



USMC Physical Fitness Test Information

Brief to DACOWITS

Marine Corps

Training and Education Command

Force Fitness Division

11 December 2018



Physical Fitness Tests

8.a. What are the physical Fitness test requirements for your Service?

- Marines are required to take a Physical Fitness Test (PFT) and a Combat Fitness Test (CFT) annually.
 - The PFT consists of three types of events:
 - Upper body strength (maximum repetitions of either push-ups or pull-ups)
 - Core body strength/endurance (maximum repetitions of crunches in two minutes)
 - Aerobic endurance (timed 3 mile run or 5k row)
 - The CFT consists of three types of events:
 - Anaerobic endurance (timed 880yd sprint – Movement to Contact)
 - Upper body strength (maximum repetitions of 30 pound press – Ammo Can Lift)
 - Multimodal fitness (timed 300yd shuttle run – Maneuver Under Fire)
- Military Occupational Specialty Specific Standards (MSPS) (eg. Vehicle Casualty Evacuation, Load Artillery Rounds) are required for specified physically demanding MOSs. MSPS are occupation specific, operationally tests which are gender/age neutral and based on actual, regular and recurring MOS physical demands.



Physical Fitness Tests

8.b. How are the physical fitness tests graded?

- Events are graded based on time to perform or number of repetitions performed.
- Times/repetitions are mapped to a numerical score based on gender and age normed tables Individual event scores are aggregated to yield a final score.
- Final scores are categorized as 1st, 2nd or 3rd class.
- Any failure of an individual event results in the failure of the over-all test.

8.c. What physiological science went into determining the requirements and scoring of physical fitness tests?

- Events were chosen to meet the testing requirements specified in the DODINST 1308.3, "DoD Physical Fitness and Body Fat Program Procedures," November 5, 2002.
- Events were selected to minimize injuries, minimize influence of skill, and maximize ease of administration.
- Standards were based on historical performance data based on age and gender. The maximum score for each event (100 points) was set to the 90th percentile of the population and the minimum score was set to the 2.5th percentile (50 points).



Physical Fitness Tests

8.d. When was the last time the physical fitness test was changed? What prompted the change?

- In January 2018, USMC made a change to allow younger Marines to opt to perform the 5km row instead of the 3 mile run if they are temporarily unable to run and if cleared by a medical provider. This was prompted to allow more Marines to complete a full PFT and not a partial PFT, while still measuring aerobic capacity. In 2017, rowing was implemented as an alternative to running for Marines aged 46 or older only.
- In an effort to improve USMC fitness across the Marine Corps, Commandant directed increased the standards of the pull-ups and push-ups for selected gender/age groups. These changes will take effect 1 January 2019.

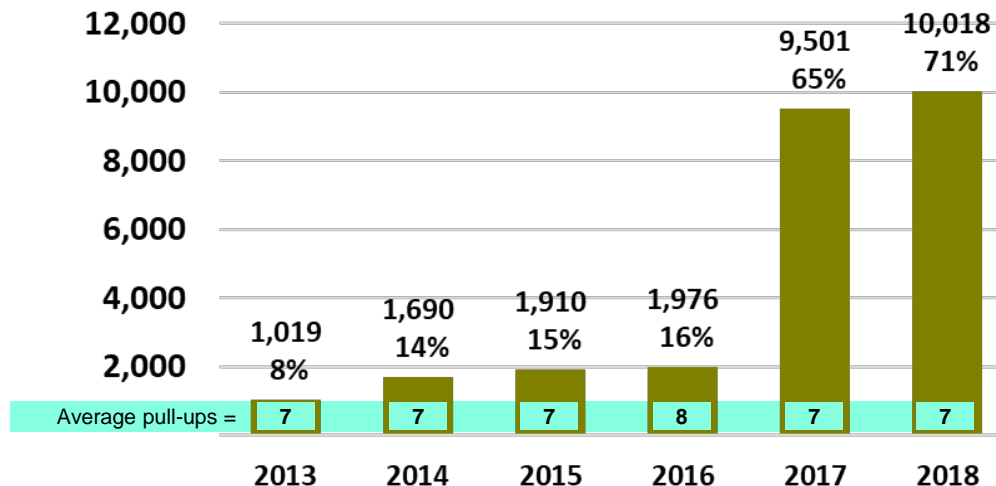
8.e. Are there any changes coming to the physical fitness tests in the near future?

- Yes, the amount of rest a Marine has in between events of the CFT will be changed from a minimum of 5 minutes to an exact 3 minutes.
- FFD is conducting a study on the use of a “plank” as an alternative to crunches.



Female Marine Pull-ups

Number of Female Marines Electing Pull-ups on PFT 2013-2018*



* From 2013-2016, Female Marines had the option of doing the Flexed Arm Hang (FAH) or Pull-ups on the PFT.

- Both events offered a pathway to 100 pts on the event (FAH max=70 secs, Pull-up max=8 reps).
- Most Female Marines in these years who elected Pull-ups were those who knew they could do ≥ 8 pull-ups since 100 pts was available on the easier FAH event.
- In 2018, Female Marine pull-up propensity continues to increase with average remaining consistent.
- Entry Level Training pull-up propensity for females in Entry Level Training in 2017 ranges from >95% in OCS/TBS to 71% in recruit training.



Physical Fitness Tests

8.f. How are the physical fitness tests related to promotion?

- Promotions to the grade of E-2 through E-5 are based on “Composite score.” One of the components of the composite score is related to performance on the PFT and CFT.
- Physical fitness test score do not directly factor into promotion for all other grades. Each board varies in their emphasis on PFT and CFT scores.

8.g. Are physical fitness test score reflected on performance evaluations? If so, provide details (e.g. Actual score, pass/fail, coding, etc).

- Yes, a code indicates the class level of the most recent test along with the actual score.