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No. 600-9

HEADQUARTERS  
DEPARTMENT OF THE ARMY  
WASHINGTON, DC, 12 November 1971

PERSONNEL—GENERAL  
ARMY PHYSICAL FITNESS PROGRAM

Effective 1 January 1972

*This revision provides new guidance on the programing, testing, and evaluation of physical fitness. Local limited supplementation of this regulation is permitted but is not required. If supplements are issued, Army staff agencies and major Army commands will furnish one copy of each supplement to HQDA(DAFD OTT), Washington, DC 20310; other commands will furnish one copy of each to the next higher headquarters.*

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Section I. GENERAL

**1. General.** Physical fitness is essential for accomplishing the Army's mission. It may be achieved only through a proper combination of correct dietary habits, sufficient rest, and regular and vigorous physical exercise.

**2. Purpose.** This regulation presents the objectives, responsibilities, and training policies pertaining to the conduct of the US Army's physical fitness program and establishes minimum physical fitness standards for all US Army personnel.

**3. Objectives.** The objectives of the physical fitness program are 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.

**4. Special emphasis term.** Physical fitness signifies a healthy body, the capacity for skillful and sustained performance, the ability to recover rapidly from exertion, the desire to complete a designated task, and the confidence to face any eventuality.

Section II. RESPONSIBILITIES

**5. Headquarters, Department of the Army. a.** Assistant Chief of Staff for Force Development exercises Army staff responsibility for physical fitness training.

**b.** Deputy Chief of Staff for Personnel exercises Army staff responsibility for individual training and training at Army schools.

**6. Command. a. United States Continental Army Command.** The Commanding General, United States Continental Army Command will—

(1) Provide students in leadership-type courses, both resident and nonresident, with instruction pertinent to the planning and administration of physical fitness programs.

\*This regulation supersedes AR 600-9, 5 January 1965.

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(2) Prepare and approve training programs, applicatory literature, and training aids required for support of this program.

(3) Prescribe physical fitness training programs for CONUS based Army Reserve component units.

*b. Major Army commands overseas.* The Commanding Generals of major Army commands overseas will prescribe physical fitness programs for Army Reserve component units stationed within their area of responsibility.

*c. Army field commands.* Each Army field commander will—

(1) Familiarize the members of his command with the benefits of physical exercise.

(2) Conduct a physical fitness program commensurate with the level of physical fitness required by his unit and insure effective participation by all eligible personnel.

**7. Individual.** All Army personnel will achieve and maintain a physical fitness standard that will permit the effective performance of their assigned duties in a combat environment, to include development of necessary strength, endurance, agility, and coordination.

*a. Military personnel under 40 years of age* are responsible for achieving and maintaining a state of physical fitness that will enable them to meet minimum physical fitness test standards as outlined in paragraph 10.

*b. All military personnel 40 years of age and over* are responsible for maintaining a level of physical conditioning that will enable them to perform their current duties and prepare them to perform more rigorous duties, if required.

**8. Dependent youth program.** There is a 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 and Sports continues to emphasize the physical fitness contribution of the nation's schools to school-age youth. The Department of the Army will continue to support and actively participate in the President's Council School Youth Physical Fitness Program. Commanders should, when feasible, support physical education programs for dependent youth with proper emphasis upon the development of physical fitness.

### Section III. TRAINING

**9. Participation.** *a.* All individuals in the Active Army, either as part of a unit or individually, will follow an appropriate physical fitness program on a year-round basis.

*b.* Personnel will be excused from participation in physical fitness training for illness, injury, or physical incapacity during the period of temporary or permanent disability as established by an assigned profile under AR 40-501.

*c.* Personnel within 90 days of expiration of their terms of service are excused from physical fitness tests.

*d.* Male personnel 40 years of age or over may elect but may not be required to take the minimum physical fitness test.

**10. Physical fitness programs.** Exercise and physical fitness programs are divided into categories and administered as prescribed below.

*a. Basic, advanced individual, and student training.*

(1) Basic trainees will follow physical fitness programs as outlined in ATP 21-114, ATP 21-111, or ATP 21-121, as applicable.

(2) Trainees undergoing advanced individual training will follow physical fitness programs as outlined in ASubjSec 21-37.

(3) Students in schools under the command of CG, CONARC will follow physical conditioning programs as prescribed by CONARC.

*b. Unit training.*

(1) *TOE units of the Active Army.* Appropriate ATP and ASubjSec 21-37 provide guidance for the conduct of physical fitness programs. However, the duration and frequency of the training described in these publications are to be considered as an example only and are not binding upon commanders.

(2) *TD units of the Active Army.* FM 21-20, and FM 35-20, provide guidance for the conduct of group physical fitness programs. If individual duty assignment of certain personnel prevents participation in a group program, such personnel should follow an individual physical conditioning program as specified in *c*(1) below.

*c. Individual physical conditioning.*

(1) All military personnel regardless of age,

not included in *a* and *b* above, and those personnel denied access to a group program should follow individual programs as outlined in appropriate Department of the Army physical fitness pamphlets for men and women.

(2) Normally it is medically feasible and desirable for personnel 40 years of age and over to exercise regularly. However, to insure their safe participation in an exercise program, it must be determined that there are no limiting physical defects which may be aggravated by such exercise. The individual's most recent annual medical examination, in most cases, may be used for this purpose. In cases where uncertainty exists that the individual is medically fit to begin or to continue an exercise program, a special medical determination should be made.

(3) In cases where an individual is overweight (AR 600-7) or has a limiting physical profile, a physical fitness program designed to meet his or her specific needs should be established.

*d. Sports and special service programs.*

(1) Consistent with the unit mission and when feasible, commanders should implement the provisions of AR 28-52 as a means of supplementing their physical fitness programs.

(2) Special service programs containing recreational sports and activities also may be used, as specified in AR 28-1, to assist in the development of physical fitness of personnel during off-duty time.

**11. Test and standards.** Physical fitness test scores serve as an indicator of individual and unit physical fitness and as an aid in the evaluation of the effectiveness of fitness programs. When tests are utilized, the test appropriate to the duty assignment or qualification desired should be administered as outlined in FM 21-20 for men and FM 35-20 for women. DA Form 705, Physical Fitness Testing Record, may be used to record the results.

*a. Physical fitness evaluation of personnel undergoing individual training.*

(1) Male trainees in basic combat training (BCT) and modified basic training (MBT) will be tested twice, and trainees in advanced individual training (AIT) and in combat support training (CST) will be tested once. The minimum standard for BCT, MBT, AIT, and CST personnel is to attain or exceed a total score of 300 points with participation in and completion of all test events.

(2) Women's Army Corps (WAC) basic trainees will be tested twice during basic training. The test will be prescribed by the Commanding Officer, United States Women's Army Corps Center, Fort McClellan, Ala. The minimum standard is a score of 70 points with a well-distributed point value for all events.

(3) All students in branch service schools will be tested once during leadership-type courses of instruction which are eight weeks or longer in duration and in specialist courses which are 20 weeks or longer in duration. The minimum standard is to attain or exceed a total score of 300 points with participation in and completion of all test events.

(4) All male personnel regardless of age, who desire to qualify for acceptance to Airborne, Ranger, or Special Forces training will be tested on the appropriate test as specified in FM 21-20.

*b. Physical fitness evaluation of unit personnel.*

(1) Commanders of TOE and TDA units will determine the use and frequency of physical fitness tests within their units. When tests are administered, it is recommended that they occur semiannually and that approximately 6 months elapse between tests.

(2) Active Army male personnel under 40 years of age, in combat and combat support units should achieve or exceed the minimum standard score of 60 points on each test event with a total score of 300 or more points.

(3) Active Army male personnel under 40 years of age, in combat service support and TDA units, should attain or exceed the minimum standard total score of 300 or more points with participation in and completion of all test events.

(4) The Army minimum physical fitness test—female, should be administered to all unit assigned female personnel under 40 years of age. The minimum standard is to attain or exceed the minimum number of repetitions specified for their age group within the time limit established and outlined in the reference publication.

(5) The prescription of physical fitness tests and standards for Army Reserve Component units in CONUS will be in accordance with guidance established by the Commanding General, CONARC, and for Army Reserve component units outside CONUS in accordance with guidance established by major Army commands overseas.

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(6) In addition to unit commanders evaluating the physical fitness of their commands through testing, major commanders may determine the effectiveness of fitness programs during inspections by Command Inspector Generals. A random sample of individuals in the organization being inspected may be tested to make a determination.

*c. Corrective action.*

(1) Trainees in BCT, MBT, AIT, CST, and WAC basic training who fail to attain the minimum standards on the appropriate physical fitness test will receive intensive remedial training and be retested prior to the completion of the training cycle. Individuals who attain the minimum passing

score will be graduated with their training cycles. Those individuals who fail to achieve the minimum passing score when retested will be recycled or assigned to a special training company, as appropriate. Waivers may be granted as authorized by the Commanding General, CONARC.

(2) Unit commanders should consider the development of special conditioning programs for those personnel who fail to attain the minimum standards on the appropriate physical fitness tests. Personnel action or medical reclassification may be appropriate in those cases where individuals demonstrate a physical ineptness.

## APPENDIX REFERENCES

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AR 28-1	Special Services.
AR 28-52	Army Sports Program.
AR 40-501	Standards of Medical Fitness.
AR 350-1	Army Training.
AR 600-7	Weight Control.
FM 21-20	Physical Readiness Training.
FM 35-20	Physical Training, Women's Army Corps.
DA Pam 21-1	Physical Fitness Program for Staff and Specialist Personnel.
DA Pam 21-2	Physical Fitness Program for Women in the Army.
ATP 21-111	Modified Basic Training Program for Conscientious Objectors (1-A-0) Without Prior Service.
ATP 21-114	Male Military Personnel Without Prior Service.
ATP 21-121	Basic Training Program for Female Military Personnel.
ASubjSec 21-37	Physical Readiness Training.
DA Form 705	Physical Fitness Testing Record.

**The proponent agency of this regulation is the Office of the Assistant Chief of Staff for Force Development. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications) direct to HQDA (DAFD-OTT) Washington, DC 20310.**

By Order of the Secretary of the Army:

Official:

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The Adjutant General.*

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