

Headquarters Air Force Personnel Center

Integrity - Service - Excellence

Implementing the new Fitness Test



**HQ AF/A1P
January 2010**



Overview

- **Implementation Timeline**
- **Getting Started on 1 Jan 10**
- **Transition Plan for Active Duty Airmen**
- **Transition Plan for Air Force Reserve**
- **Transition Plan for Air National Guard**



Implementation Timeline

- **4 Jan 10:** Interim policy guidance published with 10-248 (dated Sep 2006) on AF Pubs Website
- **Jan 10:** In addition, the new fitness program published as AFI 36-2905, *Fitness Program* will be posted on the AF Pubs Website effective 1 Jul 2010
- **Airmen will test twice in CY 10**, once between 1 Jan 10 - 30 Jun 10 on the current standards and a second time between 1 July 10 - 31 Dec 2010 on the new test requirements
- **1 Jan 10 - 30 Jun 10:** Airmen continue to test under the current fitness program, AFI 10-248
 - Airmen receive 2 score cards
 - One score calculated using current guidelines provided in AFI 10-248; this score will count for official purposes
 - A second score calculated using new standards contained in AFI 36-2905; this score is FYI only—use only so Airmen can gauge new program requirements
 - Squadron commanders will be provided a copy of both score sheets for their assigned Airmen; use scores to gauge any concerning trends under the new program—work with your Airmen early
- **1 Jul 10:** AFI 36-2905 becomes effective; Airmen will test under the new program requirements and score tests accordingly



Getting Started on 1 Jan 10

- **FSSs encouraged to fill Fitness Assessment Cell (FAC) positions**
 - **Standard Position Descriptions for FACs available**
- **Continue to use PTLs and UFPMs until FAC employees are hired/trained/in place**
- **If FAC employees are in place and fully trained, transfer testing responsibility from UFPMs to FAC**
- **Wings identify and resource central testing location, office space, supplies, and equipment for FAC**
- **HAWC Exercise Physiologist (EP) train unit PTLs & UFPMs on new Fitness Program requirements using AFI 36-2905**



Transition Plan for Active Duty Airmen

- Active Duty (AD) Airmen will fitness test with the current standards from 1 Jan 10 – 30 Jun 10
- Beginning 1 Jan 10, AD will begin the 2x/yr test cycle (tested NLT 30 Jun 10)
- Any test taken before 1 Jul 10 will be scored IAW AFI 10-248
- Tests taken on/after 1 Jul 10 will be scored IAW AFI 36-2905
- Examples:

<u>If your last test was:</u>	<u>Your next test will be:</u> (IAW 10-248)	<u>And then again:</u> (IAW AFI 36-2905)
Jan or Jul 09	Jan 10	Jul 10
Feb or Aug 09	Feb 10	Aug 10
Mar or Sep 09	Mar 10	Sep 10
Apr or Oct 09	Apr 10	Oct 10
May or Nov 09	May 10	Nov 10
Jun or Dec 09	Jun 10	Dec 10



Transition Plan for AF Reserve

- AF Reserve Component will test 12 months after their last CY 2009 test date, then again in 6 months to progress to a bi-annual cycle
- Any test taken before 1 Jul 10 will be scored IAW AFI 10-248
- Tests taken on/after 1 Jul 10 will be scored IAW AFI 36-2905

- **Examples:**

If your last test was in: Your next test will be: And then again:

Jan 09

Jan 10

Jul 10

Jul 09

Jul 10

Jan 11

Dec 09

Dec 10

Jun 11



Transition Plan for Air National Guard

- Active Duty Guardsmen and drill status members will fitness test 12 months after their last CY 2009 test date
- Any test taken before 1 Jul 10 will be scored IAW ANGI 10-248
- Tests taken on/after 1 Jul 10 will be scored IAW AFI 36-2905
- Examples:

<u>If your last test was in:</u>	<u>Your next test will be:</u>	<u>And then again:</u>
Jan 09	Jan 10	Jul 10
Jul 09	Jul 10	Jan 11
Dec 09	Dec 10	Jun 11
- ANG Title 10 assigned to the National Guard Bureau on Statutory Tour will fitness test 12 months after their last CY 2009 test date, then again 6 months later to progress to a bi-annual cycle