



**DEFENSE ADVISORY COMMITTEE ON WOMEN IN THE
SERVICE (DACOWITS)**

RFI #7 - USMC Physical Fitness Standards update

21 Nov 2022



DACOWITS RFI #7

(Physical Fitness Standards)

RFI 7.a: Provide all changes and modifications to your Service's physical fitness instructions since March 2019, to include any updates to body composition measurements (e.g., height, weight, and body fat). In addition, provide the justification for each change/modification that have been implemented since March 2019.

Change: Plank in lieu of crunches on PFT.

Justification: Plank is a more functional, comprehensive, and safe assessment of core muscular endurance and enhance readiness.

Change: Expansion of post-partum exemption from fitness test and body composition standards from 9 to 12 months.

Justification: Reduce risk of post-partum injury (eg. diastasis rectii) and enhance readiness.

Change: Development of pregnancy and post-partum physical training guidelines.

Justification: Align with modified American College of Obstetrics and Gynecology and American College of Sports Medicine guidelines and enhance readiness.

Change: Incorporation of advanced body composition estimation technology and modification of body fat allowance for female Marines.

Justification: Advances in human performance technology and results of US Army Research Institute of Environmental Medicine / Training and Education Command study.



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RFI 7.b: Based on the newly revised DoDI 1308.3, what changes or modifications to your Service's physical fitness instruction have been or will be updated in the future?

Response: The Marine Corps is in compliance with the newly revised DoDI 1308.3. USMC human performance standards are in a constant state of analysis, assessment and modification when warranted. This effort is conducted in partnership with internal and external research agencies.