



UNITED STATES MARINE CORPS
HEADQUARTERS AND HEADQUARTERS COMPANY
NAVAL SERVICES TRAINING / HISTORICAL INTERPRETIVE BATTALION,
MARINE CORPS HISTORICAL COMPANY, FREDERICK, MD.

Letter of Instruction # HC-98-002

15 December 1998

To: Lt. Brian R. Scace, USN, Commanding

From: Gy.Sgt. Thomas Williams, NCOIC

Subject: Recommended Physical Readiness test scoring procedures.

Reference: USMCHC "Marine's Handbook", (4th edition), Chapter 3, Section: "Physical Readiness Test Standards". This letter augments the above named section, and gives instructions on the application and scoring procedures for the Physical Readiness Test.

It is the policy of the USMCHC that all personnel actively involved in historical interpretation utilizing "living history" techniques to emulate Naval services personnel of World war Two, in order to present an accurate and credible image of these Service men and women, must gain and maintain a reasonable level of physical fitness. The Physical Readiness Test Standards were implemented as a base line to evaluate the physical capabilities of all line Marines within the battalion, and all Naval personnel directly involved in activities with these Marines.

Because some people are strong in some areas and weak in others, in order to be fair and objective to all involved, the following overall scoring system was developed. Although passing each of the individual test areas is desirable, it is not required that the minimum in each category must be met to pass. However, a minimum overall score must be obtained for the level and area of participation for each individual. 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 will not restrict them participating with the Battalion, but will limit the physical activities they will be allowed to be involved in.

Regardless of service, gender, or physical condition all personnel assigned to the Battalion will participate, to the best of their ability, in all physical training activities.

Physical Readiness Testing will be conducted annually during the summer training camp. Testing may be conducted at other times during the year, if necessary, for any personnel unable to attend training camp.

All line Marines and Naval personnel directly involved with these Marines in combat type operations, here after referred to as "Landing Force" personnel, are required to meet or exceed the minimum Combat conditioning level. Female and other non-combat personnel will be required to meet the Basic fitness level. Personnel with a medical profile will also be required to participate in the testing, but will have the test procedure adjusted to be compatible with their restrictions.

The test will be administered by the NCOIC and/or his designees. Ideally, all elements of the test should be completed on the same day, but if necessary, due to time constraints or other restrictions, the test may be divided into segments. (i.e. the run/march administered on one day and the other elements given at a later date).

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

OUTSTANDING:	170 points or above
EXCELLENT:	150 points to 169 points
VERY GOOD:	130 points to 149 points
GOOD (Combat Conditioning level):	100 points to 129 points
SATISFACTORY (Basic fitness level):	70 points to 99 points
FAIR:	50 points to 69 points
UNSATISFACTORY:	49 points or below

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PHYSICAL READINESS TEST SCORING PROCEDURES

UPPER BODY STRENGTH

Pull-ups: Combat conditioning minimum: 5, Basic fitness level: 3

Scoring: three points will be awarded for each pull-up completed. (i.e. 5 pull-ups = 15 points)

(Note: Non-combat support personnel, i.e. Nurses, USMCWR, etc., may substitute the palms in "chin-ups")

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

Scoring: one point will be awarded for each push-up completed. (i.e. 25 push-ups = 25 points)

(Note: Female personnel may utilize the "knee type" push-up.)

ABDOMINAL STRENGTH

Sit-ups: Combat conditioning minimum: 35 within 2 minutes, basic fitness level: 25 within 2 min.

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 in both directions, basic fitness level: Satisfactory completion in one direction.

Scoring: three points will be awarded for each successful pass in one direction. (i.e. up = 3 points, back = 3 points)

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

(Note: Non-combat personnel will not be required to carry a service rifle during this test.)

OVERALL STRENGTH

Casualty carry: Combat conditioning minimum: Satisfactory completion utilizing 100 lb.. weight, basic fitness level: Satisfactory completion utilizing 50 lb.. weight.

Scoring: A total of 15 points will be awarded for satisfactory completion, broken down as follows: picking the weighted bag up from the ground and hold in a stable position: 5 points, move bag 50 ft. without stopping: 5 points, complete 100 ft. without stopping: 5 points, Total: 15 points.

ENDURANCE

1 ½ mile Run: Combat conditioning minimum: completion within 12 minutes, Basic fitness level: completion within 15 min.

Scoring: one point will be awarded for each 15 second increment of time, starting at 17 minutes equaling one point and working down as follows:

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

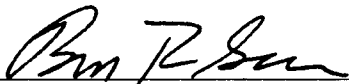
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PHYSICAL READINESS TEST SCORING PROCEDURES

5 mile March: Combat conditioning minimum: completion within 1 hour 15 min., Basic fitness level: completion within 2 hours.

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

APPROVED: 
Brian R. Scace, Lt., USN, Commanding

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