of physical fitness essential for every Rifleman.

**PRPFT OVERVIEW**

**FITNESS STANDARDS**

The PRPFT provides a measure of upper and lower body muscular endurance. It is a performance test that indicates a Rifleman’s ability to perform physically and handle his or her own body weight. PRPFT standards are adjusted for age and physiological differences between the genders.

The PRPFT consists of push-ups, sit-ups and a 2-mile run—done in that order—on the same day. Riflemen are allowed a minimum of 10 minutes and a maximum of 20 minutes rest between events. All three events must be completed within two hours. The test period is defined as the period of time that elapses from the start to the finish of the three events (from the first push-up performed to the last Rifleman crossing the finish line of the 2-mile run event).

In accordance with I-1 SOP, all Riflemen must attain the required amount of push-ups, sit-ups, and proper time on the 2 mile run in order to maintain an active Rifleman.

Pershing Rifles Physical Fitness Test results will be recorded on PRPFT scorecards, Physical Fitness Scorecard One scorecard will be maintained for each Rifleman. The scorecard will be kept in a central location within the company. A minimum of three Riflemen are required to administer a PRPFT: an OIC or NCOIC, an event scorer, and support personnel. Another Rifleman being tested or support personnel may act as the holder to secure the Rifleman’s ankles during the sit-up event.

Devices or equipment that offer any potential for unfair advantage during testing are not permitted. Unless prescribed as part of the Rifleman’s medical profile, the wearing of the following items are not authorized: nasal strips, weight lifting gloves, back braces, elastic bandages, or braces. Electronic devices are also not authorized (MP3 players, radios, cell phones and compact discs.

**PRPFT ADMINISTRATION**

**SUPERVISION:**

The success of any physical fitness testing program depends on obtaining valid and accurate test results. Therefore, the PRPFT must be administered properly to accurately evaluate individual Riflemen and unit physical fitness. Supervision of the PRPFT is necessary to ensure the objectives of the physical fitness program are met. Proper supervision provides for standardization in the following:

Test preparation.

Control of performance factors.

Training of test personnel.

Test scoring.

**PREPARATION:**

Preparation for the PRPFT should be directed at securing the most accurate evaluation of personnel participating in the test. Preparatory requirements include the following:

Selecting and training of event supervisors, scorers, timers, demonstrators, and support personnel.

Equipment inventory.

Securing the test site.

**PLANNING:**

The commander should ensure that testing is consistent with regard to events, scoring, clothing, equipment and facilities. Testing should be planned to permit each Soldier to perform at his maximal level, and should ensure the following:

Riflemen are not tested when fatigued or ill.

Riflemen do not participate in tiring duties before taking an PRPFT.

Weather and environmental conditions do not inhibit physical performance.

Risk analysis is conducted.

**DUTIES OF TEST PERSONNEL**

**RESPONSIBILITIES:**

PRPFT personnel must be familiar with all aspects of administration of the PRPFT. Supervision of Riflemen and laying out the test area are essential duties. The following test personnel are recommended to conduct a PRPFT: OIC and/or NCOIC, timer, back-up timer, event scorer(s), demonstrator(s), and support personnel. The minimum number of test personnel required to administer the PRPFT is three: an OIC/NCOIC, an event scorer, and support personnel to hold the Riflemen’s feet on the sit-up event.

The OIC or NCOIC are responsible for the administration of the PRPFT. Responsibilities include:

Preparation for push-up event (after reading instructions and before test start).

Administration of the test.

Conduct of recovery upon completion of the test.

Procurement of all necessary equipment and supplies.

Arrangement and layout of test area.

Training of event supervisors, scorers, timer, back-up timer demonstrators and support personnel.

Ensure tests are properly administered and that events are explained, demonstrated, and scored according to standard.

When test personnel required to administer the PRPFT are limited, the OIC/NCOIC may perform the duties of an event demonstrator and/or back-up timer.

Reports results of test.

Administers one or more test events.

Ensures necessary equipment is on hand for each event(s).

Reads PRPFT event instructions.

Conducts PRPFT event demonstration.

When test personnel required to administer the PRPFT are limited, the event supervisor(s) may perform the duties of the timer.

Supervises event scoring to standard.

The event scorers are responsible for scoring events to standard. Responsibility includes the following:

Enforces test standards.

Records the correct number of repetitions in the raw score block on the scorecard

Records initials in initials box on the scorecards

Performs other duties assigned by OIC or NCOIC.

Receives training conducted by OIC/NCOIC to ensure scoring is to standard.

The demonstrators are responsible for demonstrating the push-up and sit-up events to standard. Responsibility includes the following:

Assists the event supervisor by demonstrating push-ups and sit-ups to standard during the reading of event instructions.

Performs other duties assigned by OIC or NCOIC.

Receives training conducted by OIC/NCOIC to ensure demonstration of push-ups and sit-ups are to standard.

Timers and back-up timers are responsible for properly timing the push-up, sit-up and 2-mile run events.

Support personnel assist in preventing unsafe acts to ensure smooth operation of the PRPFT. The use of support personnel depends on local policy and unit SOPs. For example, support personnel may perform the duties of the holder during the sit-up event. Medical support on site is not required unless specified by local policy. The OIC and/or NCOIC should have a plan for medical support (if required).

**TEST SITE**

**REQUIREMENTS:**

The OIC and NCOIC should select a test site that is flat and free of debris. The test site should have the following:

A site that is free of any significant hazards.

A briefing area for the reading of event instructions.

A preparation area (can be same as briefing area).

A soft, flat, dry area for push-ups and sit-ups.

A flat, measure 2-mile running course with a solid surface that is nor more than 3 percent grade.

Sound judgment must be used in the selection of a 2-mile run course. There is no requirement to survey 2-mile run courses. However, selected test sites should be free of significant hazards such as traffic, slippery road surfaces, and areas where heavy pollution is present. Running tracks may be used to administer the 2-mile run event.

**TEST PROCEDURES**

The PRPFT test sequence is the push-up, sit-up and 2-mile run (or an approved alternate aerobic event). The order of events cannot be changed. There are no exceptions to this sequence. Riflemen are allowed a minimum of 10 minutes and a maximum of 20 minutes to recover between events. The OIC or NCOIC determines the recovery time. It is normally based on the number of Riflemen taking the test. If large numbers of Riflemen are being tested, staggered start times should be planned to allow for proper recovery between test events. Under no circumstances is the PRPFT valid if Riflemen cannot begin and end all three events in two hours or less. The following paragraphs describe procedures for PRPFT administration. On test day, the OIC or NCOIC briefs Riflemen on the purpose and organization of the test. The OIC or NCOIC explains test administration including, the scorecard, scoring standards, and test sequence. In addition, the wearing of unauthorized items such as nasal strips, braces, elastic bandages, weight lifting gloves, electronic devices (MP3 players, radios, cell phones and compact disc players) are addressed. Test instructions for the push-up, sit-up and 2-mile run (or approved alternate aerobic event) are read prior to conducting preparation. After preparation is completed, the push-up event will begin. From the beginning of the push-up event to the completion of all remaining events, the total time elapsed cannot exceed two hours. Upon completion of all events, recovery will be conducted.

**The following instructions are READ aloud to all Riflemen taking the PRPFT.**

**“YOU ARE ABOUT TO TAKE THE PERSHING RIFLES PHYSICAL FITNESS TEST, A TEST THAT WILL MEASURE YOUR UPPER AND LOWER BODY MUSCULAR ENDURANCE. THE RESULTS OF THIS TEST WILL GIVE YOU AND YOUR COMMANDERS AN INDICATION OF YOUR STATE OF FITNESS AND WILL ACT AS A GUIDE IN DETERMINING YOUR PHYSICAL TRAINING NEEDS. LISTEN CLOSELY TO THE TEST INSTRUCTIONS, AND DO THE BEST YOU CAN ON EACH OF THE EVENTS.”**

If the scorecards has not been issued, scorecards will be handed out at this time. The OIC or NCOIC will then instruct the Riflemen to fill in the appropriate spaces with the required personal data.

**The following instructions are READ aloud to all Riflemen taking the PRPFT:**

**“IN THE APPROPRIATE SPACES, PRINT IN INK THE PERSONAL INFORMATION REQUIRED ON THE SCORECARD.”**

**Note:** The preceding remark is omitted if scorecards were issued prior to arrival at the test site.

Riflemen are then given time to complete the required information. Next, the OIC or NCOIC explains procedures for scorecard use during testing.

**The following instructions are READ aloud to all Riflemen taking the PRPFT:**

**“YOU ARE TO CARRY THIS CARD WITH YOU TO EACH EVENT. BEFORE YOU BEGIN, HAND THE CARD TO THE SCORER. AFTER YOU COMPLETE THE EVENT, THE SCORER WILL RECORD YOUR RAW SCORE, INITIAL THE CARD, AND RETURN IT TO YOU.”**

Now the OIC or NCOIC explains how raw scores are converted to point scores. At this point in time Riflemen are assigned to groups.

**The following instructions are READ aloud to all Soldiers taking the PRPFT:**

**“EACH OF YOU WILL BE ASSIGNED TO A GROUP. STAY WITH YOUR TEST GROUP FOR THE ENTIRE TEST. WHAT ARE YOUR QUESTIONS ABOUT THE TEST AT THIS POINT?”**

**INSTRUCTIONS**

The OIC, NCOIC, or event supervisor will read all three event instructions prior to the start of the test. Specific 2-mile run route instructions can be addressed at the 2-mile run event test site.

**PUSH-UP**

**The OIC, NCOIC, or event supervisor must read the following before beginning the push-up event.**

**“THE PUSH-UP EVENT MEASURES THE ENDURANCE OF THE CHEST, SHOULDER, AND TRICEPS MUSCLES. ON THE COMMAND ‘GET SET’, ASSUME THE FRONT-LEANING REST POSITION BY PLACING YOUR HANDS WHERE THEY ARE COMFORTABLE FOR YOU. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART (MEASURED BETWEEN THE FEET). WHEN VIEWED FROM THE SIDE, YOUR BODY SHOULD FORM A GENERALLY STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR ANKLES. ON THE COMMAND ‘GO’, BEGIN THE PUSH-UP BY BENDING YOUR ELBOWS AND LOWERING YOUR ENTIRE BODY AS A SINGLE UNIT UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND. THEN, RETURN TO THE STARTING POSITION BY RAISING YOUR ENTIRE BODY UNTIL YOUR ARMS ARE FULLY EXTENDED. YOUR BODY MUST REMAIN RIGID IN A GENERALLY STRAIGHT LINE AND MOVE AS A UNIT WHILE PERFORMING EACH REPETITION. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF REPETITIONS YOU HAVE COMPLETED CORRECTLY. IF YOU FAIL TO KEEP YOUR BODY GENERALLY STRAIGHT, TO LOWER YOUR WHOLE BODY UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND, OR TO EXTEND YOUR ARMS COMPLETELY, THAT REPETITION WILL NOT COUNT, AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECTLY PERFORMED REPETITION.”**

**“IF YOU FAIL TO PERFORM THE FIRST 10 PUSH-UPS CORRECTLY, THE SCORER WILL TELL YOU TO GO TO YOUR KNEES AND WILL EXPLAIN YOUR DEFICIENCIES. YOU WILL THEN BE SENT TO THE END OF THE LINE TO BE RETESTED. AFTER THE FIRST 10 PUSH-UPS HAVE BEEN PERFORMED AND COUNTED, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED PUSH-UPS WILL NOT BE COUNTED. AN ALTERED, FRONT-LEANING REST POSITION IS THE ONLY AUTHORIZED REST POSITION. THAT IS, YOU MAY SAG IN THE MIDDLE OR FLEX YOUR BACK. WHEN FLEXING YOUR BACK, YOU MAY BEND YOUR KNEES, BUT NOT TO SUCH AN EXTENT THAT YOU ARE SUPPORTING MOST OF YOUR BODY WEIGHT WITH YOUR LEGS. IF THIS OCCURS, YOUR PERFORMANCE WILL BE TERMINATED. YOU MUST RETURN TO, AND PAUSE IN, THE CORRECT STARTING POSITION BEFORE CONTINUING. IF YOU REST ON THE GROUND OR RAISE EITHER HAND OR FOOT FROM THE GROUND, YOUR PERFORMANCE WILL BE TERMINATED. YOU MAY REPOSITION YOUR HANDS AND/OR FEET DURING THE EVENT AS LONG AS THEY REMAIN IN CONTACT WITH THE GROUND AT ALL TIMES. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES IN WHICH TO DO AS MANY PUSH-UPS AS YOU CAN. WATCH THIS DEMONSTRATION.”**

Additional checkpoints to explain and demonstrate for the push-up event:

“Your chest may touch the ground during the push-up as long as the contact does not provide an advantage. You cannot bounce off the ground.”

“If a mat is used, your entire body must be on the mat. Sleeping mats are not authorized for use.”

“Your feet will not be braced during the push-up event.”

“You may do the push-up event on your fists.”

“You may not cross your feet while doing the push-up event.”

“You may not take any PRPFT event in bare feet.”

“You should not wear glasses while performing the push-up event.”

In conclusion, OIC/NCOIC or event supervisors asks:

“**WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”**

**SIT-UP**

**The OIC, NCOIC or event supervisor must READ the following before the sit-up event:**

**“THE SIT-UP EVENT MEASURES THE ENDURANCE OF THE ABDOMINAL AND HIP-FLEXOR MUSCLES. ON THE COMMAND ‘GET SET’, ASSUME THE STARTING POSITION BY LYING ON YOUR BACK WITH YOUR KNEES BENT AT A 90-DEGREE ANGLE. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART (MEASURED BETWEEN THE FEET). ANOTHER PERSON WILL HOLD YOUR ANKLES WITH THE HANDS ONLY. NO OTHER METHOD OF BRACING OR HOLDING THE FEET IS AUTHORIZED. THE HEEL IS THE ONLY PART OF YOUR FOOT THAT MUST STAY IN CONTACT WITH THE GROUND. YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD AND THE BACKS OF YOUR HANDS MUST TOUCH THE GROUND. YOUR ARMS AND ELBOWS NEED NOT TOUCH THE GROUND. ON THE COMMAND ‘GO’, BEGIN RAISING YOUR UPPER BODY FORWARD TO, OR BEYOND, THE VERTICAL POSITION. THE VERTICAL POSITION MEANS THAT THE BASE OF YOUR NECK IS ABOVE THE BASE OF YOUR SPINE. AFTER YOU HAVE REACHED OR SURPASSED THE VERTICAL POSITION, LOWER YOUR BODY UNTIL THE BOTTOM OF YOUR SHOULDER BLADES TOUCH THE GROUND. YOUR HEAD, HANDS, ARMS OR ELBOWS DO NOT HAVE TO TOUCH THE GROUND. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF SIT-UPS YOU HAVE CORRECTLY PERFORMED. A REPETITION WILL NOT COUNT IF YOU FAIL TO REACH THE VERTICAL POSITION, FAIL TO KEEP YOUR FINGERS INTERLOCKED BEHIND YOUR HEAD, ARCH OR BOW YOUR BACK AND RAISE YOUR BUTTOCKS OFF THE GROUND TO RAISE YOUR UPPER BODY, OR LET YOUR KNEES EXCEED A 90-DEGREE ANGLE. IF A REPETITION DOES NOT COUNT, THE SCORER WILL REPEAT THE NUMBER OF YOUR LAST CORRECTLY PERFORMED SIT-UPS. IF YOU FAIL TO PERFORM THE FIRST 10 SIT-UPS CORRECTLY, THE SCORER WILL TELL YOU TO ‘STOP’ AND WILL EXPLAIN YOUR DEFICIENCIES. YOU WILL THEN BE SENT TO THE END OF THE LINE TO BE RE-TESTED. AFTER THE FIRST 10 SIT-UPS HAVE BEEN PERFORMED AND COUNTED, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED SIT-UPS WILL NOT BE COUNTED. THE UP POSITION IS THE ONLY AUTHORIZED REST POSITION.**

**“IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION, THE EVENT WILL BE TERMINATED. AS LONG AS YOU MAKE A CONTINUOUS PHYSICAL EFFORT TO SIT UP, THE EVENT WILL NOT BE TERMINATED. YOU MAY NOT USE YOUR HANDS OR ANY OTHER MEANS TO PULL OR PUSH YOURSELF UP TO THE UP (REST) POSITION OR TO HOLD YOURSELF IN THE REST POSITION. IF YOU DO SO, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES TO PERFORM AS MANY SIT-UPS AS YOU CAN. WATCH THIS DEMONSTRATION.”**

Additional checkpoints to explain and demonstrate for the sit-up event:

“If a mat is used, your entire body must be on the mat. Sleeping mats are not authorized for use.”

“You may not swing your arms or use your hands to pull yourself up or push off the ground to obtain the up position. If this occurs your performance in the event will be terminated.”

“You may wiggle to obtain the up position, but while in the up position, you may not use your elbows or any part of the arms to lock on to or brace against the legs. Your elbows can go either inside or outside the knees, but may not be used to hold yourself in the up position. If this occurs your performance in the event will be terminated.”

“During your performance of the sit-up, your fingers must be interlocked behind your head. As long as any of your fingers are overlapping to any degree, they are considered to be interlocked (Figure A-5). If they do not remain interlocked, that repetition will not count and the scorer will repeat the number of the last correct repetition performed.”

“Both heels must stay in contact with the ground. If either foot breaks contact with the ground during a repetition, that repetition will not count and the scorer will repeat the number of the last correct repetition performed.”

In conclusion, the OIC/NCOIC or event supervisors asks:

**“WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”**

**2-MILE RUN**

**The OIC, NCOIC or event supervisor must READ the following before the 2- mile run event:**

**“THE 2-MILE RUN MEASURES YOUR AEROBIC FITNESS AND ENDURANCE OF THE LEG MUSCLES. YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START, ALL RIFLEMEN WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND ‘GO’, THE CLOCK WILL START. YOU WILL BEGIN RUNNING AT YOUR OWN PACE. TO RUN THE REQUIRED TWO MILES, YOU MUST COMPLETE THE REQUIRED 2-MILE DISTANCE (DESCRIBE THE NUMBER OF LAPS, START AND FINISH POINTS AND COURSE LAYOUT). YOU ARE BEING TESTED ON YOUR ABILITY TO COMPLETE THE TWO-MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF YOU ARE PHYSICALLY HELPED IN ANY WAY (FOR EXAMPLE, PULLED, PUSHED, PICKED UP AND/OR CARRIED), OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON, THE EVENT WILL BE TERMINATED. IT IS LEGAL TO PACE A RIFLEMEN DURING THE TWO-MILE RUN AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACE RIFLEMAN AND IT DOES NOT PHYSICALLY HINDER OTHER RIFLEMEN TAKING THE TEST. THE PRACTICE OF RUNNING AHEAD OF, ALONG SIDE OF OR BEHIND THE TESTED RIFLEMEN WHILE SERVING AS A PACER IS PERMITTED. CHEERING OR CALLING OUT THE ELAPSED TIME IS ALSO PERMITTED, DO NOT STAY NEAR THE SCORERS OR THE FINISH LINE AS THIS MAY INTERFERE WITH TESTING. AUDIO DEVICES ARE PERMITTED WHILE CONDUCTING THE TWO-MILE RUN. HOWEVER, THE RIFELMAN MUST REAMIN COMPLETELY AWARE OF THEIR SURROUNDING AND ALL SAFETY CONCERNS.”**

In conclusion, the OIC/NCOIC or event supervisors asks:

**“WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”**

**PRPFT EQUIPMENT:**

The following equipment is required for administration of the PRPFT:

Two stopwatches and black pens for each scorer.

Scorecards for each Rifleman

**PRPFT FACILITIES**

The following facilities are required for administration of the PRPFT:

Designated area for preparation and recovery.

One test station (6 feet wide by 15 feet deep) for every 8 Riflemen participating in the push-up and sit-up events.

A measured 2-mile run course.

**PRPFT PERSONNEL**

The following personnel are recommended for administration of the PRPFT:

OIC and/or NCOIC.

Event supervisor.

One event scorer for every eight Riflemen being tested.

Timer and back-up timer.

Required support personnel.

**PRPFT TIMER AND BACK-UP TIMER**

The timer begins each push-up or sit-up event with the command GET SET. On the command GO time starts on both the timer’s and back-up timer’s watches. The timer indicates time remaining at one minute (with the command ONE MINUTE REMAINING), 30 seconds (with the command 30 SECONDS REMAINING), and counts down the remaining 10 seconds (with the command 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, STOP). The timer begins the 2-mile run assessment with the command GET SET. The 2-mile run time starts on both the timer’s and back-up timer’s watches on the command GO. As Riflemen near the finish line, the timer calls out time in minutes and seconds (for example: FOURTEEN-FIFTY-EIGHT, FOURTEEN-FIFTY-NINE, FIFTEEN MINUTES, FIFTEEN-O-ONE).

**PRPFT SCORER**

The scorer counts the correct number of repetitions out loud, repeats the last number of the correct repetitions when incorrect repetitions are performed, and verbally corrects push-up and sit-up performance. When Riflemen complete their PRPFT events, the scorer records the correct number of completed push-ups and sit-ups, records the 2-mile run time and initials the scorecard. During the push-up event, scorers sit or kneel three feet from the Rifleman’s left shoulder at a 45-degree angle. A scorer’s head should be even with the Rifleman’s left shoulder when he is in the front-leaning rest position. During the sit-up event, the scorer kneels or sits three feet from the Rifleman’s left hip. The scorer’s head should be even with the Rifleman’s shoulder when he is in the vertical (up) position. During the 2-mile run event, the scorer is at the finish line. Upon completion of entering the Rifleman’s 2-mile run time on the scorecard, the scorer converts raw scores into point scores for each event and enters the total on the scorecard. The scorer then returns all scorecards to the OIC or NCOIC.

**PRPFT FAILURES**

Riflemen who fail to achieve the minimum passing score for their age and gender on any event are considered test failures. If a Riflemen is ill or becomes injured during the PRPFT and fails to achieve the minimum passing score for their age and gender on any event, he is considered a test failure.

Riflemen with temporary physical profiles must take a regular three event PRPFT after the profile has expired. Riflemen with temporary profiles of long duration (more than three months) may take an alternate aerobic event as determined by the commander with input from health-care personnel. Once the profile has been lifted, the Riflemen must be given twice the length of the profile (not to exceed 90 days) to train for the regular three event PRPFT. If a regularly scheduled PRPFT occurs during the profile period, the Riflemen should be given a mandatory make-up date for the PRPFT.

BRIAN M. WOOD, CPT, P/R

Commanding

**Attachments:**

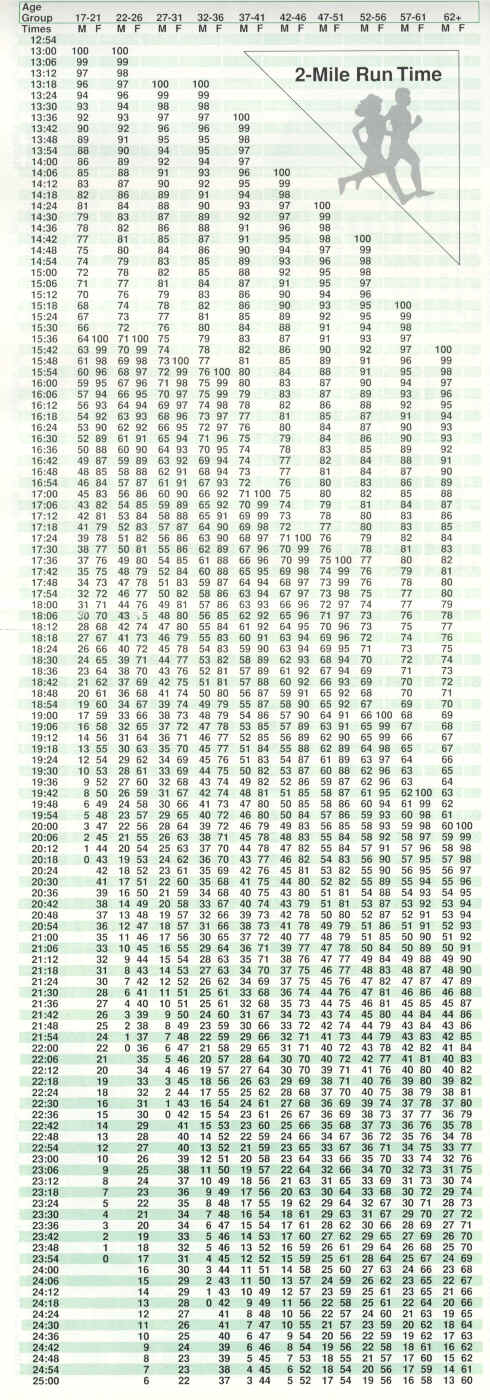
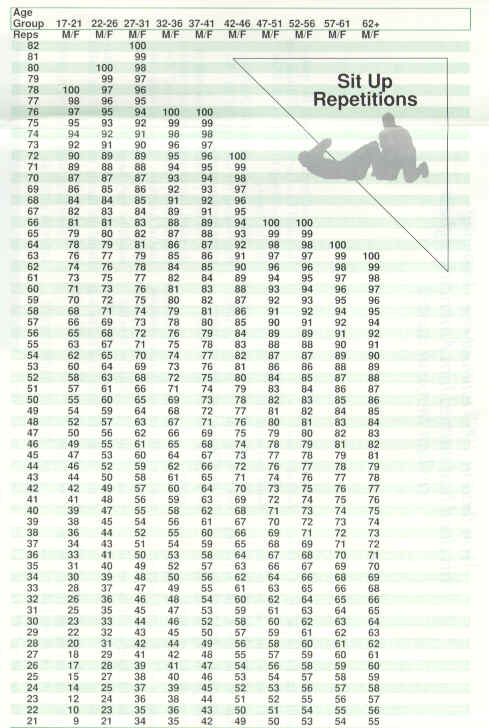
**Appendix A**

**Appendix BAPPENDIX A**

1. All Active members will take the PRPFT once per semester. A company PRPFT will be conducted at the beginning of each semester within 3 weeks of the first day of classes. All actives are required to attend the company PRPFT test. All active enlisted and NCOs must score >180 with a score of 60 in each event, all Officer/Warrant Officers must score a minimum of 60 in each event, and a composite score of >200. If said member is a NOGO after the company PRPFT test they will schedule an Individual PT test through the 1SG. Members will have an entire semester to pass the PRPFT with 180/200. After the first semester, if said member still has not passed the PRPFT they will be placed on probationary status for second semester. If after the second semester the member still has not passed the PRPFT with a 180/200 they will be placed on inactive status. Scores will be referenced under **Appendix B**.
2. PT tests will be conducted with *at least* 3 active members (1 must be 1SG) present *not* taking the PT test to supervise/witness and assist in proctoring and grading.
3. Male Standards (non Officer/Warrant Officers) 42 PU/53 SU/15:54 two-mile
4. Male Standards (Officer/Warrant Officer) 42 PU/53 SU/15:54 two-mile.

1. Female Standards (non Officer/Warrant Officers) 19 PU/53 SU/ 18:54 two-mile
2. Female Standards (Officer/Warrant Officers) 19 PU/ 53 SU/ 18:54 two mile
3. All current Officer/Warrant Officers must pass with a score >200. All promotions and job promotions to the rank of Officer/Warrant Officer will not take effect until the PT test is complete with a 200 or above if the said member’s score was <200
4. PT and PRPFT tests will be conducted IAW PRM 1-2
5. PRPFT cannot be held within 1 week of an Air Force or Army PT test. In cases such as these the CO may grant a time extension for the company
6. Musical devices will be allowed only with headphones and for the two-mile run
7. Participants must wear a PT belt if running outside while conducting the PRPFT

**Appendix B**

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