



DEPARTMENT OF THE NAVY
BUREAU OF MEDICINE AND SURGERY
7700 ARLINGTON BOULEVARD
FALLS CHURCH, VA 22042

Canc: Jan 16
IN REPLY REFER TO
BUMEDNOTE 6100
BUMED-M09B

JUL 30 2015

BUMED NOTICE 6100

From: Chief, Bureau of Medicine and Surgery

Subj: CYCLE 2 2015 PHYSICAL FITNESS ASSESSMENT

Ref: (a) OPNAVINST 6110.1J

1. Purpose. Per reference (a), the Bureau of Medicine and Surgery (BUMED), Headquarters (HQ) will be conducting its semi-annual Physical Fitness Assessment (PFA) from **13 – 23 October 2015**.

2. Scope. All BUMED HQ military personnel will participate in the PFA; excluding members who are either medically excused or temporarily assigned for the entire cycle. Members on board less than 10 weeks are not excused from mandatory participation in the PFA.

3. Responsibilities. All BUMED HQ military personnel will:

a. Have a current Physical Health Assessment prior to participating in the PFA.

b. Complete NAVPERS 6100/3, Physical Activity Risk Factor Questionnaire (PARFQ) via Physical Readiness Information Management System (PRIMS), no later than **15 September 2015**. Members who answer “yes” to any question on the PARFQ must print a hard copy of the PARFQ, sign and turn into the Command Fitness Leader (CFL) at cubicle 2NW249 or send via encrypted email with subject line “PARFQ” to Christine.b.gruschkuswright@mail.mil.

c. PARFQs with a “yes” answer to questions number 1 (over 50 years of age) and/or number 5 (long term maintenance medications) do not require a Primary Care Provider’s (PCM) visit for clearance, but still must be printed, signed, and turned into the CFL.

d. All other “yes” answers require a PCM visit. If a medical waiver is indicated, the medical waiver request (NAVMED 6110/4) must be submitted (with the member’s PCM signature in Section 3 only) to the CFL no later than **15 September 2015**. Members’ PCMs are not authorized to sign for the BUMED HQ Authorized Medical Department Representative (AMDR).

e. PFA Medical Evaluation Board (MEB) Eligibility: A PFA medical waiver issued after 1 July 2011 will activate medical waiver management procedures IAW OPNAVINST 6110.1J and all previous medical waivers exercised under 6110.1H will be considered when determining

JUL 30 2015

MEB eligibility. Members are subject to medical waiver management procedures and a medical records review by a MEB if:

(1) Member receives a medical waiver for the same medical condition over two consecutive PFA cycles that resulted in the member not participating in the Body Composition Assessment (BCA), or not participating in a cardio event and at least one muscular endurance event (push-ups, curl-ups).

(2) Member receives three medical waivers in the most recent four-year period for any medical condition that resulted in the member not participating in the BCA or a cardio event and at least one muscular endurance event (push-ups, curl-ups).

(3) The Chief of Staff (COS) requests a MEB when a member's fitness/health is questionable for continued Naval Service.

4. Body Composition Assessment (BCA) Schedule

a. BCAs will be conducted on the following days from 0730 - 0830 in the Defense Health Headquarters (DHHQ) gym: **25 September and 2, 9, 16, October and 19 - 22 October 2015**. The Navy Physical Training Uniform (PTU) or uniform of the day is required for height and weight measurement. No weight allowance is given for clothing. If circumference tape measurement is required, personnel must report in Navy PTU. Restrictive undergarments are not allowed if tape measurement is required. (i.e. spandex, biker shorts, support hose, etc.)

b. BCA will be taken on all members. Medical waivers for the BCA shall only be issued for members who are recuperating from a medical or surgical condition that interferes with accurate and valid measurement and must be approved by the BUMED HQ AMDR. Inability to exercise is not a valid excuse for BCA waiver. Those close to the height/weight standards are strongly encouraged to participate in the Fitness Enhancement Program (FEP) sessions and obtain a courtesy BCA upon release of this notice. A courtesy BCA can be obtained by appointment with the CFL or any Assistant Command Fitness Leader (ACFL). There will be no courtesy BCAs **13 - 23 October 2015**. PRTs will be performed between 1 - 45 days after the members' BCAs.

5. Physical Readiness Test (PRT) Schedule

a. The PRT will be conducted **13 - 23 October 2015**. Calendars will be posted in the BUMED HQ pantries and main passageway entrances for dates and times of all testing opportunities. PRTs must be done at a minimum of 4 months after the member's previous test.

b. Everyone is required to sign up for the PRT event of choice, regardless of venue. Sign up either on line via SharePoint or at the BCA starting **25 September 2015**. Details will be posted in the Plan of the Week.

JUL 30 2015

c. All events will include pre-activity questions, warm-up, curl-ups, push-ups, cardio option, and cool-down with stretching. These events will be conducted at the following venues:

(1) Run events will be held at Idylwood Park, including the warm up, curl ups, push-ups, and cool down. Transportation from the DHHQ Visitor's Entrance will depart at 0810 and 1240.

(2) The swim event will be held at Providence Recreation Center on **14 and 21 October 2015**, including the warm-up, curl-ups, and push-ups. Mats will be provided. Transportation from DHHQ will depart at 1340.

(3) The alternate cardio events will begin in the DHHQ gym group fitness classroom. These include the stationary bike, treadmill, and elliptical trainer.

d. Navy PTU with shirts tucked into shorts is the required uniform during the PRT for participants and ACFLs. The official Navy sweat suit is an appropriate, alternative option.

e. Only curl-ups and push-ups demonstrated in the proper form will be counted. Members will receive two verbal warnings if their form is improper and if it is not corrected, the member will be asked to stop the test. Proper form instruction will be provided by ACFLs at any Fitness Enhancement Program (FEP) sessions posted on the monthly calendar in the DHHQ Gym. See Navy Personnel Command (NPC) Physical Readiness site for video demonstrations of proper curl-up and push-up form.

6. Early PFA. BCA for the early PFA will be from 0730 – 0830 on **5 October 2015** in the DHHQ gym. PRT events will begin at 0730 for elliptical, bike, and treadmill events and 0830 for the outdoor run event on **6 October 2015**. Early swimmers must make arrangements with the CFL ASAP.

7. Make-up PFA. The make-up PFA is only authorized if members are on temporary additional duty or leave during the early or regular schedule. BCAs for the make-up PFA will be conducted from 0730-0830 on **27 October 2015**. PRT events will be conducted on **28 October 2015** at 0830 and 1300. Personnel who do not complete the PFA by **28 October 2015** will be marked as an unauthorized absence (UA) in PRIMS which is counted as a failure.

8. Bad Day Policy. The bad day policy does not apply for BCAs. Bad day requests for the PRT must be made to the COS within 24 hours of completing the PRT. If the request is granted, members must retake the PRT within 7 days of their initial PRT attempt. The entire PRT will be retested if approved by the COS. The Bad Day Rule is not intended for members to improve scores on passed events.

9. Unauthorized Non-participation. At the end of each PFA cycle, the COS has authority to determine whether non-participation was authorized or unauthorized. All unauthorized non-participation shall be designated as "UA" in PRIMS and scored a PFA failure.

JUL 30 2015

10. Information. Individuals are encouraged to begin preparing now. Members who are typically close to the height/weight standards are strongly encouraged to participate in the FEP sessions posted on the monthly calendar in the DHHQ Gym and obtain a courtesy BCA upon release of this notice. A courtesy BCA can be obtained through an appointment with the CFL or any ACFL. There will be no courtesy BCA **13 – 23 October 2015**.

11. Pregnancy. Pregnant Service women are not required to meet BCA or PRT standards from the time pregnancy is confirmed until 6 months following postpartum con-leave and upon return to full duty by their health care provider.

12. Records. Records created as a result of this instruction, regardless of media and format, shall be managed per SECNAV M-5210.1 of January 2012.

13. Forms

a. NAVPERS 6110/3 (07-2011), Physical Activity Risk Factor Questionnaire is available electronically at the Navy Personnel Command Reference Library:
<http://www.public.navy.mil/bupersnpc/reference/Forms/NAVPERS/Pages/default.aspx>.

b. NAVMED 6110/3 (07-2011), Physical Fitness Assessment Medical Clearance/Waiver is available at: <http://www.med.navy.mil/directives/Exorms/NAVMED%206110%204.pdf>


A. M. DIGGS
Chief of Staff

Distribution is electronic only via the Navy Medicine Web site at:
<http://www.med.navy.mil/directives/Pages/BUMEDHQNotes.aspx>