



# Physical Readiness Program Update for PFA BCA Exemption Fact Sheet

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## BLUF

- NAVADMIN 242/24 updates the Navy's physical readiness program. Effective for the CY25 Physical Fitness Assessment (PFA) cycle, Sailors who demonstrate operational readiness by receiving a score of Excellent, or above, on the Physical Readiness Test (PRT) may receive an exemption for the Body Composition Assessment (BCA) and Age-Adjusted Standards (AAS) component of the PFA.

## Who needs to know?

- All active and reserve component Sailors
- Command Triads
- Command Fitness Leaders and Assistant Command Fitness Leaders (CFL/ACFLs)

## What you need to know – key points

- Beginning with the CY25 PFA cycle, a BCA-AAS PRT exemption will go into effect for Sailors that score an Excellent, or above, on the Physical Readiness Test.
  - Sailors who are not within Navy BCA standards, but pass the PRT with an overall score of Excellent-Low or above, will receive an overall passing score on the PFA and will be exempt from participation in the Fitness Enhancement Program (FEP).
  - Sailors who are not within AAS for BCA and pass the PRT with an overall score of Excellent-Low or above, will be exempt from participation in the FEP.
- This policy is in alignment with DoD policy and is used by both the Army and Marine Corps.

## Sample POD/POW Note

ATTENTION: NAVADMIN 242/24 announces new policies and procedures for the Body Composition Assessment (BCA) that will take effect in CY2025. Effective for the CY2025 PFA Cycle:

- Sailors who are not within Navy BCA standards and pass the Physical Readiness Test (PRT) with an overall score of Excellent-Low or above, will receive an overall passing score on the Physical Fitness Assessment and will not be enrolled in Fitness Enhancement Program (FEP).
- Sailors who are not within Age Adjusted Standards for BCA and pass the PRT with an overall score of Excellent-Low or above, will not be enrolled in FEP.

## FAQ

### Q. Are Sailors who earn the BCA-AAS PRT exemption still required to attend FEP?

A. No. However, Sailors who fail the BCA or are not within AAS are required to complete one of the nutrition education options outlined in the NAVADMIN and PRP Guide-1. For information on how to contact a Navy Registered Dietitian Nutritionist (RDN), Sailors can use the Navy RDN Locator on the Navy Physical Readiness webpage at <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Physical-Readiness/>.

### Q. Where can I find more information about the nutrition education options?

A. The options are listed in PRP Guide-10.



**Q. What are the Age-Adjusted Standards (AAS)?**

**A.** AAS are used to identify Sailors who are at risk for not meeting BCA standards. The AAS are found in PRP Guide-4. Provided below are the AAS by gender and age.

Gender	Age Groups (Years)			
	17-21	22-29	30-39	40+
Male	22%	23%	24%	26%
Female	33%	34%	35%	36%

**Q. Does the BCA-AAS PRT exemption apply to Sailors with PRT waivers?**

**A.** No. A Sailor must participate in and pass all three PRT modalities with an overall PRT score of EXCELLENT-LOW, or better, to gain exemption from not being within Navy BCA standards. Additionally, Sailors who score PROBATIONARY on any PRT event will still be enrolled in FEP.

**Q. Do Sailors who fail the BCA still require medical clearance to participate in the PRT?**

**A.** Yes. As outlined in PRP Guide-1, “Sailors who do not meet BCA standards are required to participate in the PRT. Prior to PRT participation, the Sailor must receive medical clearance from a medical provider via the PARFQ. If not medically cleared, the Sailor cannot participate in the PRT.”

**Q. How will a failing BCA score be handled in PRIMS-2?**

**A.** Programming changes to PRIMS-2 will occur prior to the start of the CY25 PFA cycle. When CFL/ACFLs enter a PRT score of Excellent-Low or higher for a Sailor who failed the BCA, the overall PFA score will automatically reflect as PASS. The failing BCA score will remain in PRIMS-2 for historical data tracking.

**Q. Why will the BCA exemption policy be reevaluated after the CY25 PFA cycle?**

**A.** With any new policy change, it is a best practice to evaluate the change to determine if the desired outcome of the policy is being met and if the policy can be improved.