MEMORANDUM FOR RECORD

SUBJECT: United States Army Sergeants Major Academy (USASMA) Policy Memorandum No. 3 Physical Readiness Training (PRT)

1. References.
   a. FM 7-22, Army Physical Readiness Training, 26 October 2012.
   b. AR 350-1, Army Training and Leader Development, 10 December 2017.
   c. AR 600-9, dated 28 June 2013, is the standard for the Army Body Composition Program (ABCP).
   d. The Army Combat Fitness Test (ACFT) Handbook

2. Purpose. To define PRT participation requirements for students and military faculty in accordance with AR 350-1. Students and military faculty will participate in collective and/or individual 60-minute PRT sessions as detailed on the respective course training schedule.

3. Applicability. This policy memorandum applies to all resident SMC students, faculty personnel, and staff members.

4. Background and Discussion: The objective of the Army PRT program is to enhance physical readiness for combat by optimizing physical and functional capacity.

5. Policy and Procedures.
   a. Schedules: Instructors and military faculty will follow the concepts in FM 7-22 and the ACFT Handbook for the planning of collective and individual PRT exercises, drills and activities.
b. Uniform: All Army Soldiers in unit PRT formations will wear the Army Physical Fitness Uniform (APFU). Wear of the high visibility green reflective belt is only during times of low of visibility, as directed by the chain of command. Insignia of rank will be placed on the belt, one inch from the buckle to the wearer's right, when worn. Sister Services will wear their service equivalent physical fitness uniform. International instructors and students will wear appropriate physical fitness attire, as issued from their country. International students with no country uniform may wear the IMSO issued fitness uniform. Physical fitness uniforms will be worn by all Soldiers during unit or individual PRT, while on post, during morning PT hours (0600-0700).

c. All sessions will include exercises, drills, and activities tied to the concepts described in the sustaining phase from FM 7-22 and the ACFT Handbook.

d. PRT time is scheduled Monday, Wednesday and Friday, from 0600-0700 at Biggs Park or USASMA Field, as depicted in the USASMA PRT SOP.

6. Special Instructions.

a. SMC Resident offsite PRT events will have an approved CONOP and risk assessment, signed by the Chair or Vice Chair, prior to execution. Offsite events will be approved one week prior to the scheduled PRT event by the USASMA Deputy Director.

b. Organized athletics will not be executed during scheduled PRT sessions, unless approved by the USASMA Deputy Director.

c. The USASMA Director or Deputy Director are the only individuals authorized to adjust, modify, or cancel a PRT session, to include days of inclement weather or conflicting schedules.

e. Faculty and students will conduct physical training on their own after the winter block leave period. The command reserves the right to adjust and/or rescind this privilege at any time.

8. The POC for this action is the USASMA Operations Sergeant Major, Ronald Bootes, at (915) 744-8657 or DSN 621-8657, ronald.c.bootes.mil@mail.mil.