



US Navy Civil Engineer Corps Collegiate Corner



12 May 2015

Greetings!

The end of the Spring 2015 Semester is here! As you finish up your final exams, capstone projects, the Fundamentals of Engineering exam and prepare for a relaxing (hopefully!) summer, please take the time to read the below information and learn more about the Navy's Physical Readiness Test (PRT). With the slower summer days approaching, it pays to stay in shape!

Your Accessions team is here to make sure you are knowledgeable about the CEC and are prepared for the challenges ahead. We send out this newsletter to keep you informed about current events in the CEC, leadership development, and to answer questions you have with regards to the Navy, CEC, Seabees, etc. We look forward to you joining the ranks!

- CEC Accessions Team

LEADERSHIP TRAITS

The Marine Corps uses fourteen traits in defining what qualities all leaders embody and aspire to. In addition to the core Navy values of Honor, Courage, and Commitment, each month we will briefly discuss one of the leadership traits.

Enthusiasm: defined as a sincere interest and exuberance in the performance of your duties. If you are enthusiastic, you are optimistic, cheerful, and willing to accept the challenges.

Suggestions for Improvement: Understanding and belief in your mission will add to your enthusiasm for your job. Try to understand why even uninteresting jobs must be done.

CAREER FOCUS

The **Navy Physical Readiness Test** consists of push-ups, curl-ups (sit-ups), and either running or swimming. In basic training, swimming is not an option. All boot camp recruits are measured by performing push-ups, curl-ups (sit-ups) and running 1 1/2 miles.

Navy Physical Readiness Test Breakdown

1.5-Mile Run

Event consists of running 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete event.

Curl-ups



US Navy Civil Engineer Corps Collegiate Corner



Your score is based on how many curl-ups you can do correctly in two minutes. Resting is permitted.

Push-ups

Your score is determined by how many push-ups you can complete in two minutes. Resting is permitted, but only in the up position.

PRT Scoring

The Navy PFT score is found by averaging the scores of the three fitness events.

For example, let's say a 25-year-old female does 91 curl-ups (sit ups), 26 push-ups, and completes the 1.5-mile run in 15:23. This is worth 85 points for the curl-ups, 65 points for the push-ups, and 55 points for the running event.

To find the average, we...

- 1) Add the Scores Together ($85 + 65 + 55 = 205$)
- 2) Then Divide by 3 ($205/3 = 68$)

This sailor would receive a PRT score of 68, which we can see on the below chart is categorized as "Good."

To pass the periodic Navy fitness test, you need to be in the Satisfactory category, or above, which means you must have an average score of at least 45. Based upon your command and medical situation, you could also take what is known as the "Alternate" cardio instead of the 1.5 mile run. This allows you to either bike or swim instead of the 1.5 mile run. The charts below also show the minimum scores for the swim portion.

Points Assignment Are:



US Navy Civil Engineer Corps Collegiate Corner



PRT STANDARDS FOR FEMALES

"Maximum" is the highest number of points attainable for an event.

Performance Level	Points	Females: Age 17-19 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
"Maximum"	100	109	51	9:29	6:45	6:35
Outstanding	90	102	47	11:30	8:30	8:20
Excellent	75	90	42	12:30	9:45	9:35
Good	60	62	24	13:30	13:00	12:50
Satisfactory	45	50	19	15:00	14:15	14:05
Failure	<45	<50	<19	>15:00	>14:15	>14:05
Females: Age 20-24 years						
"Maximum"	100	105	48	9:47	7:15	7:05
Outstanding	90	98	44	11:30	8:45	8:35
Excellent	75	87	39	13:15	10:00	9:50
Good	60	58	21	14:15	13:15	13:05
Satisfactory	45	46	16	15:30	14:30	14:20
Failure	<45	<46	<16	>15:30	>14:30	>14:20
Females: Age 25-29 years						
"Maximum"	100	101	46	10:17	7:23	7:13
Outstanding	90	95	43	11:45	9:00	8:50
Excellent	75	84	37	13:23	10:15	10:05
Good	60	54	19	14:53	13:30	13:20
Satisfactory	45	43	13	16:08	14:45	14:35
Failure	<45	<43	<13	>16:08	>14:45	>14:35
Females: Age 30-34 years						
"Maximum"	100	98	44	10:46	7:30	7:20
Outstanding	90	92	41	12:00	9:15	9:05
Excellent	75	81	35	13:30	10:30	10:20
Good	60	51	17	15:30	13:45	13:35
Satisfactory	45	40	11	16:45	15:00	14:50
Failure	<45	<40	<11	>16:45	>15:00	>14:50
Females: Age 35-39 years						
"Maximum"	100	95	43	10:51	7:45	7:35
Outstanding	90	88	39	12:08	9:30	9:20
Excellent	75	78	34	13:45	10:45	10:35
Good	60	47	14	15:53	14:00	13:50
Satisfactory	45	37	9	17:00	15:15	15:05
Failure	<45	<37	<9	>17:00	>15:15	>15:05



US Navy Civil Engineer Corps Collegiate Corner



PRT STANDARDS FOR MALES

"Maximum" is the highest number of points attainable for an event.

Performance Level	Points	Males: Age 17-19 years				
		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
"Maximum"	100	109	92	8:15	6:30	6:20
Outstanding	90	102	86	9:00	7:15	7:05
Excellent	75	90	76	9:45	8:30	8:20
Good	60	62	51	11:00	11:15	11:05
Satisfactory	45	50	42	12:30	12:45	12:35
Failure	<45	<50	<42	>12:30	>12:45	>12:35
		Males: Age 20-24 years				
"Maximum"	100	105	87	8:30	6:30	6:20
Outstanding	90	98	81	9:15	7:30	7:20
Excellent	75	87	71	10:30	8:45	8:35
Good	60	58	47	12:00	11:30	11:20
Satisfactory	45	46	37	13:30	13:00	12:50
Failure	<45	<46	<37	>13:30	>13:00	>12:50
		Males: Age 25-29 years				
"Maximum"	100	101	84	8:55	6:38	6:28
Outstanding	90	95	77	9:38	7:38	7:28
Excellent	75	84	67	10:52	8:53	8:43
Good	60	54	44	12:53	11:38	11:28
Satisfactory	45	43	34	14:00	13:08	12:58
Failure	<45	<43	<34	>14:00	>13:08	>12:58
		Males: Age 30-34 years				
"Maximum"	100	98	80	9:20	6:45	6:35
Outstanding	90	92	74	10:00	7:45	7:35
Excellent	75	81	64	11:15	9:00	8:50
Good	60	51	41	13:45	11:45	11:35
Satisfactory	45	40	31	14:30	13:15	13:05
Failure	<45	<40	<31	>14:30	>13:15	>13:05
		Males: Age 35-39 years				
"Maximum"	100	95	76	9:25	6:53	6:43
Outstanding	90	88	70	10:08	7:53	7:43
Excellent	75	78	60	11:23	9:08	8:58
Good	60	47	37	14:08	11:53	11:43
Satisfactory	45	37	27	15:00	13:23	13:13
Failure	<45	<37	<27	>15:00	>13:23	>13:13

This should help many with finding the standards you should reach before your next PFA and prior to going to OCS. It is always recommended to never strive for the minimum physical standards when seeking a profession that requires a fit body to perhaps save your life or the lives of your shipmates. For further questions, Google the Navy's PRT/PFA instruction, OPNAVINST 6110.1j.

PT programs to train for the Navy PRT can be found at the following links:

- Pushups and Sit-ups

- <http://www.military.com/military-fitness/fitness-test-prep/practice-for-perfect-push-ups>



US Navy Civil Engineer Corps Collegiate Corner



- Running

- <http://www.military.com/military-fitness/fitness-test-prep/improving-your-pft-run-time>

CEC COLLEGIATE/OCS NEW MEMBERS



Congratulations to the newest members of the CEC Collegiate and OCS community selected on the April board!

Yonathan Abebe
Justin Austin
Scott Cherry
Joshua Collins
John Dion
Sarah Fyda

Colter Lund
Samuel McCollum
Chad McDaniel
Ryan Mulligan
Angelo Pallotto
Colby Richins

Michael Sadowski
Matthew Sanders
Christopher Stilwill
Juhui Thorn
Emily Wolff
Alberto Zuniga

Recommendations????

Do your research on what it means to be a military engineer and realize the opportunities that being in the military will give you. Reach out to other CECP students and current CEC officers. Stay fit! This is key. Take the time to make personal fitness a priority. This will serve you well not only in your own life with your health but will make OCS that much less painful. Keep it up, your almost there. Enjoy the rest of your time in school and I look forward to seeing you in the field.

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US Navy Civil Engineer Corps Collegiate Corner



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