



NATIONAL HEADQUARTERS  
MARINE CORPS HISTORICAL ASSOCIATION  
463 WEST SECOND AVE., COLVILLE WA 99114

# PHYSICAL FITNESS REQUIREMENTS

## PERSONNEL TO BE TESTED

All REGULAR MEMBERS, regardless of service, grade, gender, physical conditions, or age, will be tested annually within their Unit, or at approved schools..

All "LINE" Marines and Naval personnel directly involved with these Marines in physically demanding operations, here after referred to as "Landing Force" personnel, are required to meet or exceed the minimum Combat Conditioning level, and must meet the minimum score in each area, as well as obtaining the minimum overall required score. Female and other noncombat support personnel will be required to meet the Basic fitness level.

All REGULAR MEMBERS, detailed to a Reconnaissance Marine unit are required to meet or exceed the Excellent Conditioning level, and must meet the minimum score in each area, as well as obtain the minimum overall required score to maintain that impression. Female and those reenactors with Medical Provisions are not permitted to portray this impression regardless of PFT score.

The overall numerical score will be divided into the following categories. The person receiving the highest score annually will receive a certificate of achievement.

OUTSTANDING.....	226 points or above
EXCELLENT.....	176 points to 225 points
VERY GOOD.....	151 points to 17-5 points
GOOD (Combat Conditioning level).....	116 points to 150 points
SATISFACTORY (Basic fitness level).....	81 points to 115 points
FAIR . .....	65 points to 80 points
UNSATISFACTORY.....	64 points or below

## MEDICAL PROVISIONS

1. Any personnel that may have a physical restriction (either temporary or permanent) that prevents them from participating in or completing certain physical activities, will receive a "medical profile". This profile must be signed by the members family doctor, and verified by the MCHA Board, This profile may restrict them from participating with the Detachment as a living historian, and will limit the physical activities they will be allowed to be involved in.
2. Personnel with a medical profile will be required to participate in the testing, but will have the test procedure adjusted to be compatible with their restrictions. Personnel who cannot perform one or more events in the PFT because of a medical reason will take only those test events for which they are medically qualified. In the events taken, the participant will be required to achieve a minimum passing performance in order to pass the partial PFT. Test records will indicate the event or events not taken and whether a temporary or permanent condition was the reason for the partial PFT.
3. Personnel with permanent physical restrictions that prevent them from participating in 2 or more of the 6 required events will be evaluated as to whether they are qualified to continue as "living history" interpreters.
4. Prior to participation in these or any other physical activity with the MCHA each member must review these standards with their own physician. Failure to notify the MCHA Board of any physical or health problem that would be aggravated by participation in these activities, thus endangering themselves and those around them, will result in loss of liability coverage, and absolve the MCHA of any liability responsibility to that individual. In addition they will become subject to disciplinary action or suspension from the organization.

## SPECIAL EQUIPMENT AND AREA

The Physical Readiness Test employs a minimum of special-type equipment in order to permit its use in a wide variety of locations. The following are required:

1. Pull-up/chin-up bar. The diameter of the bar may range from 1 to 3/4 inches. The bar must be high enough to allow the tallest Marine's legs to hang straight. A bench or stool may be used for shorter personnel to reach the bar.
2. A measured 1 1/2 mile course over reasonably level ground (a quarter mile oval athletic track is recommended).
3. A measured 5 mile course over varying terrain.
4. A stopwatch with a sweep second hand.
5. A slightly elevated beam or curb, approximately 4 inches wide and 20 feet long.
6. A duffel or similar type bag, or dummy with a measured weight (100 lbs. or 50 lbs.) of sand or other appropriate filler.

## CONDUCT OF THE TEST

1. The test will be administered by the Training NCO and/or his designees. He will ensure that adequate timers and other supervisory personnel are on hand.
2. All events of the test (with the exception of the 5 mile march) should be completed in a single session of one morning or afternoon. If necessary, due to time constraints or other restrictions, the test may be divided into segments.
3. Scorecards (form 926a) will be filled out on each individual for inclusion in individual training records and service record book.

## TESTING AND SCORING PROCEDURES

### \* UPPER BODY STRENGTH

***Pull-ups: Combat conditioning minimum: 3, Basic fitness level: 2 \****

The participant may be assisted to the bar by a step up, by being lifted, or by jumping. The force of the jump will not be used to continue on into the first pull-up. The bar will be grasped with both palms facing forward (landing force personnel) or to the rear (all others), the arms fully extended, and the feet free of the ground. One repetition consists of raising the body with the arms until the chin is above the bar and lowering it until the arms are fully extended again. Repeat as many times as possible. Kicking motions such as that the feet and/or knees do not raise above the waist level are permitted as long as the pull-up remains a vertical movement. The body will be kept from swinging by an assistant holding an extended arm across the front of the knees of the person on the bar. The participant may rest in the tip or down position but the chin may not be placed upon the bar. There is no time limit to this evolution.

Scoring: five points will be awarded for each pull-up completed. (i.e. 3 pull-ups = 15 points) \* Note: Noncombat support personnel, i.e. Female personnel, etc., may NOT substitute the palms in "chin-ups")

***Push-ups: Combat conditioning minimum: 25, Basic fitness level: 15 \****

The participant will start in the "up" position, arms and back straight. One repetition consists of lowering the body, keeping the back straight, until the chest is within 4 inches of the ground (this can be gauged by an assistant placing their fist on the ground beneath the participant's chest) and pushing back up to the starting position. Repeat as many times as possible. The participant may rest in the up position only. There is no time limit to this evolution.

Scoring: one point will be awarded for each push-up completed. (i.e. 25 push-ups = 25 points) \* Note: Female personnel may NOT utilize the "knee type" push-up.

**\* ABDOMINAL STRENGTH**

**Sit-ups: Combat conditioning minimum: 35 within 2 minutes**

**Basic fitness level: 25 within 2 min.**

The time limit is 2 minutes for this evolution. In the correct starting position, participants are on their backs with knees flexed and both feet on the ground and arms folded across the chest. An assistant may grasp the participant's feet or legs below the knee in whatever manner is most comfortable for the participant. Kneeling or sitting on the feet is permitted. One repetition consists of raising the tipper body from the supine position to a sitting position where the leading edge of the head breaks an imaginary vertical plane through the hips, and return to the supine position where the shoulder blades must touch the ground to complete the repetition. Repeat as many times as possible during the time limit. Individuals may rest in either the up or down position.

Scoring: one point will be awarded for each sit-up completed within the time limit.  
(i.e. 35 sit-ups = 35 points)

**\* BALANCE**

**Beam walk: Combat conditioning minimum: Satisfactory completion**

**Basic fitness level: Satisfactory completion.**

The participant will start at one end, step tip onto the beam, walk its length to the other end, turn around and return back to the starting point. Once the participant has stepped up onto the beam they may not step off for any reason until the evolution is completed.

Scoring: 5 points will be awarded for successful completion of the evolution.

If the individual steps off of the beam for any reason during the evolution no points will be awarded.

**\* ENDURANCE**

*(Either the run or the field march is to be completed for this segment)*

**1 1/2 Mile Run: Combat conditioning minimum: completion within 13 minutes,**

**Basic fitness level: within 15 min.**

The object of this event is to complete the measured course as rapidly as possible.

Scoring: one point will be awarded for each, 15 second increment of time, working down as follows:

17:46 - 18:00 min. = 1 point	15:01 - 15:15 min. = 12 points	12:16 - 12:30 min. = 23 points
17:31 - 17:45 min. = 2 points	14:46 - 15:00 min. = 13 points	12:01 - 12:15 min. = 24 points
17:16 - 17:30 min. = 3 points	14:31 - 14:45 min. = 14 points	11:46 - 12:00 min. = 25 points
17:01 - 17:15 min. = 4 points	14:16 - 14:30 min. = 15 points	11:31 - 11:45 min. = 26 points
16:46 - 17:00 min. = 5 points	14:01 - 14:15 min. = 16 points	11:16 - 11:30 min. = 27 points
16:31 - 16:45 min. = 6 points	13:46 - 14:00 min. = 17 points	11:01 - 11:15 min. = 28 points
16:16 - 16:30 min. = 7 points	13:31 - 13:45 min. = 18 points	10:46 - 11:00 min. = 29 points
16:01 - 16:15 min. = 8 points	13:16 - 13:30 min. = 19 points	10:31 - 10:45 min. = 30 points
15:46 - 16:00 min. = 9 points	13:01 - 13:15 min. = 20 points	10:16 - 10:30 min. = 31 points
15:31 - 15:45 min. = 10 points	12:46 - 13:00 min. = 21 points	10:01 - 10:15 min. = 32 points
15:16 - 15:30 min. = 11 points	12:31 - 12:45 min. = 22 points	09:46 - 10:00 min. = 33 points

**5 Mile March: Combat conditioning minimum: completion within 1 hour 20 min.,  
Basic fitness level: 1 hour 50 min**

For this evolution the participant will wear the utility uniform with marching pack, cartridge belt and equipment, helmet, and service rifle. The object of this event is to complete the measured course as rapidly as possible.

Note: all participants should attempt to complete both the run and the march, but are only required to do one of the two. The highest score of the two events will be used to calculate the participants overall score.

Scoring: one point will be awarded for each 5 minute increment of time, starting at three hours equaling one point and working down as follows:

3:00 hours = 1 point	2:10 hours = 11 points	1:20 hours = 21 points
2:55 hours = 2 points	2:05 hours = 12 points	1:15 hours = 22 points
2:50 hours = 3 points	2:00 hours = 13 points	1:10 hours = 23 points
2:45 hours = 4 points	1:55 hours = 14 points	1:05 hours = 25 points
2:40 hours = 5 points	1:50 hours = 15 points	1:00 hours = 26 points
2:35 hours = 6 points	1:45 hours = 16 points	0:55 hours = 27 points
2:30 hours = 7 points	1:40 hours = 17 points	0:50 hours = 28 points
2:25 hours = 8 points	1:35 hours = 18 points	0:45 hours = 29 points
2:20 hours = 9 points	1:30 hours = 19 points	0:40 hours = 30 points
2:15 hours = 10 points	1:25 hours = 20 points	0:35 hours = 31 points

