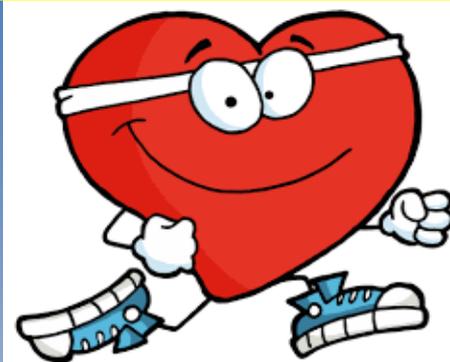




## U.S. Public Health Service Nursing - Tip of the Month

March 2016

### Helpful Reminders: New APFT



## Key Changes in the Revised Annual Physical Fitness Test (APFT)

### NEW OPTIONS for Exercises:

- Three exercises (elliptical, stationary bike, plank) and a new flexibility component (seated toe touch) added.

### EVIDENCE-BASED Standards:

- Standards based on review of Navy and Coast Guard standards and current literature.
- Revised APFT Component Summary and Reference

### SIMILARITY with Other Uniformed Services for Scoring:

- Updated scoring better aligns with other uniformed services.
- There are 4 overall components to the revised APFT:
  - ⇒ Cardiorespiratory endurance
  - ⇒ Upper body endurance
  - ⇒ Core endurance
  - ⇒ Flexibility

Cardiorespiratory endurance, upper body endurance, and core endurance have 6 levels with a corresponding point value (shown below). To pass the APFT, an officer must achieve a satisfactory or greater level in each of the three components.

The flexibility component seated toe touch exercise is scored as satisfactory or unsatisfactory.

Scoring unsatisfactory on the seated toe touch will lower the overall APFT score by one level, and could lead to failing the APFT if the overall APFT score is satisfactory.

The final APFT score is based on the average score from cardiorespiratory endurance, upper body endurance, and core endurance components. (An unsatisfactory seated toe touch drops the overall score by one level).

**Overall APFT levels and point values:** Maximum = 100 points (scored the maximum on each exercise) Outstanding = 90 to 99 points  
Excellent = 75 to 89 points Good = 60 to 74 points Satisfactory = 45 to 59 points Failure = under 45 points

### MORE AGE BANDS in 5 Year Increments:

- Additional age bands (5 year intervals)
- Maximum age band has increased from 50 plus, to 65 plus

### FLEXIBLE Options for Documentation:

- Options for observing and verifying APFT
  - \* An active-duty commissioned officer can observe and verify in person (current method).
  - \* An active-duty commissioned officer (any Service) can observe and verify remotely (via cell phone or computer video).
  - \* A federal employee non-officer adult (e.g. coworker) can observe and verify in person.
- Entering results of APFT
  - \* A new PHS-7044 Form and Direct Access updates available January 1, 2016.
  - \* Officers input results into Direct Access and retain a copy for their records.

### RECOGNITION for High Achievement by:

- Increasing level from prior APFT (example: "Good" to "Excellent")
- Achieving Maximum or Outstanding level
- Achieving Maximum or Outstanding level for 3 years consecutively

Source: [http://dcp.psc.gov/ccmis/RedDOG/REDDOG\\_APFT\\_overview\\_m.aspx](http://dcp.psc.gov/ccmis/RedDOG/REDDOG_APFT_overview_m.aspx)

Background: United States Marine Hospital, Chelsea Massachusetts.

**PHS-NURSE LIST SERV**

**TO REQUEST A MENTOR**

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