



**NSCC/NLCC
PHYSICAL READINESS
TESTING NOTEBOOK**

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GENERAL INSTRUCTIONS FOR THE PRT NOTEBOOK

This notebook contains PRT information for boys and girls ages 10-18. It was done to make administering the PRT easier. Passing the PRT with minimums is a requirement for promotions and to attend trainings.

YOU MUST PASS ALL THREE EVENTS AT THE SAME TIME AT THE SAME LEVEL OR HIGHER TO QUALIFY FOR AN AWARD.

(Example: score Presidential in 3 events, National in 1 event, and Minimums in 1 event. Award = Minimums.)

**AWARDS: National Level – Physical Fitness Ribbon
Presidential Level – “E” appurtenance for ribbon**

The tools included are:

Unit Record Keeping Sheet – This makes it easier for a unit to keep track of when they administered the test and who passed. Standards at a glance for each gender are included.

“How to” for all 3 events – for those running the events so they can correctly explain how to do them. Events are the same for all ages and genders.

Adult Fitness Standards – to challenge **YOU!**

DIRECTIONS FOR HELPING THOSE WHO DO NOT PASS THE PRT:

SIT-UPS: AT LEAST TWICE PER DAY HAVE THEM DO AS MANY SIT-UPS AS THEY CAN AS FAST AS THEY CAN IN THIRTY SECONDS. **MAKE SURE THEY DO THEM CORRECTLY!** AFTER DOING THEM, HAVE THEM STRETCH OUT THEIR ABS FOR 30 SECONDS BY LYING ON THEIR STOMACH AND PUSHING UP THEIR CHEST UNTIL ARMS ARE STRAIGHT.

PUSH-UPS: AT LEAST TWICE PER DAY HAVE THEM DO AS MANY PUSH-UPS AS THEY CAN AS FAST AS THEY CAN. (THIS IS NOT TIMED). IF HAVING TROUBLE HOLDING BODY STRAIGHT, DO AGAINST A WALL, THEN TRY ON A STAIR, AND FINALLY ON THE FLOOR. **MAKE SURE THEY DO THEM CORRECTLY!** THEN HAVE THEM HOLD THE 90° ANGLE ARM POSITION OF THE PUSH-UP FOR 30 SECONDS. STRETCH OUT EACH ARM AFTER WORKOUT FOR 15 SECONDS.

1-MILE RUN:

At school track facility:

DAY 1: POWER-WALK THE STRAIGHTS OF THE TRACK, JOG THE CURVES. (4 LAPS)

DAY 2: JOG THE STRAIGHTS, POWER-WALK THE CURVES. (4 LAPS)

DAY 3: SPRINT THE STRAIGHTS; JOG THE CURVES (4 LAPS)

DAY 4: JOG 5 LAPS

DAY 5: REST

DAY 6: RUN THE MILE

Cadets Having Disabilities and/or Other Limitations

The NSCC Medical Reference, Policy and Procedures Manual refers to:

DOD Directive 1020.1, Nondiscrimination on the Basis of Handicap in Programs and Activities Assisted or Conducted by the Department of Defense, is the basic implementing directive for DOD compliance with the Rehabilitation Act, Section 504. It states that no qualified handicapped person in the United States shall on the basis of handicap be excluded from participation in, denied the benefit of, or otherwise subjected to discrimination under any program or activity conducted by the Federal Government or receiving Federal financial assistance. The definitions set forth in the DOD Directive are incorporated in NSCC's Medical Reference, Policy and Procedures Manual.

The NSCC receives federal funds in support of Sea Cadet training and must ensure adherence to the provisions of these Acts. To this end the NSCC is committed to accommodate the needs of youth with disabilities. Through sincere effort and positive attitude towards inclusion of youth with disabilities the NSCC achieves compliance with the ADA.

In NSCC's Medical Reference, Policy and Procedures manual, the NSCC establishes its' policy that no applicant meeting NSCC's minimum age requirement will be denied membership in NSCC on the basis of race, sex, color, religion, national origin, or disability. It is the policy of the Naval Sea Cadet Corp (NSCC) that no member shall be excluded from participating in, denied the benefit of, or subjected to discrimination in any NSCC program or activity on the basis of race, sex, color, religion, national origin, or disability. Specifically, to ensure compliance:

For any youth wishing to enroll in the NSCC, but having a medical condition or disability that prevents full, unlimited participation, the NSCC will participate in an interactive process with the parents/guardians of the cadet to formulate a reasonable accommodation plan which will allow the cadet to participate in the program to the maximum extent possible. The parent/guardians are responsible for initiating the accommodation request, unless the determination that the cadet cannot participate in an activity is made by the Unit CO or other NSCC officer in the chain of command. When NSCC makes a determination that the cadet is unable to participate in an activity, or participation should be limited, the Unit CO will initiate the reasonable accommodation process. Unit CO's will assist in working with parents/guardians in developing both the request and a plan for accommodation agreeable to all parties. The NSCC form for requesting an accommodation is in the NSCC Medical Reference, Policy and Procedures Manual.

As part of the accommodation plan developed by the parent and cadet, and the Unit CO, alteration/modification of NSCC's physical fitness standards may be required. In lieu of requirements as contained in this PRT notebook, it may be that for those in need, participation and PRT testing be entirely waived. Or in order to maintain a meaningful experience for cadets requiring accommodation, substitutions, within their capabilities of the cadet being accommodated, may also be made.

The President's Challenge includes provisions for these substitutions within their "Active Lifestyle" Challenge Program for anyone who can't do the regular physical fitness programs or testing. The website is: www.presidentchallenge.org under the Active Lifestyle link.

NSCC ADULT CRITERIA FOR WEAR OF THE PT RIBBON

(Encl (2) to NSCC Action Letter 1-07)

Criteria is based on the Presidents Fitness Program for Adults and the level used is moderate on a five point scale of very high, high, moderate, low and very low. The flexibility component models NAVY. NSCC adults are reminded of their charge to model good behavior with cadets, and promoting physical fitness is considered modeling good behavior. However, adults should sufficiently practice ahead of time before taking these tests so as to preclude any personal injury that might occur as a result of prolonged inactivity prior to the test. Just going out and doing it without any preparation, and suffering personal injury, is not modeling the best of behavior the NSCC would hope for!

There are three elements to the test. Test is to be completed and scored in the presence of another NSCC adult and upon successful completion the PT ribbon may be worn. Upon successful completion adults are encouraged to maintain the level of fitness they have achieved.

PHYSICAL FITNESS COMPONENT BEING TESTED: **CARDIORESPIRATORY ENDURANCE**
TEST: **1.5 MILE RUN/WALK**

Instructions: Warm up and stretch prior to performing this test. Run/walk 1.5 miles as quickly as possible but not to complete exhaustion. Record time. After the test, walk and additional 5 minutes and stretch to cool down. This test is recommended only after 6 weeks of training, since it is an all-out effort.

	Under 30	30-39	40-49	50-59	60+
Male	14	14:45	15:35	17	19
Female	18:30	19	19:30	20	20:30

PHYSICAL FITNESS COMPONENT BEING TESTED: **ABDOMINAL STRENGTH, ENDURANCE**
TEST: **SIT UPS**

Instructions: Lie flat on the back, shoulders touching the floor, knees bent, heels approximately six inches from the buttocks. Place hands by the sides, palms down. Curl upwards, lifting head, shoulders and upper trunk off the ground. Exhale. Hands should slide to mid-knee cap. Return to starting position. Continue until fatigue or time limit of 1 ½ minutes. Test is terminated at point when pause occurs.

	Under 30	30-39	40-49	50-59	60+
Male	30	30	25	20	19
Female	25	25	20	15	15

PHYSICAL FITNESS COMPONENT BEING TESTED: **UPPER BODY STRENGTH**
TEST: **PUSH UPS**

Instructions: Women assume bent knee pushup position; men assume straight leg pushup position. For women, lower entire body until chest touches floor and return to starting position with arms extended. For men, have someone place fist directly below chest and lower until your chest touches fist. Return to starting with arms extended. Test continues until pushups are completed. No pauses are allowed.

	Under 30	30-39	40-49	50-59	60+
Male	35	25	20	15	10
Female	17	12	8	6	3

MODIFIED SIT-UPS (Male and Female)

OBJECTIVE - Number of sit-ups performed in one minute.

EQUIPMENT - Stopwatch. A mat or other clean surface is preferred.

STARTING POSITION - Cadet lies on back with knees flexed at 90 degrees; partner holds feet and counts each correctly performed sit-up. Heels should not be more than 12 inches from the buttocks and the back is flat on the floor. Arms are crossed with hands placed on opposite shoulders, arms close to chest. Hands must remain on the shoulders at all times.

ACTION - Cadet raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (upper back) touch the floor. This constitutes one sit-up.

THE TEST - The timer calls out the signal "Ready? Go." and begins timing one minute. Timer calls out at 30 seconds and again at 45 seconds to help cadets pace themselves. At one minute the timer calls out "Stop". The number of correctly executed sit-ups completed in one minute is the cadet's score. Make sure each cadet knows how many they need to do before they begin.

- RULES** -
1. "Bouncing" off the floor/mat is not allowed. Buttocks must remain on the floor at all times.
 2. The sit-up will be counted only if the cadet (a) keeps hands on shoulders; (b) touches elbows to thighs; and (c) returns to down position with scapula touching floor before curling up again.



PULL-UPS (Male and Female)

Objective: To measure upper body strength/endurance by maximum number of pull-ups completed.

Testing: Cadet hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grip (palms facing away from body) or underhand grip (palms facing toward body). Small cadets may be lifted to starting position. Cadet raises body until chin clears the bar and then lowers body to full-hang starting position. Cadet performs as many correct pull-ups as possible.

Scoring: Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.



OR

RIGHT ANGLE PUSH-UPS (Male and Female)

Objective: To measure upper body strength/endurance by maximum number of push-ups completed.

Testing: The cadet lies face down on the mat in push-up position with hands under shoulders, fingers straight and legs straight, parallel, with the toes supporting the feet. The cadet straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds his/her hands at the point of the 90-degree angle so that the cadet being tested goes down only until his/her shoulders touch the partner's hands, then back up. Push-ups are continued until the cadet can do no more in rhythm, has reached the target number, or stops.

Scoring: Record only those push-ups done with proper form and rhythm.

Rationale: The right angle push-ups are recommended for upper body strength/ endurance testing because the cadet's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those cadets at higher levels of strength/endurance.



ONE-MILE RUN (Male and Female)

OBJECTIVE - Fastest time in minutes and seconds to cover one-mile distance.

EQUIPMENT - Track or safe area marked to equal distance of one mile. Stopwatch.

STARTING POSITION - Cadets assume standing "ready" position at the start of course. More than one cadet at a time can be tested if area permits and an adequate timing and recording system is used.

ACTION - At the signal "Ready? Go", the cadets begin running the mile distance. Fast times are encouraged to meet the set standards.

RULES - Walking is permitted, but cadets should be encouraged to cover the distance in the shortest time possible.

Before administering this test, cadet's health status should be reviewed. Also, cadets should be given ample instruction on how to pace themselves when running this distance against time.



CADET EXERCISE CHART

REFER TO NSCC/NLCC PHYSICAL READINESS MANUAL FOR DESCRIPTION AND CRITERIA FOR EACH EXERCISE.

2. MINIMUM PHYSICAL FITNESS STANDARDS FOR MALE CADETS

AGE	EXERCISE #1 SIT-UPS (1 MINUTE)	EXERCISE #4 ONE-MILE RUN (MINUTES/SECONDS)	EXERCISE #5 PUSH-UPS (NO TIME LIMIT)
10	28	11:40	12
11	29	11:25	14
12	32	10:22	15
13	34	9:45	20
14	36	9:30	20
15	38	9:15	25
16	40	9:00	25
17/18	40	8:45	30

3. MINIMUM PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS

10	26	13:00	9
11	28	12:42	7
12	30	12:24	5
13	32	12:15	7
14	32	12:00	7
15	31	11:45	10
16	30	12:15	10
17/18	29	12:15	10

4. NATIONAL PHYSICAL FITNESS STANDARDS FOR MALE CADETS (RIBBON AWARD)

10	35	9:48	14
11	37	9:20	15
12	40	8:40	18
13	42	8:06	24
14	45	7:44	24
15	45	7:30	30
16	45	7:10	30
17/18	44	7:04	37

5. NATIONAL PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS (RIBBON AWARD)

10	30	11:22	13
11	32	11:17	11
12	35	11:05	10
13	37	10:23	11
14	37	10:06	10
15	36	9:58	15
16	35	10:31	12
17/18	34	10:22	16

6. PRESIDENTIAL PHYSICAL FITNESS STANDARDS FOR MALE CADETS (RIBBON AWARD WITH "E" APPURTENANCE)

10	45	7:57	22
11	47	7:32	27
12	50	7:11	31
13	53	6:50	39
14	56	6:26	40
15	57	6:20	42
16	56	6:08	44
17/18	55	6:06	53

7. PRESIDENTIAL PHYSICAL FITNESS STANDARDS FOR FEMALE CADETS (RIBBON AWARD WITH "E" APPURTENANCE)

10	40	9:19	20
11	42	9:02	19
12	45	8:23	20
13	46	8:13	21
14	47	7:59	20
15	48	8:08	20
16	45	8:23	24
17/18	44	8:15	25