

ARMY REGULATION

No. 600-9

HEADQUARTERS
DEPARTMENT OF THE ARMY
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PERSONNEL—GENERAL

ARMY PHYSICAL FITNESS PROGRAM

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1. General. Physical fitness is an indispensable part of leadership. Commanders at all levels will apply continuous command emphasis to insure complete dissemination and compliance with the requirement of this regulation. The importance of physical fitness must be fully appreciated by each commander and individual in the United States Army.

2. Purpose. This regulation establishes minimum physical fitness standards for all personnel of the Army and provides policy for the implementation of the Army's Physical Fitness Program.

3. Objectives. The overall objective of the physical fitness program is to develop male and female Army personnel physically capable of performing their duties, and to aid in the continuance of good health and physical fitness through exercise. Detailed objectives for male personnel are as indicated in TM 21-200 and DA Pam 21-1; and for female personnel as indicated in FM 35 20 and in DA Pam 21-2.

4. Responsibilities. *a.* Commanders at all levels will insure the proper planning, conduct, and supervision of an adequate physical fitness program and effective participation by personnel as outlined in this regulation. Only those personnel specifically excused for medical reasons or limiting profiles by the unit or installation medical officers are exempt from participation in these programs.

b. Military personnel under 40 years of age whose duty station or assignment precludes an or-

ganized physical training program are responsible for achieving and maintaining a state of physical fitness that will enable them to pass the Physical Combat Proficiency Test.

c. All military personnel over 40 years of age are charged with maintaining a level of physical conditioning that will enable them to perform their current duties and that will prepare them to perform more rigorous duties in the event of mobilization. The exercise programs contained in DA Pam 21-1 (for men) and DA Pam 21-2 (for women) should be used as guidelines by such individuals in arriving at a standard level of physical proficiency.

5. Participation. In addition to correct dietary habits and the proper balance of rest, regular and frequent physical exercise is paramount to an adequate physical fitness program. Physical fitness testing in itself is not to be considered as synonymous with a physical fitness program.

a. Accordingly, every individual in the Active Army, either as part of a unit or individually, will follow a physical fitness program as prescribed in this regulation. Such programs will be scheduled on a year-round basis.

b. Physical fitness program and testing for Reserve component units will be administered in accordance with requirements established by the Commanding General, USCONARC and major oversea commanders having jurisdiction over Army National Guard and Army Reserve units.

6. Education. It is necessary that a vigorous

*This regulation supersedes TC 21-1, 7 January 1963, including C 3, 26 July 1963.

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education program be initiated and maintained to assure an understanding of the need for exercise in the development and maintenance of physical fitness. The following actions will be taken to achieve this:

a. Commanders at all levels will emphasize physical fitness so as to develop an appreciation for the benefits of exercise and complete understanding of the program as contained in this regulation.

b. Commandants of branch service schools will provide physical training as specified in the USCONARC Training Directive for students attending leader-type courses at the OCS, basic officer, and career officer levels. Students enrolled in extension and USAR school leader-type courses will receive similar instruction. This instruction is to assure that officers will have adequate knowledge to plan, administer, and supervise programs as specified in paragraphs 7a through e.

7. Physical Fitness Program. Exercise and physical fitness programs will be divided into categories and administered as prescribed below.

a. Individual training.

- (1) Basic trainees will follow physical fitness programs as outlined in ATP 21-114 or ATP 21-111.
- (2) Advanced individual trainees will follow physical fitness programs as outlined in appropriate Army MOS subject schedules with the addition of the requirement as indicated in paragraph 8a(3).
- (3) Women's Army Corps trainees will follow programs as outlined in ATP 21-121 and other applicable training directives.
- (4) Students in service schools under jurisdiction of the United States Continental Army Command will follow programs as outlined in the USCONARC Training Directive.

b. Unit training.

- (1) TOE units of the Active Army will follow programs as outlined in respective branch or special Army training programs, and ASubjSchd 21-37.
- (2) TD units of the Active Army engaged in a group physical fitness program will follow programs as outlined in FM 21-20 or FM 35 20. Personnel assigned to TD units not engaged in a group program will follow an individual program as specified below.

c. Individual physical conditioning.

- (1) All other military personnel, not included in *a* or *b* above, who are under 40 years of age will follow programs as outlined in DA Pam 21-1 or DA Pam 21-2, as applicable.
- (2) Personnel over 40 years of age will be responsible for their own physical fitness programs. Personnel in this category will follow the guidance provided in DA Pam 21-1 or DA Pam 21-2. To insure safe participation in an exercise program, it must be determined that the individual has no limiting physical defect which may be aggravated by such exercise. The most recent annual medical examination, in most cases, may be used for this purpose.

d. Sports and special service programs.

- (1) *Army sports program.* Consistent with the unit or individual mission, commanders will implement the provisions of AR 28-52 as a means of supplementing programs outlined in *a*, *b*, and *c* above.
- (2) *Special service program.* Recreational sports and activities will also be used as specified in AR 28-1 to assist in the development of physical fitness of personnel during off-duty time.

e. Overweight and physical profile programs.

- (1) Commanders will continuously survey for overweight military personnel in accordance with AR 600-7.
- (2) Certain personnel, because of illness, injury, or physical incapacity, may be unable to participate in one of the programs referred to in *a*, *b*, or *c* above. The provisions of AR 40-501 apply and personnel in this category will be excused during periods of temporary or permanent disability established by an assigned profile.

8. Tests and standards. To evaluate the effectiveness of programs as specified in paragraph 7, and the physical fitness of individuals throughout the Army, all male and female military personnel under 40 years of age will be tested periodically. It is the intent of this regulation that when semi-annual tests are directed that approximately 6 months will elapse between administration of tests. Personnel excused for medical reasons and those over 40 years of age will not be tested.

a. Physical Combat Proficiency Tests. Male personnel under 40 years of age will be administered this test as outlined in chapter 11, TM 21-200. Except as indicated in (1) and (2) below, the Physical Combat Proficiency Test will be administered semiannually.

- (1) *Branch service schools.* All students will be tested at least once during leadership-type courses of instruction which are 8 weeks or longer in duration, and in specialist courses which are 20 weeks or longer in duration.
- (2) *Trainees (BCT, AIT).* The Physical Combat Proficiency Test will be given twice during basic combat training, once during advanced individual training, and once during basic unit training for personnel performing initial tours of active duty for training under the Reserve Enlistment Program, 1963 (REP 63).
- (3) *Organizations not included above.* All other Active Army personnel assigned at or near an installation where Physical Combat Proficiency Test facilities are available to prepare for and take the test will be tested semiannually.

b. Army Minimum Physical Fitness Tests and testing of WAC trainees. All other eligible personnel as defined in *a* above and not included in the Physical Combat Proficiency Test categories enumerated in *a* above will be tested semiannually as follows:

- (1) Where Physical Combat Proficiency Test facilities do not exist, the Army Minimum Physical Fitness Test—Male will be utilized as contained in TM 21-200.
- (2) Female personnel who have completed basic training will be administered the Army Minimum Physical Fitness Test—Female, as contained in DA Pam 21-2. WAC basic trainees will be tested twice during basic training. The test will be prescribed by the CO, USWAC Center, Ft McClellan, Ala.

c. Standards. The following standards are established to determine satisfactory physical fitness as measured by testing:

- (1) The combat ready standards as specified in TM 21-200 will be the minimum acceptable standard for the Physical Combat Proficiency Test for Active Army di-

visional and nondivisional combat and combat support TOE units.

- (2) The minimum acceptable standard for the Physical Combat Proficiency Test for all personnel is a total score of 300 points with participation in all five test events.
- (3) The minimum acceptable standard for the Army Minimum Physical Fitness Test—Male and the Army Minimum Physical Fitness Test—Female is successful completion of each test event as prescribed in reference manuals. It is emphasized that these are the minimum acceptable standards.
- (4) For those personnel who fail to attain the minimum standards prescribed in the Army Minimum Physical Fitness Test, corrective measures will be administered followed by at least one retest. Personnel action should be considered in those cases where individuals positively demonstrate an inability to meet these standards.

9. Dependents Schools Program. *a.* There is continued need for national concern in the development and maintenance of physical fitness of our nation's youth. The President's Council for Physical Fitness continues to emphasize the physical fitness contribution of the nation's schools to school age youth.

b. The Department of the Army will continue to support and actively participate in the President's Council School Youth Physical Fitness Program. Commanders will continue to insure effective implementation of physical conditioning programs in dependent's schools.

10. Records. DA Form 705 (Physical Fitness Testing Record) for each individual under 40 years of age will be maintained by the unit having morning report jurisdiction for that individual. Results recorded on this form will be used by unit commanders to evaluate the effectiveness of the physical fitness program, and to respond to such reporting requirements of higher headquarters as may be needed for Army-wide program evaluation.

a. Test records for the Physical Combat Proficiency Test, the Minimum Physical Fitness Test—Male, and the Minimum Physical Test—Female will be maintained on the current DA Form 705.

b. Tests results will be recorded on the DA Form 705.

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c DA Form 705 will accompany an individual and/or his or her 201 file as a permanent record upon reassignment to another unit having morning report jurisdiction.

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By Order of the Secretary of the Army:

d. Only that copy of DA Form 705 showing an individual's most recent test results need be maintained as a permanent record.

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