

Greetings fellow Nursing Officers,

The Nursing Professional Advisory Committee (N-PAC) Readiness and Response Subcommittee is reminding all officers that they must do the Annual Physical Fitness Test (APFT) on a yearly basis to maintain the physical fitness basic readiness requirement. The revised APFT became effective 1 January 2016 and was developed by the APFT Advisory Council. It is important for officers to start training in advance of the expiration of their APFT to ensure they can meet the new standards. Please note that there have been some important changes to the APFT Standards. These changes include:

1. New exercise options (Elliptical, Stationary bike, plank, seated toe touch)
2. Standards that are based on current science (US Navy, Coast Guard, Peterson et. al 2013)
3. 5 year age band increments instead of 10 year up to age 65+
 - a. Former APFT: **4 sets of standards** by age (20-29, 30-39, 40-49, 50+)
 - b. Current APFT: **10 sets of standards** by age (20-24, 25-29, 30-34, etc.)
4. Flexible options for documenting the APFT such as:
 - a. Another officer (current method)
 - b. Another officer remotely (via cell phone or computer video)
 - c. Another federal employee adult non officer
5. Parity with other service for scoring
6. Recognition for high achievement

For more information about key changes to the APFT requirements visit:

https://dcp.psc.gov/CCMIS/RedDOG/REDDOG_APFT_m.aspx

The new APFT Requirements can be found at: https://dcp.psc.gov/CCMIS/ccis/documents/pom15_004.pdf

REMEMBER: To update your APFT results, you must login to Direct Access and use the self-service menu. Please note that the U.S. Coast Guard shut down the Direct Access (DA) System for maintenance from December 20, 2016 to January 2, 2017.

*For questions pertaining to this communication contact CAPT Marie Casey at Marie.Casey@cms.hhs.gov and/or CDR Heather Bullock at heather.bullock@fda.hhs.gov

Brought to you by the *NPAC Readiness and Response Subcommittee, Readiness Resource Training Workgroup:*

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