

NEW PT PROGRAM TO BEGIN JULY 1



The Air Force Fitness Program goal is to motivate Airmen to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength and flexibility training, and healthy eating. Health benefits from an active lifestyle will increase productivity, optimize health, and decrease absenteeism while maintaining a higher level of readiness.

Scoring

Members will receive age and gender-specific composite scores based on the following maximum component scores: 60 points for aerobic, 20 points for body composition, 10 points for pushups and 10 points for sit-ups.

Those with duty limiting conditions prohibiting them from performing one or more components of the fitness assessment will have a composite score calculated on the assessed components; however, they will only receive an overall "Pass" or "Fail" rating.

Member must achieve a minimum of 75 adjusted points, based on points available, and meet minimum component standards.

Fitness Assessment

The Air Force uses an overall composite fitness score and minimum scores per component based on aerobic fitness, body composition and muscular fitness components to determine an overall fitness. The assessment components are comprised of:

- Body composition evaluated by abdominal circumference measurements
- Aerobic component evaluated by the 1.5-mile timed run
- Muscular fitness component evaluated by the number of pushups and sit-ups completed within one minute

Members not medically cleared to complete the 1.5-mile run will be assessed through an alternative aerobic test consisting of a 1.0-mile walk as determined by the Medical Group/Private Doctor unless otherwise exempted.

All components of the fitness assessment must be completed within a three-hour window on the same day.

The body composition assessment, to include height, weight and abdominal circumference measurements, is performed by fitness assessment cell staff and must be the first component assessed. The abdominal circumference is used to obtain the body composition component score instead of the Body Mass Index. Height and weight are not factored into the composite score.

The muscular fitness components, including pushups and sit-ups, may be accomplished before or after the 1.5-mile run (or 1-mile walk test for eligible members). There is a minimum three-minute rest period between components.

Assessments will be conducted by a certified unit fitness program manager or physical training leader.

Frequently Asked Questions

1. How often will Air National Guard members take the Fitness Assessment?

Answer: Once a year.

2. When will the new Fitness Program be effective?

Answer: July 1, 2010.

3. I am due my Fitness Assessment before July 1. How does this new policy apply to me? Air National Guard Airmen: will fitness test 12 months after their last calendar year 2009 test date. Those who require a Fitness Assessment between Jan. 1, 2010 and June 30, 2010 will be assessed under current requirements/scoring as defined in Air National Guard Instruction 10-248. Effective July 1, 2010 all ANG members due assessment will test under the new Air Force Instruction.

4. Will there be new commander guidance on administrative actions for failed fitness tests?

Answer: Yes. Commanders will now be allowed to take administrative action for first time failures if they feel it's warranted. Commanders are given an available options table in the Air Force fitness instruction to provide clear guidance and focus on recommended actions based on the number of failed tests.

5. How will other personnel actions be affected by a member's fitness category?

Answer: Officers and enlisted members will be required to have a passing, current fitness score to be selected for or attend professional military education. All members must have a current fitness test in order to deploy. There are other restrictions regarding retraining, reenlistment eligibility and assignment eligibility that could be impacted by a failed fitness score, especially if such a score results in a referral OPR or EPR. The appropriate Air Force instructions will be updated to reflect the impact fitness results have on these personnel programs.

6. What if I have a profile that prevents me from doing one or more components of the test?

Answer: Effective July 1, 2010, The Air Force will no longer use the STEP test as alternate aerobic tests. Instead, members who cannot run based on a profile will perform a 1-mile walk that will determine VO2 max capability. Also, if an Airman is exempt from any component, they will only be categorized as "pass" based on an adjusted composite score of 75 or higher or "fail" based on an adjusted composite score below 75

For further information please go to www.afpc.randolph.af.mil/affitnessprogram/index.asp

