

MAR 18 2024

DIRECTOR OF ATHLETICS INSTRUCTION 6100.1A

Subj: UNITED STATES NAVAL ACADEMY PHYSICAL EDUCATION GRADUATION
REQUIREMENTS

Ref: (a) DIRATHINST 6110.2D Midshipmen Physical Fitness Assessment
(PFA) Procedures
(b) OPNAVINST 6110.1K Physical Readiness Program
(c) USNAINST 5420.24G Policies and Procedures Governing the Academic
Board
(d) ACDEANST 5700.2H Semester Study Abroad Program Guidelines

Encl: (1) Graduation Requirements
(2) Physical Education Requirements by Class
(3) Physical Education Curriculum Summary
(4) Physical Education Grading, Deficiencies, Validations,
Deferrals and Incompletes
(5) Physical Education Academic Boards
(6) Physical Education Academic Boards Matrix

1. Purpose. To delineate Physical Education requirements necessary
for graduation and to establish related policy.

2. Cancellation. DIRATHINST 6100.1.

3. Applicability. Provisions of this instruction apply to all
Midshipmen. Midshipmen who are unable to meet the requirements are
subject to separation from the Naval Academy.

4. Background. Physical readiness is a key component of the Naval
Academy's mission (to "develop Midshipmen morally, mentally and
physically"). It is the linchpin to today's Midshipmen becoming
tomorrow's military leaders of character, who can readily assume the
demanding responsibilities of command and citizenship associated with
the defense of our nation. Mission readiness and operational
effectiveness are built on physical fitness. Naval Officers who are not
physically fit cannot be effective leaders. Physical fitness results in
the mental alertness and physical stamina demanded of leaders in the
Naval Service.

5. Discussion. Midshipmen are required to establish a personal
physical fitness program of regular exercise that ensures a high
level of personal physical readiness. This program is designed to

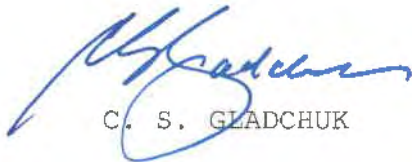
improve cardiorespiratory fitness, increase muscular strength, improve endurance and flexibility, and maintain proper body composition. As part of this program, each Midshipman must complete and demonstrate ability in combative skills, swimming, and personal conditioning. Further, each Midshipman must successfully pass the Physical Fitness Assessment (PFA) each semester.

6. Graduation Requirements. The Physical Education requirements specified in this instruction delineate standards and activities that every Midshipman must successfully complete in order to graduate. The Physical Education requirements for graduation are listed in enclosure (1), and the requirements by class are set forth in enclosure (2). The Standard Physical Education Curriculum is summarized in enclosure (3). Grading procedures are described in enclosure (4). Midshipmen who are deficient in the Physical Education requirements are subject to the deficiency procedures and review boards described in enclosure (5).

7. Action. Director of Physical Education shall:

- a. Implement all aspects of the PE curriculum.
- b. Ensure instructors are available to assist and provide guidance to Midshipmen in any of the areas addressed in this instruction.

8. Implementation. The standards to successfully fulfill the Physical Education requirements for graduation from the United States Naval Academy are effective immediately. Midshipmen who are deficient in the Physical Education requirements are subject to the deficiency procedures and review boards described in enclosure (5).



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GRADUATION REQUIREMENTS

Every Midshipman must pass the following Physical Education (PE) courses/qualifications, and have a passing score for the PFA for every semester as a requirement for graduation.

All Midshipmen should know their personal PE status at all times. Senior Enlisted Leaders (SEL) are charged to maintain a clear status on each Midshipman in their company on behalf of their Company Officer, as assisted by their Midshipman Company Physical Mission Officer (PMO).

1. **Combatives:** A Midshipman must receive a passing grade for each of these events.

Must Be Completed

Boxing: Demonstration of basic skills	3rd Class Year
Wrestling: Demonstration of basic skills	3rd Class Year
Martial Arts: Demonstration of basic skills	2nd Class Year*

*Unless away from USNA on Service Academy Exchange Program (SAEP), in which case they will complete 1st Class Year.

2. **Swimming:** Every Midshipman must successfully complete each USNA swim class and complete the requirements for a NAVY 3rd class swim qualification.

3. **Personal Conditioning:** A Midshipman must receive a passing grade for the class.

Personal Conditioning

4th Class Year

4. **Physical Fitness Assessment (PFA):** The Naval Academy Physical Fitness Assessment consists of a Body Composition Assessment (BCA) and a Physical Readiness Test (PRT). The PRT consists of plank, cadence push-ups, and a 1.5-mile run. Midshipmen are required to pass a PFA for every semester of enrollment or they will be considered deficient. Reference (a) contains a detailed PFA discussion.

a. BCA Standards (Maximum Body Fat Percentage)

- 1) **Male:** 22%
- 2) **Female:** 33%

b. PRT Standards (Minimum Passing Score)

- 1) **Plank:** 1:45 (Male/Female)
- 2) **Push-ups (2-minutes):** 35 (Male) / 20 (Female)
- 3) **1.5-mile Run:** 10:30 (Male) / 12:40 (Female)

PHYSICAL EDUCATION REQUIREMENTS BY CLASS

Curriculum: The Physical Education curriculum is composed of four major areas: Combatives, Swimming, Personal Conditioning, and Lifetime Recreation Electives.

Combatives - Midshipmen receive instruction in Boxing, Wrestling and Martial Arts.

Swimming - Midshipmen expected to develop appreciation and understanding of movement in water. Ultimately, midshipmen will be able to not only help themselves, but others in any critical situation in and around water. Midshipmen attain proficiency in Basic Stroke Skills, Endurance Swimming and Water Survival Techniques.

Personal Conditioning - Midshipmen receive instruction in Physical Fitness methods, exercise physiology, nutrition and exercise prescription. This program prepares Midshipmen to be proficient in developing a fitness training program for themselves and their personnel.

Lifetime Recreation Electives - First Class Midshipmen are provided an opportunity to develop skills in recreational activities that promote a healthy lifestyle.

Course Requirements:**Fourth Class**

Swimming - 16 lessons in which all swimming and survival skills must be passed to complete the course. Midshipmen are required to perform the following skills: A 200-meter swim in 5:12 minutes or faster, an elementary backstroke series in 11 strokes or less covering 25 meters (the width of the pool), a breaststroke series in 11 strokes or less covering 25 meters (the width of the pool), a 5-meter jump for pass/fail, and swim 40 feet underwater from a surface dive for pass/fail. The course grade is determined by the PFA and performance on each test administered.

Personal Conditioning - 16 lessons in which Midshipmen must demonstrate that they have the knowledge to personally condition themselves, and understand the health benefits of lifetime physical fitness as it relates to military life and their responsibilities as future Naval Officers. The course grade is determined by the PFA, class participation, class assignments, and written exams.

Third Class

Boxing - 8 lessons in which Midshipmen learn both offensive and defensive skill development. Midshipmen are graded based upon how well they perform sparring two one- minute rounds using all of the techniques taught. Course grades are determined based upon the PFA, a Midshipman's form, offense, defense, fortitude, and ring craftsmanship.

Wrestling - 8 lessons in which Midshipmen learn skills from the neutral offensive and defensive position. Course grades are determined based upon the PFA, the Midshipman's aggressiveness and ability to perform take-downs, rides, pins, escapes, and reversals.

Swimming - 16 lessons in which all swimming and survival skills shall be passed to complete the course. Midshipmen are required to perform the following skills: A 400-meter swim in 11:00 minutes or faster, a sidestroke series of 11 strokes or less covering the 25 meters (the width of the pool) a 100-meter subjective crawl stroke (technique test), swim 50 feet underwater in camouflage uniform pass/fail, a 3-minute trouser inflation for pass/fail, a 10m tower jump, and the NAVY 3rd Class Swim Qualification. The course grade is determined by the PFA and skill proficiency.

Second Class

Swimming - 8 lessons in which all swimming and survival skills must be passed to complete the course. Midshipmen are required to perform the following skills: A 30-minute swim in khaki uniform covering a minimum of 1000 meters rounding buoys placed in the water, and a 2-minute uniform inflation test. The course grade is determined by the PFA and skill proficiency.

Martial Arts - 16 lessons in which during the initial 8 weeks, the Midshipmen integrate their physical, moral and mental development by reinforcing the character development curriculum in a highly stressful and physically taxing martial arts environment, with a strong focus in standing and control techniques. The second 8 weeks the Midshipmen progress to a higher level of Martial Arts with a focus in ground fighting techniques. Character tie-ins center on determination of the appropriate level of force for the situation. The course grade is determined by the PFA, and how well the Midshipman performs 23 martial arts skills.

First Class

Lifetime Recreation Electives - 16 lessons each semester. The course grade is determined by the PFA, and the skills proficiency obtained in the class, all assignments and written exams. The electives offered are: Advanced Boxing, Climbing (Intro), Climbing (Advanced), First Aid, Fitness, Fitness Testing and Assessment, Golf, Gymnastics, Kayaking, Martial Arts (Advanced), Pickleball, Squash, Swim Conditioning, Tennis, Triathlon, Volleyball, and Weightlifting.

PHYSICAL EDUCATION CURRICULUM SUMMARY**FALL****4th Class**

Swimming (PE1XX) 16 lessons

3rd Class

Boxing (PE2XX) 8 lessons

Wrestling (PE2XX) 8 lessons

2nd Class

Swimming (PE3XX) 8 lessons

1st Class

Lifetime Recreation (PE4XX)

Elective 16 lessons

SPRING**4th Class**

Personal Conditioning (PE1XX) 16 lessons

3rd Class

Swimming (PE2XX) 16 lessons

2nd Class

Martial Arts (PE3XX) 16 lessons

1st Class

Lifetime Recreation (PE4XX)

Elective 16 lessons

Note: If on SAEP (Fall, 2nd Class year):

1. Before leaving USNA, ensure that you are registered for PE399F, section 999EX.
2. PE399F, section 999EX, consists of a general elective (66%) and the PRT (34%). The PE elective course taken at other Academies will serve as the Fall Semester general elective grade. The most recent PRT score (Spring Semester, 3/C year) will be carried forward and will serve as the Fall Semester PRT grade.
3. Take PE301 (Swimming) during Fall, 1/C Year.

Note: If on SAEP (Spring, 2nd Class year):

1. Before leaving USNA, ensure that you are registered for PE399S, section 999EX.
2. PE399S, section 999EX, consists of a general elective (66%) and the PRT (34%). The PE elective course taken at other Academies will serve as your Spring Semester general elective grade. This elective will also take the place of one of your USNA 1/C PE electives. The most recent PRT score (Fall Semester, 2/C year) will be carried forward and will serve as the Spring Semester PRT grade.
3. Upon returning to USNA in the Fall of your First Class year, you must register for a 1/C PE Elective. This will be your one and only 1/C Elective taken at USNA.
4. In the Spring Semester, you will register for PE302 Martial Arts. When you pre-register for PE302, the Registrar's Office should already have you pre-registered for that course. If not, please contact the Academic Scheduler at acsched@usna.edu to pre-register for PE302. You are not able to preregister for this course on your own.

PHYSICAL EDUCATION GRADING
(DEFICIENCIES, VALIDATIONS, DEFERRALS, AND INCOMPLETES)

PE GRADING

PE grades are weighted in a Midshipman's overall order of merit (OOM). A Midshipman's PE semester grade is determined by combining the PE course grade with the PFA score. The PFA counts for 1/3 of the semester PE grade.

The minimum passing grade for all PE courses, including the PFA, is 60.0. A Midshipman falling below the 60.0 minimum grade or failing to successfully perform all of the PE course skills will receive a failing grade of "F" in PE for the semester. Midshipmen will automatically receive a grade of "F" or Incomplete "I" upon their third absence.

PE DEFICIENCIES

Midshipmen are expected to meet all graduation requirements, progressing each year in concert with their class. PFA deficiencies are specifically discussed in reference (a). Midshipmen who have attempted and failed elements of their class requirements are considered True Failures and will receive an "F" for that semester's class. Midshipmen must retake and remediate any required course requirements in which they have received an "F." A successful remediation of an Academic PE True Failure will result in a maximum grade of 60, or a minimally passing "D." Second semester First Class Midshipmen who have not completed the PE requirements prior to the end of February may face review by the Physical Education Review Board.

VALIDATION

Midshipmen are allowed to test to validate fourth, third, and second-class swimming on the first day that their swim class meets. A Midshipman must score 80% or better on the swim test to validate the class. Midshipmen may also validate boxing and wrestling by demonstrating to the instructor superior knowledge of the skills.

COURSE DEFERRALS

All Midshipmen shall attend, actively participate in PE classes, and be responsible for successfully completing all Physical Education requirements for graduation. Midshipmen may request and receive an excusal from portions of individual classes from their instructor at the request of their team head coach, based on varsity or club A athletic competition and training schedules. Every effort shall be made to complete the PE class on schedule within the PE course matrix. Any variations to the PE class schedule must be approved by the Director of Physical Education.

INCOMPLETES

The Head, Physical Education Department may determine if medical or other extraordinary circumstances including, but not limited to, movement orders or Club sports teams in preparation for tournaments or national championships at the end of the season, should warrant an excusal from the requirements and therefore issue a grade of Incomplete ("I"). An "I" should be entered for Midshipmen who have been granted a deferral. If an Incomplete is issued due to a deferral, a clear explanation must be provided, e.g.: "Medical - expected resolution (date)" or "Varsity Basketball."

Incomplete course requirements must be satisfied no later than thirty (30) days from date of medical chit expiration or date of completion of the athletic season. In other extenuating circumstances as approved by the Head, Physical Education Department, Midshipmen may be granted thirty (30) days from the first day of classes in the following semester in order to account for Midshipmen absence from USNA during summer training blocks. Incomplete PFA requirements are covered in reference (a). Midshipmen who do not meet this thirty-day period will become "Marking Office Failures" and receive a grade of 0 for their deficiency and may be reviewed by the PE Evaluation Board (PEEB).

PHYSICAL EDUCATION ACADEMIC BOARDS

In order to ensure that Midshipmen who are deficient in PE are quickly identified and provided appropriate remediation to assist them in correcting their deficiency, a series of Review Boards is established. The Physical Education Academic Board is conducted in accordance with reference (c). In general, Midshipmen deficient in PE will be disenrolled by the Academic Board unless retained by one of the Review Boards. The composition and general purpose of each Review Board is as follows.

1) Physical Education Evaluation Board (PEEB):

The Physical Education Evaluation Board convenes periodically throughout the academic year and at the end of each semester to review the status of all Midshipmen with Physical Education deficiencies.

Membership of the PEEB includes:

- (1) Deputy Director, Physical Education Department (Chair)
- (2) Physical Education Marking Officer
- (3) Physical Education Remedial Officer
- (4) Physical Education Liaison Officer

2) Physical Education Review Board (PERB):

The Physical Education Review Board convenes periodically throughout the academic year to review the Physical Education deficiency records of Midshipmen who have been forwarded by the PEEB. The PERB is chaired by the Head, Physical Education Department. The PERB may issue Letters of Probation (LOP) to deficient Midshipmen, or forward certain cases to the Athletic Director and Commandant Review Board

Membership of the PERB includes:

- (1) Head, Physical Education Department (Chair)
- (2) Deputy Commandant of Midshipmen
- (3) Deputy Director, Physical Education Department
- (4) Physical Education Marking Officer
- (5) Brigade Medical Officer
- (6) Physical Education Remedial Officer
- (7) Physical Education Liaison Officer

3) Athletic Director and Commandant Review (AD/DANT Review):

The Athletic Director and Commandant (AD/DANT) Review convenes as requested by the PERB to review the Physical Education deficiency records of those Midshipmen who have been forwarded by the PERB. The Athletic Director and Commandant may:

- (1) Forward the Midshipman to the USNA Academic Board for review.
- (2) Take no action on a record (results in the record being sent to the Physical Education Review Board).
- (3) Remove a record from consideration by the Physical Education Academic Board for special circumstances and issue a Letter of Instruction (LOI).
- (4) Continue a Midshipman's previous probation due to extenuating circumstances.
- (5) Direct a review of the Midshipman's medical history to determine suitability for continuation as a Midshipman, graduation and/or commissioning.

Membership of the AD/DANT Review includes:

- (1) Commandant of Midshipmen (Chair)
- (2) Director of Athletics
- (3) Head, Physical Education Department
- (4) Deputy Director, Physical Education Department
- (5) Physical Education Marking Officer
- (6) Physical Education Remedial Officer
- (7) Brigade Medical Officer

4) Physical Education Academic Board:

The Physical Education Academic Board will review PE-deficient Midshipmen referred to them by the AD/DANT Review for disenrollment or retention. Special emphasis shall be placed on review of Third-Class Midshipmen who have PE deficiencies as to their suitability for continuation as Midshipmen and their upcoming "2 for 7" commitment. All First-Class Midshipmen who are still PE deficient at the end of February will be forwarded to the Physical Education Academic Board for continuation or disenrollment unless a waiver is granted for the deficient graduation requirement(s).

PHYSICAL EDUCATION ACADEMIC BOARDS MATRIX

The Physical Education Academic Board matrix listed below indicates the initial level board a Midshipman's record will be reviewed. That board reserves the right to forward a Midshipman to a higher board to address a trend of PE deficiencies or address suitability for graduation and commissioning.

PEEB

- 1x PFA failure
- 3/C and 4/C PE Class deficiencies

PERB

- 2x PFA failures
- 1/C and 2/C PE Class deficiencies

Athletic Director/Commandant Review Board

- As Determined by the PERB

PE AC Board

- 3x or more PFA failures

Note: Midshipmen who report on Induction day over BCA standards or who fail the Initial Strength Test (IST) will receive a Letter of Warning from the PEEB in order to document their initial deficiencies.