

PRT Program Gets an Overhaul

In response to feedback from the fleet, the Navy is making major changes to the Physical Readiness Test (PRT) standards. Beginning in October 2002, age groups will be in five-year increments instead of the current 10-year groups, and the overall score will be based on an average of individual event scores.

The revised Physical Readiness Program instruction (OPNAVINST 6110.1G) is not finalized; however, the new PRT scoring table is available at www.mwr.navy.mil/mwrprgms/missup.htm

The new instruction will also establish a probationary performance category. Sailors whose overall score falls into this category will be enrolled in their command's Fitness Enhancement Program (FEP). Under the current system, a score of Satisfactory/Marginal on any individual event is cause for enrollment in FEP.

As opposed to the old system of cumulative point totals, the system of averaging scores will better reflect Sailors' level of fitness.

Another major change is that age groups will be in five-year increments (20-24, 25-29, etc.) rather than the 10-year groups under the current instruction. Scoring will be comparable to current standards.

Although changes to the test are of primary interest to Sailors, they shouldn't lose sight of the fact that the purpose of the Physical Readiness Program is to promote fitness and good health.

For information on the Navy Physical Readiness Program, go to www.mwr.navy.mil and go to the "Select Your Page" on the pull-down menu.



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