

# DACOWITS RFI 8

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# DACOWITS – RFI Subject (RFI 8)

**What are the physical fitness test requirements for your Service?**

- **All Active and Reserve Navy personnel shall meet a minimum physical fitness standard to maintain Fleet readiness.**
- **The Navy Physical Fitness Assessment consists of:**
  - **Medical screening (Physical Health Assessment, NAVPERS 6110/3 Physical Activity Risk Factor Questionnaire, and pre-physical activity questions).**
  - **Body Composition Assessment (BCA) (Height for Weight, Abdominal Circumference, and Body Composition Measurement).**
  - **Physical Readiness Test (Cardio-respiratory, muscular strength, and endurance events).**



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**How are the physical tests graded?**

- **Body Composition Assessment: Graded as Pass/Fail.**
- **Physical Readiness Test (PRT): Graded in 5 scoring categories:**
  - **Outstanding**
  - **Excellent**
  - **Good**
  - **Satisfactory/Probationary**
  - **Failure**



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**What physiological science went into determining the requirements and scoring of physical fitness tests?**

- **Performance requirements and scoring are developed by the Naval Health and Research Center (NHRC).**
  - **Research studies are performed fleet wide to determine:**
    - **Validity of the exercise modality**
    - **Efficiency of the exercise modality**
- **The results of these studies are then used to determine the scoring norms for fleet use.**



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**When was the last time the physical fitness test was changed?**

- **2015: 3-step BCA methodology and age-graduated body fat standard are introduced.**
- **2016**
  - **Performance Scoring Tables are updated.**
  - **Command Fitness Leader re-certification.**
  - **Nutrition counselling required for BCA failures and those exceeding the age-graduated BCA standard.**
- **2017**
  - **Post-partum Sailors receive 84 days and six months exception from Physical Fitness Assessment (PFA) requirement.**



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- **2018**
  - PFA is “incentivized” allowing Sailors maintaining an Excellent-low PRT score and within age-graduated body fat standards to “validate” and skip the next PRT.
  - Elliptical removed as an alternate cardio modality.
  - Post-partum Sailors now receive nine months from child birth exemption from the PFA. (Calculated month for month).

**Are there any changes coming to the physical fitness test in the near future?**

- **None at this time.**

**How are the physical fitness tests related to promotion?**

- PFA scores are documented on all Fitness Reports and Evaluations (FITREP and EVALS).
  - Respective selection boards for promotion/advancement review the members FITREP/EVAL.
  - Members with a current PFA failure cannot be frocked if selected for advancement until passing a mock PFA within standards.





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

- **Physical fitness test scores are documented by code in block 20 of Fitness Reports and Evaluations.**
- **The codes used are:**
  - **P - Passed both BCA and PRT.**
  - **B - Passed the BCA but was authorized non-participation in the PRT for other than medical waiver.**
  - **F - Overall PFA failure.**
  - **M - Medically waived from the entire PFA.**
  - **W - Passed BCA but medically waived from 1 or more PRT events or waived from the BCA but passed the PRT.**



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# Questions?

