



U.S. PUBLIC HEALTH SERVICE COMMISSIONED CORPS
REVISED ANNUAL PHYSICAL FITNESS TEST (APFT) COMPONENT SUMMARY AND REFERENCE
President's Challenge Eliminated 1 July 2015 • Revised APFT Effective 1 January 2016

SUMMARY OF ANNUAL PHYSICAL FITNESS TEST (APFT)

Component	Exercise Option	Continue vs. New	Performance Level	Gender Criterion	Age Criterion	Standard Reference*
CARDIORESPIRATORY ENDURANCE	Run	Continue	6 tiers	Yes	5 year cohort	US Navy
	Swim	Continue	6 tiers	Yes	5 year cohort	US Navy
	Elliptical	New	6 tiers	Yes	5 year cohort	US Navy
	Stationary Bike	New	6 tiers	Yes	5 year cohort	US Navy
UPPER BODY ENDURANCE	Push-up	Continue	6 tiers	Yes	5 year cohort	US Navy
CORE ENDURANCE	Plank	New	6 tiers	No	All ages	Peterson et al. 2013
	Side Bridge	Continue	6 tiers	No	All ages	US Coast Guard
	Sit-ups	Continue	6 tiers	Yes	5 year cohort	US Navy
FLEXIBILITY	Seated Toe Touch	New	Satisfactory/ Unsatisfactory	No	All ages	Previous US Navy exercise

*US Navy standards are based on data collected from 200,000 individuals in the Navy doing a Physical Readiness Test during 1997-1998. Compared to current PHS standards, some of the Navy standards for the run, swim, push-ups, and sit-ups are more challenging, some are less challenging, and some are the same. The PHS level 1 standards were retained for the satisfactory level for the run.