



Revised Annual Physical Fitness Test



President's Challenge Eliminated 1 July 2015

Revised APFT Effective 1 January 2016

**More information and resources:
dcp.psc.gov/ccmis**

Key Information



- Per policy, as of 1 July 2015, the President's Challenge option will be eliminated and all officers will do the APFT yearly to maintain the physical fitness basic readiness requirement.
- The revised APFT is effective 1 January 2016.
- **It is important for officers to start training in advance of the expiration of their APFT to ensure they can meet the new standards.**
- Officers who are unable to do a category of exercises (e.g. cardiorespiratory endurance) due to a medical limitation can request a medical waiver for that component and will complete the rest of the APFT.

Background



APFT Working Group

Goals

| NAME | CATEGORY |
|--------------------------|-----------|
| RADM Sarah Linde | Physician |
| CAPT Bart Drinkard | Therapist |
| CAPT Scott Gaustad | Therapist |
| CAPT Bernard Parker | Physician |
| CAPT Richard Troiano | Scientist |
| CDR Dan Brum | Pharmacy |
| CDR Juliette Touré | Pharmacy |
| LCDR Elizabeth DeGrange | HSO |
| LT Katrina Piercy (lead) | Dietitian |

- Review, evaluate, and recommend a revised evidence-based physical readiness standard
 - Existing policy and practices
 - Other uniformed service standards
 - Scientific evidence

Rationale for Changes



- Condition of service to be basic ready
- Support Corps missions and activities required while on deployment
- Accountability
- Documentation of fitness level rather than physical activity
- Promote and model a healthy lifestyle
- Only a small number of officers are doing the President's Challenge
 - ~8% have never done an APFT

What's in the Revised APFT?



1. **NEW** exercise options
2. **EVIDENCE-BASED** standards based on current science
3. **MORE** age bands in 5 year increments up to age 65+
4. **FLEXIBLE** options for documenting APFT
5. **PARITY** with other services for scoring
6. **RECOGNITION** for high achievement

Current APFT vs. Revised APFT



| PHYSICAL FITNESS COMPONENT | CURRENT APFT EXERCISES | REVISED APFT EXERCISES |
|-----------------------------|--------------------------------------|--|
| Cardiorespiratory Endurance | *Run - 1.5 mi Swim - 450 m/500 yd | Run - 1.5 mi Swim - 450 m/500 yd Elliptical – 12 min Stationary Bike – 12 min |
| Upper Body Endurance | *Push-ups - 2 min | Push-ups - 2 min |
| Core Endurance | Side-bridge Sit-ups - 2 min | *Plank Side-bridge Sit-ups - 2 min |
| Flexibility | None | *Seated Toe Touch |

*Indicates APFT Exercise. Exercises without asterisks are alternatives.

NEW Exercise Options



- **Cardiorespiratory Endurance:** Elliptical and stationary bike

- Currently used by Navy and Army
- Calculation based on 12 minutes of exercise will provide corresponding 1.5 mile run level



- **Core Endurance:** Plank

- Valid, safe measure of core endurance with less pressure on elbow and shoulder vs. side bridge
- No other uniformed service doing this exercise



- **Flexibility:** Seated toe touch

- Increased flexibility can prevent injury
- No equipment required



EVIDENCE-BASED Standards



| COMPONENT | EXERCISE OPTION | REFERENCE |
|------------------------------------|-------------------|---------------------------|
| Cardiorespiratory Endurance | Run* | US Navy |
| | Swim | US Navy |
| | Elliptical | US Navy |
| | Stationary Bike | US Navy |
| Upper Body Endurance | Push-ups* | US Navy |
| Core Endurance | Plank* | Peterson et al. 2013 |
| | Side Bridge | US Coast Guard |
| | Sit-ups | US Navy |
| Flexibility | Seated Toe Touch* | Previous US Navy exercise |

*Indicates APFT Exercise. Exercises without asterisks are alternatives.

MORE Age Bands



- 5 year increments instead of 10 year increments
 - Current APFT: **4 sets of standards** by age (20-29, 30-39, 40-49, 50+)
 - Revised APFT: **10 sets of standards** by age (20-24, 25-30, 30-34, etc.)
- Standards extend to a higher age
 - Current APFT: highest age is **50 and older**
 - Revised APFT: highest age is **65 and older**

FLEXIBLE Options to Document APFT



- **Options for testing official verification:**
 1. Another officer (current method)
 2. Another officer remotely (via cell phone or computer video)
 3. Another federal employee adult non officer
- **Direct Access will have updated input options for new APFT**
 - Input email address of person observing APFT for auditing purposes
- **Updated Form PHS-7044**
 - Retain copy for personal records (no longer mail to Medical Affairs)

PARITY with other Services with Scoring



4 Fitness Components

- 4 fitness components
 - Cardiorespiratory endurance (4 exercise options)
 - Upper body endurance (1 exercise)
 - Core endurance (3 exercise options)
 - Flexibility (1 exercise)
 - ✦ Scored as satisfactory/unsatisfactory

6 Levels for Each Exercise

- **Maximum** = 100 points
- **Outstanding** = 90 points
- **Excellent** = 75 points
- **Good** = 60
- **Satisfactory** = 45 points
- ***Failure** = <45 points

Scoring System



Overall Score

- Average of 3 components (cardiorespiratory, upper body, core endurance)
 - **Must pass all components to pass APFT**
- Seated toe touch
 - Satisfactory: doesn't change APFT level
 - Unsatisfactory: lowers APFT by one level
- Encourages officers to do their best on each exercise

Average of 3 Exercises = Overall Score

- **Maximum:** 100 points
- **Outstanding:** 90-99 points
- **Excellent:** 75-89 points
- **Good:** 60-74 points
- **Satisfactory:** 45-59 points
- ***Failure:** <45 points

New Field Medical Readiness Badge (FMRB) level: Excellent

Scoring Examples



| EXERCISE | SCORE | POINTS |
|-----------|--------------|--------|
| Run | Maximum | 100 |
| Push-ups | Good | 60 |
| Plank | Excellent | 75 |
| Toe touch | Satisfactory | N/A |

Overall APFT score:
EXCELLENT

- $100 + 60 + 75 = 235$
- $235 \div 3 = 78$ points
 - Excellent = 75-89 points

| EXERCISE | SCORE | POINTS |
|-------------|----------------|--------|
| Elliptical | Satisfactory | 45 |
| Push-ups | Satisfactory | 45 |
| Side Bridge | Satisfactory | 45 |
| Toe touch | Unsatisfactory | N/A |

Overall APFT score:
FAILURE

- $45 + 45 + 45 = 135$
- $135 \div 3 = 45$ points
 - Satisfactory = 45-59 points
- *The overall score is one level lower due to the unsatisfactory score on the seated toe touch*

RECOGNITION for High Achievement



- **Three types of recognition (certificate)**
 1. Increasing level from prior APFT (e.g. good to excellent)
 2. Achieving maximum or outstanding level
 3. 3 years consecutively achieving maximum or outstanding level

- **PHS APFT Certificate of Excellence (PACE) program will transition to new recognition program from DCCPR open to all officers starting 1 January 2016**

Resources Available on CCMIS



- **CCMIS: dcp.psc.gov/ccmis**
 - ✦ **Readiness**
 - **Annual Physical Fitness Test (APFT)**
- **APFT Overview**
- **APFT Procedures & Instructions**
- **Frequently Asked Questions**
- **Policy related:** Memos from RADM Giberson and CAPT Beck on Revised APFT, Manual Circular 337, PPM 04-003, POM 15-004
- **Coming soon:**
 - **APFT Instructional Video**
 - **Updated Form PHS-7044**