

Physical Fitness Assessment Testing Resumes 1 July 2021

*Fitness Assessment Cell
NCOIC 10 FSS/FSVS
DSN: 333-9135*

Physical Fitness Assessment (PFA) Testing



- Commander/Directors have the option to test unit personnel using the Fitness Assessment Cell (FAC) or Unit Self-testing using Physical Training Leaders (PTLs)
- Testing with the FAC will be conducted on Tuesday, Thursday and Fridays at 0630, 0900 and 1030 hrs
- Unit Self-testing can schedule at any time Monday and Wednesday and after 1230 Tuesday, Thursday or Fridays
- Appointments are required to ensure there is no over lapping with PFA testing of FAC or other units
- Maximum testing slots per session for PFA is 10 members for either the FAC or Unit Self-testing

Self-testing Requirements



- **Units must have certified PTLs administering tests**
- **Airman's weight will be measured on a scale calibrated in accordance with Section 3 of Technical Order 33K-1-100-1, Calibration Procedure for Maintenance Data Collection Codes and Calibration Measurement Summaries, and recorded to the nearest pound with the following guidance. (POC PMEL 333-9760) Calibrations have different past due dates depending on the scale.**
- **An AED will be on-site and immediately available for all portions of fitness assessment (POC MDG)**
- **Minimum 3 minute rest between all components**
- **PTL Ratio is 12:1**

Unit Fitness Program Manager (UFPM)



- UFPMs will schedule PFA test for either FAC or Unit Self-testing
- UFPMs will schedule FAC testing on the FAC share point site
 - Units using FAC testing must provide one PTL per session that personnel are scheduled
- UFPMs will schedule Unit Self-testing by calling the Fitness Center at 333-4522
- Self-testing Units must have an PTL administering the test
- UFPMs will contact FAC manager regarding testing for PCS/promotions as soon as known
 - Last minute testing may not be available

Members Responsibility for PFA



- FAC testing individuals will meet in the lower basketball court in the Community Center Fitness and Sports Center
- Arrive on time, ready to test at appointment time
- Members that are late will not be allowed to test and must reschedule
- No shows will be reported to UFPMs/First Sergeants and must be rescheduled
- Bring all forms relevant to testing
- If on a medical waiver the form must be brought to testing
- All testers must be in the proper Air Force Physical Fitness (AF PT) uniform

USAFA Approved Tracks



- The run/walk portion of the PFA must be conducted at approved locations
 - Fitness Center track 8.8 laps(schedule through Fitness Center
 - Indoor Clune Arena 9 laps(POC Mr Stoneking 333-9021)
 - Cadet outdoor track laps 6 laps(no POC)
 - Air Academy High School track 6 laps(POC Mr. Ron Walker 333-9133)
 - Falcon Stadium road course (no scheduling required)

****Scheduling will change when myFitness comes online****

PFA Requirements



Without the waist measurement as a scored component, push-ups and sit-ups will increase from 10 to 20 points each, while the 1.5 mile run will remain at 60 points. Scoring will fall into five year age groups, as opposed to the previous 10.

- Waist to return Oct 2021 to fill a DoD requirement but will not count towards Fitness score

- Current Age Score Charts

https://www.afpc.af.mil/Portals/70/documents/07_FITNESS/5%20Year%20Score%20Chart%20updated%201.5%20mile%20pushups%20and%20situps%2020210525.pdf?ver=pPTBzu2XxX83JsIWgzfzOg%3d%3d

Diagnositics



- Unit Commanders/Directors are responsible for setting guidelines for optional diagnostic testing using UFPM/PTL's (minimum of 1/max of 3)
- UFPMs must track and manage Diagnositics
- PTLs must administer diagnostic testing.
- UFPMs can use the fitness center to perform diagnostic testing by calling 333-4522 to schedule

FAC Augmentee/PTL Schedule



Fitness Assessment 0615-1200	PTL Male and Female
Thursday, 1 July 2021	DF
Tuesday, 6 July 2021	DF
Thursday, 8 July 2021	DF
Friday, 9 July 2021	DF
Tuesday, 13 July 2021	DF
Thursday, 15 July 2021	DF
Friday, 16 July 2021	DF
Tuesday, 20 July 2021	DF
Thursday, 22 July 2021	DF
Friday, 23 July 2021	DF
Tuesday, 26 July 2021	DF
Thursday, 29 July 2021	DF
Friday, 30 July 2021	DF
Tuesday, 3 August 2021	10 CS
Thursday, 5 August 2021	10 CS
Friday, 6 August 2021	10 CS
Tuesday, 10 August 2021	10 CES
Thursday 12 August 2021	10 CES
Friday, 13 August 2021	10 CES
Tuesday, 17 August 2021	10 FSS
Thursday, 19 August 2021	10 FSS
Friday, 20 August 2021	10 FSS
Tuesday, 24 August 2021	10 SFS
Thursday 26 August 2021	10 SFS
Friday, 27 August 2021	10 SFS
Tuesday, 31 August 2021	10 MDG
Thursday, 2 September, 2021	10 MDG
Tuesday, 7 September 2021	10 MDG
Thursday, 9 September 2021	10 MDG
Friday, 10 September 2021	10 MDG
Tuesday, 14 September 2021	10 MDG
Thursday, 16 September 2021	10 MDG
Friday, 17 September 2021	10 MDG
Tuesday, 21 September 2021	10 MDG
Thursday, 23 September 2021	USAFA HQ
Friday, 24 September 2021	USAFA HQ
Tuesday, 28 September 2021	USAFA HQ
Thursday, 30 September 2021	PS
END of Q3	



A1 Digital Transformation is improving the customer experience with a new application called myFitness located on a new platform, myFSS housed on Salesforce

The new platform improves services to Airmen & Space Guardians, consolidates HR platforms, and reduces IT investments and vulnerabilities.

- There are two things – that are separate and distinct – occurring on 1 Jul:
 - (1) Fitness testing resumes using current processes, policies, unit schedules, and system (AFFMS)
 - (2) A1 is rolling out initial capabilities on a new application on myFSS called “myFitness” that will replace AFFMS over the next 3 months (AFFMS will shut down end of FY)
- FIMs, FACs, and UFPMs will start to use the myFitness application & stop using the AFFMS
 - This will occur gradually over next several months
- There is no change in the Fitness testing policies/process

myFitness

- **myFitness is just one application that will sit within myFSS (along with medical evals, awards & decs, etc)**
 - This application will replace Air Force Fitness Management System II and serve as a “one stop shop” for
 - Scheduling
 - Viewing
 - Accessing
 - Managing FAs for the DAF
 - **myFitness should be available to Airmen & Guardians in the next 90 days via the new myFSS platform.**

Step one: FIMs direct their FACs and UFPMs to log into myFSS (to accomplish provisioning)

Step two: FIMs become KNOWLEDGEABLE on the new application (myFitness) by logging in and looking around, reviewing job aids and watching videos for their role while FACs and UFPMs are logging in to the platform

Step five: Once FACs and UFPMs have logged into myFSS, FIMs will grant them elevated access in myFitness

Step three: FACs/ UFPMs become KNOWLEDGEABLE on the new application (myFitness) by logging in and looking around, reviewing job aids and watching videos – also, attending AFSVC training webinars

Step four: FIMs, FACs, UFPMs demonstrate ABILITY by using myFitness IAW approved schedule (slides 17,18, & 19)

MANDATORY 1 July: Input scores into myFitness

Airmen and Guardian Capabilities	Availability date	Date field will be directed to use
View past Fitness Assessment scores and view their Fitness Category	6 APR 21	1 JUL 21
Start new Fitness Assessments, schedule a future test and Upload medical review documents in case it's needed to complete a booking of the Fitness Assessment test	6 APR 21	SEPT – NOV 21
Download/View PDF versions of the Fitness Screening Questionnaire (FSQ) and other documents for testing	6 APR 21	1 JUL 21
Schedule and request a Fitness Assessment while at a location other than their home station (TDY)	7 MAY 21	SEPT – NOV 21
Reschedule and/or cancel a scheduled Fitness Assessments 24 hours in advance of the assessment occurrence	7 MAY 21	SEPT – NOV 21
Submit an AF Form 469 as a result of my injury or illness during my Fitness Assessment	7 MAY 21	1 JUL 21
Access and complete the Fitness Screening Questionnaire to request a Diagnostic Physical Fitness Assessment	4 JUN 21	SEPT – NOV 21
Access a calculator to enter estimated fitness test results and determine the resulting Composite Score	4 JUN 21	1 JUL 21
Receive notifications regarding Fitness Assessment scores, composite exemptions, component exemptions, Fitness Assessment cancellations, and location changes to a Fitness Assessment	4 JUN 21	JUL – NOV 21
Receive updated individual fitness tracker reports and access to the members dashboard when Fitness Assessments are completed or updated.	28 JUN 21	1 JUL 21

Fitness Information Manager and Fitness Assessment Cell Capability	Availability date	Date field will be directed to use
Manage Fitness Assessment activities like approving test requests and reviewing the FSQ/469 Forms from a service console.	6 APR 21	SEPT – NOV 21
Manage Fitness Assessment activities like scoring and creating “walk-in” assessments for Airmen or Guardians for same day fitness testing	6 APR 21	1 JUL 21
Review member information and AF Form 469 for medical exemptions in order to approve a PFA (Physical Fitness Assessment)	7 MAY 21	SEPT – NOV 21
View whether an Airmen or Guardian is component or composite exempt to ensure they complete the correct assessment	7 MAY 21	SEPT – NOV 21
Schedule “walk-in” assessments for Airmen or Guardians for same day fitness testing	7 MAY 21	1 JUL 21
Manage Fitness Assessment Schedules to include creating, rescheduling and/or canceling in the event the location can no longer accommodate an	7 MAY 21	SEPT – NOV 21
Create a roster report that identifies each Airmen/Guardian scheduled for a Fitness Assessment on the actual assessment date	7 MAY 21	SEPT – NOV 21
Receive notifications regarding cancellations and/or rescheduled Fitness Assessments, when medical reviews for members are assigned, and when medical review outcomes are made	4 JUN 21	1 JUL 21

Commander Capabilities	Availability date	Date field will be directed to use
Commanders will receive auto generated reports which will include the following criteria: unit status, member score, status, PFA test date, exemption type, and component fails	28 JUN 21	1 JUL 21
Commanders have access to a standard dashboard and the ability to create a personalized dashboard to retrieve assessment statistics, fitness reports, and analytics.	28 JUN 21	1 JUL 21

Q&A



Please call NCOIC, Fitness Assessment Cell at 719-333-9135 for any FAC related questions.