



DEPARTMENT OF THE ARMY
UNITED STATES ARMY STUDENT DETACHMENT
5450 STROM THURMOND BOULEVARD, ROOM 244
FORT JACKSON, SOUTH CAROLINA 29207

ATMT-LTB-SD

25 October 2017

MEMORANDUM FOR All personnel permanently assigned and/or attached to the United States Army Student Detachment (USASD)

SUBJECT: Policy Memorandum #23 – **Physical Readiness Training (PRT)**

1. References:

- a. FM 7-22, Army Physical Readiness Training
- b. AR 350-1, Army Training and Leader Development.
- c. AR 600-9, The Army Body Composition Program
- d. AR 600-8-2, Suspension of Favorable Personnel Actions (Flag)
- e. AR 600-8-24, Officer Transfers and Discharges
- f. AR 635-200, Active Duty Enlisted Administrative Separations

2. PRT is an essential element of staying fit. This policy letter outlines the PRT standards expected of the USASD.

3. Verification of all physical profiles (DA Form 3349) required and will be forwarded to the USASD prior to administering the Army Physical Fitness Test (APFT).

4. Profiles will participate in PRT within the limits of their profile.

5. My goal for the **Company APFT Average is 260.**

6. **USASD Permanent Party:** PRT is conducted daily Monday thru Friday from 0600 – 0700 hours. Unless otherwise specified, the first duty/accountability formation is held at 0550 hours. The 1SG will direct the uniform of the day for PRT. The uniform is the Army Physical Fitness Uniform (APFU), unless otherwise specified. The PT jacket, pants, fleece cap, and gloves are worn as seasonal items. Maintaining individual physical fitness is the responsibility of the Soldier.

7. **USASD Students:** Maintaining individual physical fitness is the responsibility of the Student. Students must submit an APFT scorecard bi-annually to the USASD during

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PAI. The Senior Liaison Officers or Senior Army Advisors will conduct the APFT and weigh-ins for their schools. Students in the Advanced Civil School will report to their nearest PMS ROTC Program to conduct their one eight hour workday (however the hours are broken down is up to the Student and PMS) and to conduct the bi-annual APFT and Body Composition standard. If a student has no senior officer, coordinate with peers to conduct an APFT to the best of their ability and with the highest degree of integrity. Ensure the APFT card graders names and ranks are legible with signature.

8. Students who are not near a military installation may have an option to obtain free YMCA membership upon approval, for more information contact the unit YMCA coordinator. Send these applications to the HR Clerk as instructed on the USASD website.

9. PRT program is the Commander's program. It the responsibility of the First Sergeant to ensure USASD Soldiers meet and maintain physical fitness standards set by the Army and TRADOC.

10. Failure to meet APFT standards will result in personnel flag action and immediately enrolled in a special fitness program appropriate for the individual. Soldiers will be re-tested within 90 days of initial failure.

11. Special fitness program PRT will be conducted daily Monday- Friday from 1645-1730. Diagnostic APFT will be administered every 30 days until Soldier successfully passes (Students and permanent party).

12. Personnel who fail two consecutive record APFTs may be considered for separation IAW AR 635-200 or AR 600-8-24.

13. All Soldiers should report to their next duty station in satisfactory physical condition, able to pass the APFT, and within body composition standards IAW AR 600-9.

14. The point of contact for this memorandum is the undersigned at (803) 751-5305.

ALEJANDRA D. PEACH
CPT, AG
Commanding