

AFROTC Physical Fitness & Height / Weight Standards

We conduct the Physical Fitness Assessment (PFA) at least once every fall and spring term.

The PFA is composed of three components that are evaluated through four events:

1. Body Composition (abdominal measurement)
2. Muscular fitness components (1-minute Push-ups and 1-minute Crunches)
3. Aerobic component (1.5-mile run)

To pass, cadets must complete all events; achieve the minimum score in each event and a total score of at least 75 points.

See exact points per event by gender on following pages.

Note: All information in this handout is from AFI 36-2905 which takes effect 1 July 2010. Previous PFA guidance (test composition and scoring was IAW AFI 10-248).

MAXIMUM SCORES			
EVENT	AGE	MALE	FEMALE
Abdominal Measurement (20 points)	Under 30	35"	31.5"
Push-ups (10 points)	Under 30	67	47
Crunches (10 points)	Under 30	58	54
1.5-Mile run (60 points)	Under 30	9:12	10:23

How to pass the PFA

Make physical fitness fun. Perform exercises that will improve *each* event score.

- Emphasize the events you struggle with to improve overall score.
- Make the plan a part of your lifestyle.
- Find a friend (or friends) to work out with on a *regular* basis.
- Set short-term and long-term goals for yourself.
- Set goals to improve individual event scores and the overall score.
- Break periods of study by performing individual exercises.
- Read a chapter or finish an assignment and do some push-ups.

You don't need to be an athlete to pass the PFA, you just need to get in and stay in "PFA" shape.

* Same weight standards for males/females

Air Force Weight Standards*		
Height in Inches	Max Weight	Min Weight
58	119	91
59	124	94
60	128	97
61	132	100
62	136	104
63	141	107
64	145	110
65	150	114
66	155	117
67	159	121
68	164	125

Air Force Weight Standards*		
Height in Inches	Max Weight	Min Weight
69	169	128
70	174	132
71	179	136
72	184	140
73	189	144
74	194	148
75	200	152
76	205	156
77	210	160
78	216	164
79	221	168
80	227	173

Attachment 14

FITNESS ASSESSMENT CHART - MALE: AGE: < 30

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 9:12	Low-Risk	60.0	≤32.5	Low-Risk	20.0	≥67	10.0	≥ 58	10.0
9:13 - 9:34	Low-Risk	59.7	33.0	Low-Risk	20.0	62	9.5	55	9.5
9:35 - 9:45	Low-Risk	59.3	33.5	Low-Risk	20.0	61	9.4	54	9.4
9:46 • 9:58	L-0w-Risk	58.9	34.0	Low-Risk	20.0	60	9.3	53	9.2
9:59 • 10: 10	L-0w-Risk	58.5	34.5	Low-Risk	20.0	59	9.2	52	9.0
10: 11 • 10:23	L-0w-Risk	57.9	35.0	Low-Risk	20.0	58	9.1	51	8.8
10:24 - 10:37	L-0w-Risk	57.3	35.5	Moderate Risk	17.6	57	9.0	50	8.7
10:38 • 10:51	L-0w-Risk	56.6	36.0	Moderate Risk	17.0	56	8.9	49	8.5
10:52 • 11 :06	L-0w-Risk	55.7	36.5	Moderate Risk	16.4	55	8.8	48	8.3
11 :07 • 11 :22	L-0w-Risk	54.8	37.0	Moderate Risk	15.8	54	8.8	47	8.0
11:23-11:38	L-0w-Risk	53.7	37.5	Moderate Risk	15.1	53	8.7	46	7.5
11:39 • 11:56	L-0w-Risk	52.4	38.0	Moderate Risk	14.4	52	8.6	45	7.0
11:57-12:14	Low-Risk	50.9	38.5	Moderate Risk	13.5	51	8.5	44	6.5
12:15 - 12:33	Low-Risk	49.2	39.0 *	Moderate Risk	12.6	50	8.4	43	6.3
12:34 • 12:53	Moderate Risk	47.2	39.5	High Risk	11.7	49	8.3	42 *	6.0
12:54 • 13: 14	Moderate Risk	44.9	40.0	Hi l Risk	10.6	48	8.1	41	5.5
13:15 - 13:36 *	Moderate Risk	42.3	40.5	High Risk	9.4	47	8.0	40	5.0
13:37 • 14:00	High Risk	39.3	41.0	High Risk	8.2	46	7.8	39	4.5
14:01 • 14:25	High Risk	35.8	41.5	Hi l Risk	6.8	45	7.7	38	4.0
14:26 • 14:52	High Risk	31.7	42.0	High Risk	5.3	44	7.5	37	3.5
14:53 • 15:20	High Risk	27.1	42.5	High Risk	3.7	43	7.3	36	3.3
15:21 - 15:50	High Risk	21.7	43.0	High Risk	1.9	42	7.2	35	3.0
15:51 - 16:22	High Risk	15.5	≥43.5	High Risk	0.0	41	7.0	34	2.5
16:23 - 16:57	High Risk	8.3				40	6.8	33	2.0
≥ 16:58	High Risk	0.0				39	6.5	32	1.5
						38	6.3	31	1.3
						37	6.0	30	1.0
						36	5.8	≤29	0.0
						35	5.5		
						34	5.3		
						33 *	5.0		
						32	4.8		
						31	4.5		
						30	4.3		
						29	4.0		
NOTES:						28	3.8		
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						27	3.5		
						26	3.0		
Passing Requirements - member must: 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						25	2.8		
						24	2.5		
						23	2.3		
* Minimum Component Values						22	2.0		
Run time ≤ 13:36 mins:secs / Abdominal Circ ≤ 39.0 inches						21	1.8		
Push-ups ≥ 33 repetitions/one minute/ Sit-ups ≥ 42 repetitions/one minute						20	1.7		
						19	1.5		
Composite Score Categories:						18	1.0		
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0						≤ 17	0.0		

FITNESS ASSESSMENT CHART – FEMALE: AGE: < 30

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 10:23	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 47	10.0	≥ 54	10.0
10:24 - 10:51	Low-Risk	59.9	29.5	Low Risk	20.0	42	9.5	51	9.5
10:52 - 11:06	Low-Risk	59.5	30.0	Low Risk	20.0	41	9.4	50	9.4
11:07 - 11:22	Low-Risk	59.2	30.5	Low Risk	20.0	40	9.3	49	9.0
11:23 - 11:38	Low-Risk	58.9	31.0	Low Risk	20.0	39	9.2	48	8.9
11:39 - 11:56	Low-Risk	58.6	31.5	Low Risk	20.0	38	9.1	47	8.8
11:57 - 12:14	Low-Risk	58.1	32.0	Moderate Risk	17.6	37	9.0	46	8.6
12:15 - 12:33	Low-Risk	57.6	32.5	Moderate Risk	17.1	36	8.9	45	8.5
12:34 - 12:53	Low-Risk	57.0	33.0	Moderate Risk	16.5	35	8.8	44	8.0
12:54 - 13:14	Low-Risk	56.2	33.5	Moderate Risk	15.9	34	8.6	43	7.8
13:15 - 13:36	Low-Risk	55.3	34.0	Moderate Risk	15.2	33	8.5	42	7.5
13:37 - 14:00	Low-Risk	54.2	34.5	Moderate Risk	14.5	32	8.4	41	7.0
14:01 - 14:25	Low-Risk	52.8	35.0	Moderate Risk	13.7	31	8.3	40	6.8
14:26 - 14:52	Low-Risk	51.2	35.5 *	Moderate Risk	12.8	30	8.2	39	6.5
14:53 - 15:20	Moderate Risk	49.3	36.0	High Risk	11.8	29	8.1	38 *	6.0
15:21 - 15:50	Moderate Risk	46.9	36.5	High Risk	10.7	28	8.0	37	5.5
15:51 - 16:22 *	Moderate Risk	44.1	37.0	High Risk	9.6	27	7.5	36	5.3
16:23 - 16:57	High Risk	40.8	37.5	High Risk	8.3	26	7.3	35	5.0
16:58 - 17:34	High Risk	36.7	38.0	High Risk	6.9	25	7.2	34	4.5
17:35 - 18:14	High Risk	31.8	38.5	High Risk	5.4	24	7.0	33	4.3
18:15 - 18:56	High Risk	25.9	39.0	High Risk	3.8	23	6.5	32	4.0
18:57 - 19:43	High Risk	18.8	39.5	High Risk	2.0	22	6.3	31	3.5
19:44 - 20:33	High Risk	10.3	≥ 40.0	High Risk	0.0	21	6.0	30	3.0
≥ 20:34	High Risk	0.0				20	5.8	29	2.8
						19	5.5	28	2.5
						18 *	5.0	27	2.0
NOTES:						17	4.5	26	1.8
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						16	4.3	25	1.7
						15	4.0	24	1.5
						14	3.5	23	1.0
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						13	3.0	≤ 22	0.0
						12	2.8		
						11	2.5		
<u>* Minimum Component Values</u>						10	2.0		
Run time ≤ 16:22 mins:secs / Abd Circ ≤ 35.5 inches						9	1.5		
Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute						8	1.0		
						≤ 7	0.0		
Composite Score Categories:									
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									