

# New USNSCC PRT Standards

As a first step towards updating the US Naval Sea Cadet Corps' physical training (PT) program, we are creating a new physical readiness test (PRT) standard. To better understand what a PRT score means, we are reframing the different scores as levels. PRT scores are intended to represent a cadet's physical fitness readiness level, and calling them levels will allow us to create new ones more easily.

|              |
|--------------|
| Failed       |
| Satisfactory |
| Good         |
| Excellent    |

|                        |
|------------------------|
| Level 1 (Unqualified)  |
| Level 2 (Progressing)  |
| Level 3 (Satisfactory) |
| Level 4 (Good)         |
| Level 5 (Excellent)    |

Level 2 is intended to be a ramp up period for our newer cadets who may need more than a couple of months to achieve a Level 3 of physical readiness but are otherwise ready to attend recruit training (RT). Cadets will only need a Level 2 score to attend RT and advance to Sea Cadet Seaman Apprentice.

A Level 3 score will still be required for advancement to Sea Cadet Seaman (SN) and above and to attend any advanced training (AT). Additional information may be issued in a separate announcement.

**At this time, we have only added a new PRT level between Failed and Satisfactory. The current levels of Satisfactory (Level 3), Good (Level 4), and Excellent (Level 5) will stay the same.** We will update the PRT Administration manual when the PRT standards are implemented in Magellan (15 OCT 2023). No work will be required by units for this update.

| Male Cadets  |          |          |            | Female Cadets |          |          |            |
|--------------|----------|----------|------------|---------------|----------|----------|------------|
| Age          | Planks   | Push-Ups | 1-Mile Run | Age           | Planks   | Push-Ups | 1-Mile Run |
| <b>10</b>    | 45 sec.  | 10       | 12:50 min  | <b>10</b>     | 45 sec.  | 7        | 14:00 min  |
| <b>11</b>    | 50 sec.  | 11       | 12:35 min  | <b>11</b>     | 50 sec.  | 6        | 13:40 min  |
| <b>12</b>    | 55 sec.  | 11       | 11:35 min  | <b>12</b>     | 55 sec.  | 4        | 13:20 min  |
| <b>13</b>    | 1:05 sec | 13       | 10:55 min  | <b>13</b>     | 1:05 sec | 6        | 12:55 min  |
| <b>14</b>    | 1:10 sec | 16       | 10:40 min  | <b>14</b>     | 1:10 sec | 6        | 11:30 min  |
| <b>15</b>    | 1:15 sec | 22       | 10:25 min  | <b>15</b>     | 1:15 sec | 9        | 11:20 min  |
| <b>16</b>    | 1:20 sec | 24       | 10:00 min  | <b>16</b>     | 1:20 sec | 9        | 11:30 min  |
| <b>17/18</b> | 1:20 sec | 28       | 9:45 min   | <b>17/18</b>  | 1:20 sec | 9        | 11:30 min  |