



Fitness Guidance Frequently Asked Questions

Q. What is the new point breakdown without the A/C component? When is this effective?

A. After removing the abdominal circumference as a scored component of the physical fitness assessment, points were redistributed. Push-ups and sit-ups will increase from 10 to 20 points each, with the 1.5 mile run remaining at 60 points, effective July 1, 2021.

Q. Why is the cardio component so heavily weighted?

A. Revised scoring remains at 60 points for the aerobic component and reflects continued emphasis on cardio-vascular fitness. While it is not the only aspect of health and readiness, aerobic fitness remains one of the most essential elements for readiness and health.

Q. Why are we changing to five-year age groups? When is this effective?

A. These changes are in response to what Airmen have asked and what the Air Force Physical Fitness Working Group determined was the best way forward. This is effective July 1, 2021.

Q. If a member does not meet the minimum component score, is it possible to pass the test?

A. No, in order to pass the physical fitness assessment a member must 1) achieve a composite point total greater than or equal to 75 points and 2) meet the minimum point values for all components tested on.

Q. Are any of the rules for fitness failures going to change or do the same rules apply?

A. No. All the same rules for fitness failures will still apply.

Q. How will body composition be measured? When will that be implemented?

A. The body composition program will be separate from the physical fitness assessment and resume October 2021. Further details on the body composition program, as required by Department of Defense Instruction 1308.3., will be released at a later date.

Q. If I am on a profile for one component, does my Primary Care Manager (PCM) or Primary Care Provider (PCP) have to exempt me from the alternate option, as well?

A. Yes, if a member is on a profile their PCM or PCP must identify which components they are exempt from.

Q. Can members test using a combination of the old and new cardio and strength components? Will members have the option to choose what they like best?

A. Yes, once the new components are implemented in January 2022, members will have a choice on which testing options they choose for their physical fitness assessment. More information is expected to be released this summer.

Q. If it is a choice, when will members have to decide what components they will test in?

A. Members must decide their components in conjunction with the completion of their Fitness Screening Questionnaire and provide it to their Unit Fitness Program Manager for review prior to their assessment. If they don't make a determination, member will test on the regular components.

Q. Will the updates and new options change the pregnancy exemptions and post-partum exemptions?

A. No.

Q. Will the new physical fitness assessment changes be implemented at Basic Military Training?

A. Yes.