

# DS Physical Readiness Test (PRT)

## **Participants' Guide**

### **Physical Readiness Test (PRT) Procedures**

The PRT consists of three events conducted in sequence to test muscular endurance and aerobic capacity. The events shall be conducted in the following order, with a five minute minimum and up to a 30 minute maximum rest period between events as demanded by test site logistics.

First Event: Maximum Push-ups completed to standard in two minutes

Second Event: Maximum Sit-ups completed to standard in two minutes

Third Event: 1.5 mile timed run

### **Scoring**

PRT scores will be based on the number of push-ups completed in two minutes, the number of sit-ups completed in two minutes, and the time taken to complete the 1.5 mile run.

If the push-up or sit-up test terminates before two minutes have elapsed, the result shall be the number of push-ups or sit-ups properly performed at time of termination.

The quantities and times for each event are assigned a percentile score according to the age and gender of the participant on record with the Bureau of Human Resources

### **Two Minute Push-ups**

- Participants shall begin in the "front-leaning rest" position, with their palms or fists placed on the floor directly beneath or only slightly wider than their shoulders. Both of each participant's feet shall be together on floor.
- Participants' neck, back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. Participants' toes and palms/fists shall remain in contact with floor.
- Participants' feet shall not be in contact with a wall or other vertical support surface, unless the test is being performed in the mat room of the Interim Training Facility (ITF).
- At the command of "Go," participants shall lower their entire body as a single unit by bending the elbows until the chest makes contact with the Proctor's fist. The minimum height of the Proctor's fist shall be no less than three inches. Male participants will touch chest to fist. Female participants will touch chin to fist.
- Immediately upon making contact with the Proctor's fist, participants shall return to the starting position by extending their elbows and raising their body as a single unit until the arms are fully extended at lock-out.
- One repetition will be counted each time the arms are fully extended after touching the Proctor's fist.

- Once the test has begun, participants may rest only in the front-leaning rest position with arms extended. Participants will maintain arms, neck, back, buttocks, and legs in a straight position. Participants may briefly move into an arch/downward dog position to stretch, but must return completely to the front-leaning rest position before resuming movement.
- Push-ups are repeated correctly as many times as possible in two minutes.

### ***Test Termination***

The test will terminate under any of the following conditions:

- After the passage of two minutes;
- If the participant touches the floor/ground with any part of the body other than the hands and feet;
- If the participant raises one or both hands or feet off the floor/ground;
- If the participant rotates the body to the left or right.

### **Two Minute Sit-ups**

- Participants shall start by lying flat on their backs with knees bent and feet flat on the floor/ground. Participants' heels will be positioned so that the knees are bent 90 degrees. The buttocks will remain in contact with the floor/ground at all times during the test.
- Participants' arms shall be folded across the chest, with the arms touching each other and the bottom arm in contact with the chest. Participants' hands will touch the upper chest or shoulders.
- At the command of "Go," participants shall curl their bodies up and touch their elbows to the bottom of the thighs. Participant must keep their hands in contact with their chest, shoulders, or upper arms at all times.
- After touching the elbows to the bottom of the thighs, participants will lie back, touching the small of the back to the floor/ground. Participants may touch their shoulders to the floor/ground without penalty.
- One repetition shall be counted each time the participant touches the thighs after making contact with the floor/ground with the lower back.
- Participants may rest in the down position with their back on the floor/ground. There is no limit to length of rest other than the time limit of the test itself.
- Sit-ups are repeated correctly as many times as possible in two minutes.

### ***Test Termination***

The test will terminate under any of the following conditions:

- After the passage of two minutes;
- If the participant lowers the legs;
- If the participant raises the feet off the ground or floor.

### **1.5 Mile Run**

The 1.5 Mile Run shall be conducted on a track or outdoor course.

- Participants shall stand at the designated start line.
- At the command of "Go," participants shall begin running. Participants will complete the proscribed 1.5 mile course.