

# PE Curriculum

## **Plebe Summer:**

100-meter crawl stroke swim test; 20 minute test (5 minute drown-proof, 15 minute float/swim)

## **Fourth Class (Plebe) Year:**

**Swimming:** 50-meter breaststroke (six to 11 strokes per 25 meters); 50-meter elementary backstroke (six to 11 strokes per 25 meters); 5-meter tower jump; 40-foot underwater swim (swim suit); 200-meter swim (five minutes, 12 seconds maximum).

**Personal Conditioning/wellness:** fundamental knowledge for a lifetime of health and physical fitness.

## **Third Class Year:**

**Swimming:** 400-meter swim (11 minutes maximum); 50-meter sidestroke (six to 11 strokes per 25 meters); 100-meter crawl stroke using rhythmic breathing; 10-meter tower jump; clothing (whiteworks uniform) inflation in three minutes; 50-foot underwater swim fully clothed (whiteworks)

**Boxing:** midshipmen are awarded grades based on proper form, offensive and defensive techniques, fortitude and ring craft during a competitive bout against an opponent of the same size, experience and gender.

**Wrestling:** midshipmen are awarded grades based on take-downs, rides, pins, escapes, reversals and aggressiveness during a competitive wrestling bout against an opponent of the same size, experience and gender.

## **Second Class Year:**

**Swimming:** one-half to one mile swim in 40 minutes (khaki uniform); clothing (**khaki uniform**) inflation in two minutes.

**Judo:** midshipmen are awarded grades based on demonstrated skills in falling, throwing and grappling through the martial art of leverage. Competitive judo bouts are graded.

**Electives:** opportunity to acquire skills in a lifetime carry-over activity (20 electives).

## **First Class Year:**

**Electives:** opportunity to acquire skills in a lifetime carry-over activity (20 electives).

In addition to the above requirements, all midshipmen are regularly required to pass the Physical Readiness Test. The PRT consists of push-ups, curl-ups, and a 1.5 mile run (maximum time for men- 10:30, maximum time for women - 12:40).

**Every Year:**

The PRT is administered each semester all four years.