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Guide 12

Glossary of Physical Readiness  
Program Related Terms

## Physical Readiness Program Related Terms

**1.5 MILE RUN/WALK TEST:** A component of the semi-annual Physical Readiness Test (PRT) designed to assess a Sailor's cardio-respiratory fitness.

**AUTHORIZED MEDICAL DEPARTMENT REPRESENTATIVE (AMDR):** AMDRs are medical personnel, designated in writing; authorized by the Medical Treatment Facility Commander, Commanding Officer (CO) or Officer in Charge to provide recommendations for participation in the PRT.

**ABDOMINAL CIRCUMFERENCE (AC):** The Process of measuring the abdomen from the iliac crest as the measurement reference.

**ADMINISTRATIVE SEPARATION (ADSEP):** Processing for ADSEP is mandatory for members when they do not achieve prescribed physical readiness standards by failing to pass three Physical Fitness Assessment (PFA) cycles in the most recent four year period.

**ASSISTANT COMMAND FITNESS LEADER (ACFL):** An individual designated in writing by the CO to assist the Command Fitness Leader with the command physical readiness program.

**BAD DAY:** One additional opportunity, at the discretion of the CO, for a member to complete the PRT following a PRT failure or to improve on a PRT performance.

**BODY COMPOSITION (BC):** A measurement process for estimating body fat percentage.

**COMMAND FITNESS LEADER (CFL):** An individual designated in writing by the CO and qualified through the five day Command Fitness Leader Certification Course or recertified through one of the continuing education options, to administer the command's physical readiness program.

**COMMAND/UNIT Physical Training (PT):** An organized physical training session with command personnel which must be lead by a CFL, ACFL or Morale and Welfare Representative specialist. All participating members must have a current Physical Health Assessment.

**CONVALESCENT LEAVE:** A period of leave granted as a result of a serious illness, inpatient hospitalization, or major surgery.

**CURL-UP TEST:** Curl-ups are the one component of the semi-annual PRT that is designed to assess abdominal muscle endurance.

**ELLIPTICAL TRAINER TEST:** An alternative to the standard 1.5 mile run/walk cardio-respiratory assessment component of the PRT.

**FITNESS ENHANCEMENT PROGRAM (FEP):** A command-sponsored PT program to assist members in passing the PFA by promoting physical fitness and weight management.

**LIGHT DUTY:** Light duty is a medical recommendation issued in 30-day increments where a member reports to work, but is excused from the performance of specified military duties, including the PRT.

**LIMITED DUTY (LIMDU):** LIMDU is a restricted duty status conferred by the actions of a Medical Treatment Facility (MTF) Medical Evaluation Board (MEB).

**MEDICAL EVALUATION BOARD (MEB):** A panel of Navy physicians convened to make a recommendation to the MTF CO on the fitness for duty of a member for medical or dental conditions.

**MEDICAL EVALUATION BOARD REPORT (MEBR):** A report which documents the findings and required dispositions of the MEB. The MEBR must be approved by the CO of the MTF.

**PHYSICAL ACTIVITY RISK FACTOR QUESTIONNAIRE (PARFQ):** The PARFQ is a medical screening to identify members with medical risk factors that could potentially lead to injury or death during the PRT.

**PHYSICAL FITNESS ASSESSMENT (PFA):** The PFA is the overall semi-annual process of assessing physical fitness.

**PHYSICAL EVALUATION BOARD (PEB):** A permanent board established that reports directly to the Secretary of the Navy for the purpose of determining the fitness of Sailors to remain in the Navy.

**PHYSICAL FITNESS ASSESSMENT (PFA) CYCLE:** The period of time when an official PFA is conducted. Cycle 1 is designated from 1 January through 30 June. Cycle 2 is designated 1 July through 31 December.

**PHYSICAL FITNESS ASSESSMENT NON-PARTICIPATION:** Authorized reasons why members are authorized non-participation in part of or all of the PFA. The following codes apply:

**DEP/OP** - Deployment/Operational Commitments, GSA, joint command without Navy CO or qualified CFL, "one-of-a-kind" duty assignments such as personnel exchange

program, non-military organization such as embassies, other assignments where it is impossible or unsafe to conduct an official PFA.

**IA** – IA is the Individual Augmentee Manpower Management (IAMM).

**Excused** - Authorized absence, convalescent leave, hospitalization, consecutive schools lasting less than ten weeks.

**Pregnancy** – The period a member is pregnant and/or post-partum.

**PHYSICAL READINESS INFORMATION MANAGEMENT SYSTEM (PRIMS):** The official database used to collect PFA data (i.e., PARFQ data, medical waiver information, FEP information, and PFA results).

**PHYSICAL READINESS TEST (PRT):** The PRT consists of the curl-ups, push-ups, and an authorized cardio respiratory event.

**PUSH-UP TEST:** A component of the PRT designed to assess upper body muscle endurance. The PRT requirement for push-ups is the maximum number accomplished in two minutes.

**SICK IN QUARTERS (SIQ):** A medical recommendation to relieve a member from all military duties, with the expectation the member will remain in their quarters until expiration of the SIQ period. SIQ status may cause a Sailor to miss a scheduled BCA or PRT but generally does not preclude PFA participation at a later date within the PFA cycle.

**SPECIAL PFA:** A PFA conducted for the sole purpose of determining frocking/advancement /promotion eligibility of a member under special circumstances (i.e. Chief Petty Officer induction). Special PFAs are not to be conducted for any other reason, without prior approval from OPNAV N170.

**STATIONARY BICYCLE TEST:** An alternative to the standard 1.5 mile run/walk cardio-respiratory component of the PRT.

**SWIM TEST:** An alternative to the standard 1.5 mile run/walk cardio-respiratory assessment component of the PRT.

**TREADMILL TEST:** An alternative to the standard 1.5 mile run/walk cardio-respiratory component of the PRT.

**WAIVER FOR READINESS:** Commonly known as Readiness Waiver is a waiver of ADSEP processing granted for a specific PFA cycle only. Waivers for readiness are designed to address the effect of loss of a specific individual on unit, fleet, or community readiness.