

2

HEADQUARTERS
DEPARTMENT OF THE ARMY
WASHINGTON, DC, 2 November 1981

Immediate Action
INTERIM CHANGE

~~AR 600-9~~
INTERIM CHANGE
NO. 101

Expires 2 November 1982 PERSONNEL - GENERAL

ARMY PHYSICAL FITNESS AND
WEIGHT CONTROL PROGRAM

This interim change is forwarded to the field to modify policies that have a direct and immediate impact on the individual service member; expires 1 year from date of dissemination and will be destroyed at that time unless sooner superseded by a formal printed change; is being distributed by 1st class mail through the publications pinpoint distribution system to all holders of AR 600-9; is, as an interim measure, issued in other than page-for-page format; and will be included in a revised AR 600-9.

Page 2-1, paragraph 2-3a(3) is superseded as follows:

(3) A specific program for personnel age 40 to 60 is provided in Appendix B. The following additional policies for this age group apply:

(a) Participation in an exercise program is contingent upon medical clearance by a physician. Individuals age 40 and over will be screened for heart disease as well as other limiting physical defects as part of their periodic physical examination. These medical procedures are contained in AR 40-501. Commanders must ensure that their personnel undergo this physical examination during their birth month at ages 39, 41, 43, 45, 47, 49, and at 50 or older, annually.

(b) Unless medically cleared, these individuals will not be required to participate in a physical training program. Prior to physical fitness testing, moreover, these individuals must be on a program for 6 months.

(4) Personnel who for medical reasons cannot undertake a program as prescribed in Appendix B will be placed on an appropriate rehabilitative program by the physician or physical therapist.

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(1) Initial Entry Training (IET). Physical fitness training for IET will be prescribed by Commander TRADOC and follow doctrine outlined in FM 21-20 for both men and women.

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(2) Unit training.

(a) Commanders will conduct supervised physical fitness programs consistent with their unit mission. FM 21-20 provides guidance for the conduct of physical fitness programs for TOE and TDA units of the Active Army, Army National Guard, and Army Reserve. The duration and frequency of the training described in these publications are guides only and are not binding upon commanders.

(b) If individual duty assignment of certain personnel prevents participation in a group program, such personnel will follow an individual physical conditioning program as specified in (3) below.

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(a) All soldiers who are unable to participate in unit physical fitness programs will follow the individual conditioning programs outlined in FM 21-20. Appendix B prescribes additional guidelines for those age 40 and over.

(b) In cases where an individual is overweight, obese, or has a limiting physical profile, commanders, in coordination with the appropriate medical officer, will develop a physical fitness program to meet the soldier's specific case.

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- a. The test is effective for use upon receipt of this change.
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- d. All soldiers up to age 60 will be evaluated twice annually on their physical fitness. A minimum of 4 months must elapse between record testing, except for make-ups due to injury or failure. Commanders may use the PT test as a diagnostic tool at their discretion.

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e. All personnel, except those age 40 to 60, will be evaluated on the three item Army Physical Readiness Test (APRT) as prescribed in Appendix C. Those age 40 to 60 will be evaluated on the two-mile run or an alternate aerobic test also prescribed in Appendix C.

f. In order to pass the test, soldiers must attain a minimum score of 60 points on each test event and an overall minimum score of 180 points. However, soldiers in Basic Training (BT) must attain a minimum score of 50 points on each event and an overall minimum score of 160 points.

g. Standards are adjusted based on age and physiological differences between men and women.

h. Results of the semi-annual physical fitness test will be recorded on DA Form 705 (Army Physical Fitness Evaluation Scorecard).

i. Soldiers in Initial Entry Training (IET) will be tested near the end of the course to qualify for completion of BT, AIT and OSUT.

j. Officer candidates in precommissioning training and officers in initial entry courses such as the Infantry Officer Basic Course will also be tested at least once near the end of the course.

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l. MACOM commanders are authorized and encouraged to evaluate the physical readiness of their personnel during inspections by command inspectors general. A random sample of individuals in the organization being inspected may be tested to make this determination.

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(1) Trainees in IET who fail to attain the minimum standards on the Army Physical Readiness Test (APRT) will receive appropriate remedial training and be tested prior to the completion of the training cycle. Individuals who attain the overall minimum passing score will be graduated with their training cycle. Those individuals who fail to achieve the minimum passing score when tested will be recycled or considered for administrative action, as appropriate. Waivers may be granted as authorized by Cdr, TRADOC.

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(2) Unit Commanders will conduct special conditioning programs for those personnel who fail to attain the minimum score on each event or an overall total of 180 points on the APRT or a "Go" on the over 40 test. Personnel action, under provisions of AR 635-100, AR 635-200, NGR 600-200, AR 135-175, AR 135-178, or medical disposition, may be appropriate in those cases where a soldier's repeated failure of the physical fitness test is indicative of apathy, medical complications, or other underlying causes.

Appendix B and C are added.

(DAMO-TRI-T)

By Order of the Secretary of the Army:

E. C. MEYER
General, United States Army
Chief of Staff

Official:

ROBERT M. JOYCE
Brigadier General, United States Army
The Adjutant General

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APPENDIX B

OUTLINE OF OVER 40 PT PROGRAM

1. General. The primary emphasis for those over 40 is on cardio-vascular or aerobic fitness which correlates with stamina. Of secondary emphasis is maintenance of good body composition or the reduction of fat, flexibility, and general muscle tone.

2. Procedures. The following guidelines prescribe the general formula from altering behavior from low to moderate physical activity to a program of regular, vigorous physical exercise:

a. Mandatory Medical Screening. By 1 November, Army physicians will have set procedures for specifically analyzing the risk of heart disease in conjunction with the over 40 physical. Those individuals with low risk factors will be cleared for participation in a program ; those with high risk factors will be given additional medical checks or will exercise under the physician's guidance.

b. Determine Current Fitness Level. The heart is the body's engine and serves a quick means of determining current fitness. A heart with a low idle or resting pulse rate is frequently indicative of good cardio-vascular fitness. A heart that is running at a high rate with no load applied usually indicates poor fitness. To exercise safely but insure improvement, a knowledge of the individual's status and how intense the workout should be is important. A simple formula for determining this is provided in paragraph 4.

c. Follow the Prescribed Level of Exercise Intensity. Having determined a safe heart rate work out range, do not exceed it during exercise. This may mean pausing periodically during exercise and taking a 6 second pulse (multiply by 10 to determine actual rate). A rule of thumb, is that an individual should be able to talk comfortably during exercise or he is exceeding a proper work-out level.

d. Monitor Training. Commanders and supervisors must ensure that the training is being conducted on a regular basis in a safe and progressive manner.

3. Elements of an Effective Aerobics Program.

a. Frequency. Exercise a minimum of 3 times per week, preferably on alternate days. Keep a log of activities.

b. Intensity. The heart rate must be maintained in a safe range but elevated enough to have a training effect. For the individual in poor condition, fast walking may initially be of sufficient intensity. A recommended approach regarding intensity is to alternate "hard" exercise days with "easy" ones.

c. Time. Through exercise, keep the heart rate elevated in the exercise range for 15 to 30 minutes or more. Beginners should start at the low end of the spectrum.

d. Warmup and Cooldown. Prevention of injury and muscle stiffness is an important adjunct to an effective program. Too often an individual will launch into a program trying to prove he is as fit as he was 10 years ago. These individuals frequently incur muscle soreness, tendonitis, colds, etc., from not following a proper exercise regimen which includes: stretching before and after exercise, gradual elevation of heart rate at the start of exercise, and gradual reduction or "walking down" of the heart after exercise.

4. Heart Rate Monitoring.

a. Where to check. The heart rate (pulse) can best be monitored at the following points on the body.

(1) Radial Artery Pulse. Located at the base of the thumb joint inside the wrist. Use only slight pressure when checking.

(2) Carotid Artery Pulse. Located just above the collarbone and to either side of the "Adam's Apple". Use only slight pressure when checking.

(3) Breast bone. During exercise pulse is much stronger than resting pulse so that it is feasible to determine heart rate by placing the palm of the hand flat against the breast bone.

b. Resting Heart Rate Norms. Resting heart rate should be taken upon awakening in the morning while still reclining. The following table gives a general indication of heart rate to cardio-respiratory status. Note, however, that there are always exceptions to such tables. For example, there have been world class marathon runners with resting heart rates in the high 70's.

<u>Resting Heart Rate (Beats/min)</u>		<u>Cardio-respiratory status</u>
<u>Men</u>	<u>Women</u>	
49 or less	51 or less	Excellent
50-59	52-63	Very Good
60-68	64-75	Good
69-78	76-87	Average
79-88	88-99	Fair
89 or more	100 or more	Poor

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c. Determining Work Out Heart Rate. There are a number of methods and tables for determining a safe but effective heart rate for exercise. The following method is provided for its simplicity:

Take 220 minus your age, minus your resting heart rate (RHR), times 60% (poor/fair condition), 70% (average condition), or 80% (good to excellent condition), plus your resting rate.

Example:

Male, age 40 RHR is 70 beats per minute; average condition

$220 - 40 (\text{age}) = 180$

$180 - 70 (\text{RHR}) = 110$

$110 \times 70\% (\text{condition}) = 77$

$77 + 70 (\text{RHR}) = 147$

5. The Workout. Exercise can be intermittent, combining periods of work with periods of rest. With time, as condition improves, you should increase the work interval and decrease the number of rest intervals until you are able to maintain continual exercise for a 15 to 30 minute training period. Remember to stay close to your prescribed work out heart rate. If you go over it, decrease the pace or length of the exercise interval, or take more rest in between work intervals. Once you are able to maintain a 15 to 30 minute training period, you can increase your training intensity within the heart rate formula (if you are at the 60% or 70% level). The important point to remember is that your aerobic program should be progressive, sustained and within your calculated heart rate.

6. Types of Activities. Jogging is the most popular and easiest form of aerobic exercise. However, a number of other activities are excellent aerobic conditioners. These include:

- Swimming
- Bicycling
- Skating
- Cross-country skiing
- Handball/Squash
- Basketball
- Walking

The safer ones are those which do not involve sudden spurts of energy, causing rapid elevation of heart rate. In that respect, activities such as basketball, handball, squash and other sports should be used not to get in shape, but to maintain condition.

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7. Safety.

a. Commanders and supervisors will provide personnel over 40 with the guidance outlined herein prior to initiation of program.

b. Personnel must particularly be alerted to danger signals, which may be indicative of heart disease or impending heart attack:

(1) Chest discomfort, to include pain, tightness, pressure, constriction or a feeling of smothering. Note: Not all chest pains are symptomatic of danger.

(2) Feeling of undue shortness of breath, more so than seems normal for the degree of exertion.

(3) Palpitation or irregularity of pulse with skipped beats.

(4) Light headedness or fainting.

When any of the above danger signs is noted, the individual should stop exercising and see a physician.

8. Motivation. For those who have not engaged any physical exercise for a number of years, motivation and self discipline will be keys to success. They may also be the stumbling blocks. Although the PT test should serve as a motivator to get fit, it is important for the long term, that individuals learn to motivate themselves. Techniques for doing this are the setting of intermediate goals, working out with a companion who is at about the same level of fitness, and rewarding oneself when short range goals have been achieved. Some individuals respond better when a group leader has been assigned who regularly checks on and monitors the progress of each member. A previously sedentary individual should not be placed on a program unless there is provision for frequent monitoring of progress.

Page C-1, Appendix C is added as follows: See next page.

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APPENDIX C

ARMY PHYSICAL READINESS TEST

1. The Army Physical Readiness Test (APRT) replaces the physical fitness testing requirements prescribed in FM 21-20, Mar 73, and AR 600-9, 30 Nov 76, effective immediately. The APRT applies to all soldiers regardless of age, gender, rank, or duty assignment. Additional guidance pertaining to training and testing policy will be published in a revised AR 600-9 and FM 21-20.

2. Test events:

a. For soldiers, ages 17-39:

(1) Push-ups (2 minutes)

(2) Sit-ups (2 minutes)

(3) Two-mile run

b. For soldiers, ages 40-60: Two-mile run

3. The score tables (figure 1) apply to ages 17-39 and are used to convert raw scores to point scores.

a. Male point scores are indicated by the unshaded columns and female point scores by the shaded columns.

b. Age groups are indicated at the top of the columns.

c. For the 2-mile run the lower point score is awarded for performance times that occur between the running time intervals on the score table.

4. Test uniform. Fatigue trousers, T-shirt and combat boots is the normal uniform. Commanders may modify to meet local conditions.

5. Standards:

a. Ages 17-39: Soldiers must score at least 60 points in each event and 180 points total.

b. Ages 40-60: Soldiers must complete the two-mile run within the times specified (below):

<u>AGE</u>	<u>MALE</u>	<u>FEMALE</u>
40-45	20:00 Min	26:00 Min
46-50	21:00 Min	27:00 Min
51-55	22:00 Min	28:00 Min
56-60	23:00 Min	29:00 Min

c. **Basic Training:** Soldiers must score at least 50 points in each event and 160 points total.

6. **Conduct of testing.** The following instructions explain how to administer the test events.

a. **Push-up.** The push-up event measures the strength of shoulder and arm muscles. On the command "get set," assume the front leaning rest position as the start position. The arms and back must be straight. On command "go," begin push-ups by bending the elbows and lowering the body until the top of the upper arms, shoulders, and lower back are aligned and parallel to the ground. The body may be lowered further than this if desired. This is one repetition. A scorer will count the number of repetitions correctly executed at the end of each repetition. If the body is not kept straight, or if the arms are not completely straightened (elbows locked) in the up position, that repetition will not count and the scorer will repeat the number of the last correct repetition. Two minutes will be allowed to do as many push-ups as possible. You may stop, but the body may not rest on the ground. Provide a demonstration.

b. **Sit-ups.** This event measures abdominal muscle strength. Another participant will hold the feet to the ground by the ankles, with his hands only, during the exercise. No other method of bracing or holding the feet down is authorized. The start position is flat on the back with the knees bent at approximately a 90-degree angle, fingers interlocked behind the head with the back of the hands touching the ground. Arms and elbows need not touch the ground. At the command "go," begin by curling the body forward to the vertical position. After attaining the vertical position, allow the body to return to the start position. One repetition is considered complete only after the upper portion of the back has touched the ground. It is not necessary for the head or the hands to touch ground. During all phases of the event, the feet must be held on the ground, the fingers must remain interlocked behind the head, and the knees must remain bent at approximately a 90-degree angle. Arching the lower back before executing the sit-up is not permitted. The vertical position must be attained to receive credit for a correct repetition. Do as many repetitions as possible during the two minutes allotted. The scorer will count the number of repetitions performed correctly. If a repetition is done incorrectly, he will repeat the number of the last correct repetition. Provide a demonstration.

c. **Two-mile run.** The two-mile run tests ability to complete a prolonged run. At the start, all soldiers will line up behind the starting line. Time will not begin until the last soldier crosses the starting line. When given the command "go," each soldier will begin running at his own pace. Each soldier will be scored on his ability to run the distance in the least possible time. The number worn on the chest is for identification. Make sure that the number is visible at all times. Turn in the number when the run is finished,

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and return to the equipment area for the cool-down period. Do not remain near the scorers or the finish line, to avoid interference with the scoring.

PART II. SCORE TABLES AGE 17-39

TIME	PUSHUPS					SITUPS					RUNNING TABLES				
	17-25	26-30	31-35	36-39	40	17-25	26-30	31-35	36-39	40	17-25	26-30	31-35	36-39	40
13:05	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
13:12	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98
13:20	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96
13:27	94	94	94	94	94	94	94	94	94	94	94	94	94	94	94
13:34	92	92	92	92	92	92	92	92	92	92	92	92	92	92	92
13:40	90	90	90	90	90	90	90	90	90	90	90	90	90	90	90
13:46	88	88	88	88	88	88	88	88	88	88	88	88	88	88	88
13:53	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86
14:00	84	84	84	84	84	84	84	84	84	84	84	84	84	84	84
14:07	82	82	82	82	82	82	82	82	82	82	82	82	82	82	82
14:14	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80
14:21	78	78	78	78	78	78	78	78	78	78	78	78	78	78	78
14:28	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76
14:35	74	74	74	74	74	74	74	74	74	74	74	74	74	74	74
14:42	72	72	72	72	72	72	72	72	72	72	72	72	72	72	72
14:49	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70
14:56	68	68	68	68	68	68	68	68	68	68	68	68	68	68	68
15:03	66	66	66	66	66	66	66	66	66	66	66	66	66	66	66
15:10	64	64	64	64	64	64	64	64	64	64	64	64	64	64	64
15:17	62	62	62	62	62	62	62	62	62	62	62	62	62	62	62
15:24	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
15:31	58	58	58	58	58	58	58	58	58	58	58	58	58	58	58
15:38	56	56	56	56	56	56	56	56	56	56	56	56	56	56	56
15:45	54	54	54	54	54	54	54	54	54	54	54	54	54	54	54
15:52	52	52	52	52	52	52	52	52	52	52	52	52	52	52	52
15:59	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50
16:06	48	48	48	48	48	48	48	48	48	48	48	48	48	48	48
16:13	46	46	46	46	46	46	46	46	46	46	46	46	46	46	46
16:20	44	44	44	44	44	44	44	44	44	44	44	44	44	44	44
16:27	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42
16:34	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40
16:41	38	38	38	38	38	38	38	38	38	38	38	38	38	38	38
16:48	36	36	36	36	36	36	36	36	36	36	36	36	36	36	36
16:55	34	34	34	34	34	34	34	34	34	34	34	34	34	34	34
17:02	32	32	32	32	32	32	32	32	32	32	32	32	32	32	32
17:09	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
17:16	28	28	28	28	28	28	28	28	28	28	28	28	28	28	28
17:23	26	26	26	26	26	26	26	26	26	26	26	26	26	26	26
17:30	24	24	24	24	24	24	24	24	24	24	24	24	24	24	24
17:37	22	22	22	22	22	22	22	22	22	22	22	22	22	22	22
17:44	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
17:51	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18
17:58	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16
18:05	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14
18:12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12
18:19	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
18:26	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
18:33	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
18:40	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
18:47	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
18:54	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
19:01	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Figure 1

PART III:
40 AND OLDER MINIMUM REQUIREMENTS

40-45	46-50
PUSHUP TBA 20:00	TBA TBA 27:00
SITUP TBA 20:00	TBA TBA 27:00
PUSHUP TBA 22:00	TBA TBA 29:00

NOTE:
INDICATES FEMALE TABLES

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WASHINGTON, DC, 15 October 1980

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n. Corrective action.

(1) Trainees in IET who fail to attain the minimum standards on the Army Physical Readiness Test (APRT) will receive appropriate remedial training and be tested prior to the completion of the training cycle. Individuals who attain the overall minimum passing score will be graduated with their training cycle. Those individuals who fail to achieve the minimum passing score when tested will be recycled or considered for administrative action, as appropriate. Waivers may be granted as authorized by Cdr, TRADOC.

(2) Unit Commanders will conduct special conditioning programs for those personnel who fail to attain the minimum score on each event or an overall total of 180 points on the APRT or a "Go" on the over 40 test. Personnel action, under provisions of AR 635-100, AR 635-200, NGR 600-200, AR 135-175, AR 135-178, or medical disposition, may be appropriate in those cases where a soldier's repeated failure of the physical fitness test is indicative of apathy, medical complications, or other underlying causes.

Appendix B and C are added as follows:

(DAMO-TRI-T)

By Order of the Secretary of the Army:

E. C. MEYER
General, United States Army
Chief of Staff

Official:

J. C. PENNINGTON
Major General, United States Army
The Adjutant General

DISTRIBUTION:

Active Army, ARNG, USAR: To be distributed in accordance with DA Form 12-9A requirements for AR, Personnel General -- A.

APPENDIX B

OUTLINE OF OVER 40 PT PROGRAM

1. General. The primary emphasis for those over 40 is on cardio-vascular or aerobic fitness which correlates with stamina. Of secondary emphasis is maintenance of good body composition or the reduction of fat, flexibility, and general muscle tone.

2. Procedures. The following guidelines prescribe the general formula from altering behavior from low to moderate physical activity to a program of regular, vigorous physical exercise:

a. Mandatory Medical Screening. By 1 November, Army physicians will have set procedures for specifically analyzing the risk of heart disease in conjunction with the over 40 physical. Those individuals with low risk factors will be cleared for participation in a program; those with high risk factors will be given additional medical checks or will exercise under the physician's guidance.

b. Determine Current Fitness Level. The heart is the body's engine and serves a quick means of determining current fitness. A heart with a low idle or resting pulse rate is frequently indicative of good cardio-vascular fitness. A heart that is running at a high rate with no load applied usually indicates poor fitness. To exercise safely but insure improvement, a knowledge of the individual's status and how intense the workout should be is important. A simple formula for determining this is provided in paragraph 4.

c. Follow the Prescribed Level of Exercise Intensity. Having determined a safe heart rate work out range, do not exceed it during exercise. This may mean pausing periodically during exercise and taking a 6 second pulse (multiply by 10 to determine actual rate). A rule of thumb, is that an individual should be able to talk comfortably during exercise or he is exceeding a proper work-out level.

d. Monitor Training. Commanders and supervisors must ensure that the training is being conducted on a regular basis in a safe and progressive manner.

3. Elements of an Effective Aerobics Program.

a. Frequency. Exercise a minimum of 3 times per week, preferably on alternate days. Keep a log of activities.

b. Intensity. The heart rate must be maintained in a safe range but elevated enough to have a training effect. For the individual in poor condition, fast walking may initially be of sufficient intensity. A recommended approach regarding intensity is to alternate "hard" exercise days with "easy" ones.

c. Time. Through exercise, keep the heart rate elevated in the exercise range for 15 to 30 minutes or more. Beginners should start at the low end of the spectrum.

d. Warmup and Cooldown. Prevention of injury and muscle stiffness is an important adjunct to an effective program. Too often an individual will launch into a program trying to prove he is as fit as he was 10 years ago. These individuals frequently incur muscle soreness, tendonitis, colds, etc., from not following a proper exercise regimen which includes: stretching before and after exercise, gradual elevation of heart rate at the start of exercise, and gradual reduction or "walking down" of the heart after exercise.

4. Heart Rate Monitoring.

a. Where to check. The heart rate (pulse) can best be monitored at the following points on the body.

(1) Radial Artery Pulse. Located at the base of the thumb joint inside the wrist. Use only slight pressure when checking.

(2) Carotid Artery Pulse. Located just above the collarbone and to either side of the "Adam's Apple". Use only slight pressure when checking.

(3) Breast bone. During exercise pulse is much stronger than resting pulse so that it is feasible to determine heart rate by placing the palm of the hand flat against the breast bone.

b. Resting Heart Rate Norms. Resting heart rate should be taken upon awakening in the morning while still reclining. The following table gives a general indication of heart rate to cardio-respiratory status. Note, however, that there are always exceptions to such tables. For example, there have been world class marathon runners with resting heart rates in the high 70's.

<u>Resting Heart Rate (Beats/min)</u>		<u>Cardio-respiratory status</u>
<u>Men</u>	<u>Women</u>	
49 or less	51 or less	Excellent
50-59	52-63	Very Good
60-68	64-75	Good
69-78	76-87	Average
79-88	88-99	Fair
89 or more	100 or more	Poor

c. Determining Work Out Heart Rate. There are a number of methods and tables for determining a safe but effective heart rate for exercise. The following method is provided for its simplicity:

Take 220 minus your age, minus your resting heart rate (RHR), times 60% (poor/fair condition), 70% (average condition), or 80% (good to excellent condition), plus your resting rate.

Example:

Male, age 40 RHR is 70 beats per minute; average condition

$220 - 40 (\text{age}) = 180$

$180 - 70 (\text{RHR}) = 110$

$110 \times 70\% (\text{condition}) = 77$

$77 + 70 (\text{RHR}) = 147$

5. The Workout. Exercise can be intermittent, combining periods of work with periods of rest. With time, as condition improves, you should increase the work interval and decrease the number of rest intervals until you are able to maintain continual exercise for a 15 to 30 minute training period. Remember to stay close to your prescribed work out heart rate. If you go over it, decrease the pace or length of the exercise interval, or take more rest in between work intervals. Once you are able to maintain a 15 to 30 minute training period, you can increase your training intensity within the heart rate formula (if you are at the 60% or 70% level). The important point to remember is that your aerobic program should be progressive, sustained and within your calculated heart rate.

6. Types of Activities. Jogging is the most popular and easiest form of aerobic exercise. However, a number of other activities are excellent aerobic conditioners. These include:

- Swimming
- Bicycling
- Skating
- Cross-country skiing
- Handball/Squash
- Basketball
- Walking

The safer ones are those which do not involve sudden spurts of energy, causing rapid elevation of heart rate. In that respect, activities such as basketball, handball, squash and other sports should be used not to get in shape, but to maintain condition.

7. Safety.

a. Commanders and supervisors will provide personnel over 40 with the guidance outlined herein prior to initiation of program.

b. Personnel must particularly be alerted to danger signals, which may be indicative of heart disease or impending heart attack:

(1) Chest discomfort, to include pain, tightness, pressure, constriction or a feeling of smothering. Note: Not all chest pains are symptomatic of danger.

(2) Feeling of undue shortness of breath, more so than seems normal for the degree of exertion.

(3) Palpitation or irregularity of pulse with skipped beats.

(4) Light headedness or fainting.

When any of the above danger signs is noted, the individual should stop exercising and see a physician.

8. Motivation. For those who have not engaged any physical exercise for a number of years, motivation and self discipline will be keys to success. They may also be the stumbling blocks. Although the PT test should serve as a motivator to get fit, it is important for the long term, that individuals learn to motivate themselves. Techniques for doing this are the setting of intermediate goals, working out with a companion who is at about the same level of fitness, and rewarding oneself when short range goals have been achieved. Some individuals respond better when a group leader has been assigned who regularly checks on and monitors the progress of each member. A previously sedentary individual should not be placed on a program unless there is provision for frequent monitoring of progress.

Page C-1, Appendix C is added as follows: See next page.

APPENDIX C

ARMY PHYSICAL READINESS TEST

1. The Army Physical Readiness Test (APRT) replaces the physical fitness testing requirements prescribed in FM 21-20, Mar 73, and AR 600-9, 30 Nov 76, effective immediately. The APRT applies to all soldiers regardless of age, gender, rank, or duty assignment. Additional guidance pertaining to training and testing policy will be published in a revised AR 600-9 and FM 21-20.

2. Test events:

a. For soldiers, ages 17-39:

- (1) Push-ups (2 minutes)
- (2) Sit-ups (2 minutes)
- (3) Two-mile run

b. For soldiers, ages 40-60: Two-mile run

3. The score tables (figure 1) apply to ages 17-39 and are used to convert raw scores to point scores.

a. Male point scores are indicated by the unshaded columns and female point scores by the shaded columns.

b. Age groups are indicated at the top of the columns.

c. For the 2-mile run the lower point score is awarded for performance times that occur between the running time intervals on the score table.

4. Test uniform. Fatigue trousers, T-shirt and combat boots is the normal uniform. Commanders may modify to meet local conditions.

5. Standards:

a. Ages 17-39: Soldiers must score at least 60 points in each event and 180 points total.

b. Ages 40-60: Soldiers must complete the two-mile run within the times specified (below):

<u>AGE</u>	<u>MALE</u>	<u>FEMALE</u>
40-45	20:00 Min	26:00 Min
46-50	21:00 Min	27:00 Min
51-55	22:00 Min	28:00 Min
56-60	23:00 Min	29:00 Min

c. Basic Training: Soldiers must score at least 50 points in each event and 160 points total.

6. Conduct of testing. The following instructions explain how to administer the test events.

a. Push-up. The push-up event measures the strength of shoulder and arm muscles. On the command "get set," assume the front leaning rest position as the start position. The arms and back must be straight. On command "go," begin push-ups by bending the elbows and lowering the body until the top of the upper arms, shoulders, and lower back are aligned and parallel to the ground. The body may be lowered further than this if desired. This is one repetition. A scorer will count the number of repetitions correctly executed at the end of each repetition. If the body is not kept straight, or if the arms are not completely straightened (elbows locked) in the up position, that repetition will not count and the scorer will repeat the number of the last correct repetition. Two minutes will be allowed to do as many push-ups as possible. You may stop, but the body may not rest on the ground. Provide a demonstration.

b. Sit-ups. This event measures abdominal muscle strength. Another participant will hold the feet to the ground by the ankles, with his hands only, during the exercise. No other method of bracing or holding the feet down is authorized. The start position is flat on the back with the knees bent at approximately a 90-degree angle, fingers interlocked behind the head with the back of the hands touching the ground. Arms and elbows need not touch the ground. At the command "go," begin by curling the body forward to the vertical position. After attaining the vertical position, allow the body to return to the start position. One repetition is considered complete only after the upper portion of the back has touched the ground. It is not necessary for the head or the hands to touch ground. During all phases of the event, the feet must be held on the ground, the fingers must remain interlocked behind the head, and the knees must remain bent at approximately a 90-degree angle. Arching the lower back before executing the sit-up is not permitted. The vertical position must be attained to receive credit for a correct repetition. Do as many repetitions as possible during the two minutes allotted. The scorer will count the number of repetitions performed correctly. If a repetition is done incorrectly, he will repeat the number of the last correct repetition. Provide a demonstration.

c. Two-mile run. The two-mile run tests ability to complete a prolonged run. At the start, all soldiers will line up behind the starting line. Time will not begin until the last soldier crosses the starting line. When given the command "go," each soldier will begin running at his own pace. Each soldier will be scored on his ability to run the distance in the least possible time. The number worn on the chest is for identification. Make sure that the number is visible at all times. Turn in the number when the run is finished,

and return to the equipment area for the cool-down period. Do not remain near the scorers or the finish line, to avoid interference with the scoring.

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5-22-78

SUBJECT: Interim Change to AR 600-9

1. This interim change is being distributed through publications pinpoint distribution system to all holders of AR 600-9 in accordance with DA Form 12-9A block _____. This change is effective upon receipt and will be included in the next regular change to the regulation.

2. Changes are as follows:

a. All references to the terms "physician" and "medical officer" may be interpreted as "health care personnel under the supervision of the unit surgeon or the military medical treatment facility commander."

b. Records of individuals who are reassigned while still in a weight control program, to include the doctor's evaluation, progress in achieving the weight standard, and status at the time of transfer, will be forwarded to the gaining organization.

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DD FORM 173
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REPLACES DD FORM 173, 1 JUL 68, WHICH WILL BE USED.

2

ARMY REGULATION

No. 600-9

SB 17 Feb 1983

AR 600-9
HEADQUARTERS
DEPARTMENT OF THE ARMY
WASHINGTON, DC, 30 November 1976

PERSONNEL—GENERAL

THE ARMY PHYSICAL FITNESS AND WEIGHT CONTROL PROGRAM

Effective 3 January 1977

This regulation is a major revision of AR 600-9 and incorporates provisions of AR 632-1. Implementation of this regulation is the responsibility of major Army command commanders and Army Staff agencies. Local supplements are discouraged. Major commands and Army Staff agencies will furnish one copy of each supplement to HQDA (DAPE-MPE) The Pentagon, WASH DC 20310.

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Chapter 2
S/S by AR 350-15
15 July 1982

*This regulation supersedes AR 600-9, 7 May 1974; AR 632-1, 13 Apr 1972; and DA message DAMO-ODU 120190Z Nov 74 (U); subject: Army Physical Fitness Program.

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CHAPTER 1

GENERAL

1-1. Purpose. This regulation establishes policies and procedures governing physical fitness, weight control, and military appearance as it relates to body weight. This regulation provides commanders, at all levels, with instructions and guidance for implementation of the Army Physical Fitness and Weight Control Program and establishes standards of physical fitness and body weight for all soldiers of the Active Army, Army National Guard, and Army Reserve.

1-2. Explanation of terms. *a. Obesity.* A medical term defined in AR 40-501, which indicates an excessive accumulation of adipose tissue manifested by increased body weight above that considered desirable for height and body frame, and implying excessive caloric intake or a sedentary existence or both, as causative factors.

b. Overweight. For the purposes of this regulation, an overweight condition exists when an individual's body weight exceeds the maximum allowable weight standard set forth in the appendix.

1-3. Policy. *a.* It is essential to the readiness and combat-effectiveness of the Army that every soldier be physically fit regardless of age or duty assignment.

(1) Physical conditioning pays high dividends in personnel efficiency, morale, self-confidence, and overall physical well-being. Accordingly, commanders will reexamine their physical conditioning programs and policies, and insure that all members of their commands understand the necessity for maintaining a satisfactory level of fitness. The implementation of these policies requires that every officer and soldier, regardless of age or duty assignment, engage in an effective physical conditioning program on a continuing and progressive basis. Senior officers and non-commissioned officers have a special responsibility to provide an example to all soldiers who look to them for leadership.

(2) Closely related to physical fitness are weight control and military appearance. Corrective measures at all levels of command and staff will be taken, in accordance with this regulation, when officers and soldiers do not maintain acceptable weight and military appearance standards.

b. Individuals differ in their capacity for physical training and achieve physical conditioning at widely different rates. Pride and competitiveness are powerful goals which may drive individuals beyond their limit of endurance with serious consequence to health or life. The key is to challenge every officer and soldier with a progressive and regularly conducted physical training program based on the individual's present physical capabilities and his or her body's capacity to adapt to increasing stress.

(1) The following signs and symptoms indicate that the limits of endurance have been reached or exceeded:

(a) A pulse rate of over 140 per minute or failure of pulse rate to drop below 100 per minute after a 2-minute rest.

(b) Excessive shortness of breath, or failure of respiratory rate to drop to 25 per minute after a 5-minute rest.

(c) Lightheadedness, faintness, or actual loss of consciousness.

(d) Nausea and/or vomiting.

(e) Chest pain of any sort.

(f) Muscle cramps occurring during exercise.

(2) Individuals experiencing any of the above should cease exercising immediately and will be referred for medical evaluation by the responsible authority. Assuming no underlying illness is found, they will be reentered into the conditioning program at a level determined by competent medical authority.

c. Unit commanders will insure that the required physical fitness program is effectively monitored, regardless of when accomplished or whether performed on an individual or unit basis.

d. The responsibility for maintaining a satisfactory level of physical fitness is shared by each officer/soldier and his or her commanding officer. It is incumbent upon the individual to work toward maintaining and improving his or her level of physical fitness. It is the responsibility of the commanding officer to establish the necessary program in accordance with this regulation and to evaluate the results of those programs. The self-discipline required for the maintenance of

these standards is in the Army way of life and must be part of the character of all soldiers. A program of regular, vigorous, and progressive physical fitness training results in an increase in work efficiency, self-confidence, and personal as well as unit pride. A high unit level of physical fitness also tends to reduce disciplinary problems by providing a highly professional image with which all soldiers can identify. A soldier who is not physically fit is a detriment to the readiness and combat effectiveness of the United States Army.

1-4. Applicability. This regulation applies to all members of the Active Army, Army National Guard, and Army Reserve.

1-5. Responsibility. *a. General.* Commanders, at all levels, are responsible for conducting the Army Physical Fitness and Weight Control Program and insuring effective participation by all eligible personnel.

b. Headquarters, Department of the Army.

(1) The Deputy Chief of Staff for Personnel exercises Army Staff responsibility for the Army Physical Fitness Program and Weight Control Program.

(2) The Surgeon General is responsible for evaluating medical aspects of the Army Physical Fitness Program and Weight Control Program.

c. US Army Training and Doctrine Command (TRADOC). The Commanding General, TRADOC will—

(1) Provide students in a leadership-type course, both resident and nonresident, with instruction pertinent to the planning and ad-

ministration of the Army Physical Fitness Program and Weight Control Program.

(2) Prepare and approve training programs, applicable literature, and training aids required to support this program.

d. US Army Forces Command (FORSCOM). The Commanding General, FORSCOM will prescribe physical fitness training policy and programs for the Army Reserve.

e. National Guard Bureau (NGB). The chief, NGB will prescribe physical fitness training policy and programs for the Army National Guard.

f. Individual. Each soldier must accept personal responsibility for maintenance of the physical fitness, body weight and physical appearance standards set forth herein. It is incumbent that each individual strive for a level of physical fitness that will permit total performance of assigned duties in a combat environment. Soldiers who are overweight or tending toward obesity must accept personal responsibility for weight reduction and control. Participation in personal or command physical fitness programs and dietary discretion are essential.

1-6. Dependent youth program. There is a continued need for national concern in the development and maintenance of physical fitness of the Nation's youth. The Department of the Army will continue to support and actively participate in the President's Council School Youth Physical Fitness Program. Commanders will, when feasible, support physical education programs for dependent youth with proper emphasis upon the development of physical fitness.

CHAPTER 2.

ARMY PHYSICAL FITNESS PROGRAM

2-1. Objectives. The objectives of the Army Physical Fitness Program are to develop soldiers who are physically capable of performing their duties in a combat as well as peacetime environment, and to sustain good health and physical fitness through exercise programs.

2-2. Special emphasis term: Physical fitness. 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. Physical fitness, as used in this regulation, is part of the individual soldier's professional qualifications, whereas medical qualifications relate to the individual's health. Commanders make the determination with regard to the physical fitness of their soldiers and this determination is then considered in the overall evaluation of the individual's professional qualifications. Physicians, on the other hand, determine the soldier's medical qualifications as they relate to health.

2-3. Training. a. Participation.

(1) All individuals in the Active Army, Army National Guard, and Army Reserve, either as part of a unit or individually, will follow an appropriate physical fitness program on a year-round basis.

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

(3) Personnel, 40 years of age and older, will not be required to take a physical fitness test, but will participate in a physical fitness program. To insure their safe participation in an exercise program, it must be determined by a physician that there are no limiting physical defects which may be aggravated by such exercise. The individual's most recent periodic 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 must be made. Such personnel will consult a physician regarding the appropriate level of participation

in physical conditioning activities. Personnel in this category will maintain a level of physical fitness which will enable them to perform their assigned duties effectively in a combat environment.

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

(1) *Basic, advanced individual, and student training.*

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

(b) Trainees undergoing advanced individual training will follow physical fitness programs outlined in ASubjSec 21-37 for male personnel and ASubjSec 35-1 for female personnel.

(2) *Unit training.*

(a) Commanders will conduct supervised physical fitness programs consistent with their unit mission. FM 21-20 and FM 35-20 provide guidance for the conduct of physical fitness programs for TOE and TDA units of the Active Army, Army National Guard, and Army Reserve. The duration and the frequency of the training described in these publications are guides only and are not binding upon commanders.

(b) If individual duty assignment of certain personnel prevents participation in a group program, such personnel will follow an individual physical conditioning program as specified in (3) below.

(3) *Individual physical conditions.*

(a) All soldiers who are unable to participate in unit physical fitness programs will follow the individual conditioning programs outlined in FM 21-20 and FM 35-20, as appropriate, for men and women.

(b) In cases where an individual is overweight, obese, or has a limiting physical profile, commanders, in coordination with the appropriate medical officer, will develop a physical fitness program to meet the soldier's specific case.

2-4. Sports and athletic training programs. Commanders should implement the provisions of paragraph 9-7b, AR 28-1, as a means of complementing their physical fitness programs. In

the development of a total physical conditioning program, sports activities should be used as viable adjuncts to physical fitness training.

2-5. Test and standards. Physical fitness test scores serve as an indicator of individual and unit physical fitness and as an aid in evaluation of the effectiveness of fitness programs. Army personnel, except those 40 years of age and older, will complete, as a minimum, an annual physical fitness test appropriate to their duty assignment. The test will be administered in accordance with appropriate Field Manuals, FM 21-20 and FM 35-20. DA Form 705 (Army Physical Fitness Evaluation Scorecard) or DA Form 4415 (Physical Fitness Test Scorecard for Women) will be used to record the results.

a. Physical fitness evaluation of personnel undergoing individual training.

(1) Trainees in basic combat training (BCT), basic training (BT), and modified basic training (MBT) will be tested twice. Trainees in advanced individual training (AIT) will be tested twice in programs lasting 6 weeks or longer and once in programs of less than 6 weeks. The minimum total score for all tests is 300 points. The minimum standard per event in BCT, BT, and MBT is 50 points, in AIT, it is 60 points on each test event.

(2) Soldiers attending courses of instruction, 8 weeks or longer, at Army Service Schools will be tested prior to graduation. The minimum standard is 300 points with participation in and completion of all test events. Failure to attain a passing score (300) will be made a matter of record in the appropriate academic reports.

(3) All male personnel who desire acceptance to Ranger or Special Forces training must attain a passing score on the appropriate test as specified in FM 21-20. All personnel who desire acceptance to Airborne training must attain a passing score on the appropriate test, as specified in FM 21-20 or FM 35-20.

b. Physical fitness evaluation of unit personnel.

(1) Commanders will prescribe the use and frequency of physical fitness tests within their units. As a minimum, tests will be administered at least once annually. It is recommended that tests be conducted semiannually and that approximately 6 months elapse between tests.

(2) Soldiers should exceed the minimum standard score of 60 points on each test event. A total of at least 300 points is considered a passing score.

(3) In addition to unit commanders evaluating the physical fitness of their commands through testing, major Army commanders may determine the effectiveness of fitness programs during inspections by command inspectors general. A random sample of individuals in the organization being inspected may be tested to make this determination.

c. Corrective action.

(1) Trainees in BCT, MBT, AIT, 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 cycle. Those individuals who fail to achieve the minimum passing score when retested will be recycled, assigned to a special training company, or considered for administrative action, as appropriate. Waivers may be granted as authorized by CG. TRADOC.

(2) Unit commanders will conduct special conditioning programs for those personnel who fail to attain the minimum passing score (300 points) on the appropriate physical fitness tests. Personnel action, under provisions of AR 635-100, AR 635-200, NGR 600-200, AR 135-175, AR 135-178, or medical disposition, may be appropriate in those cases where a soldier's repeated failure of the physical fitness test is indicative of apathy, medical complications, or other underlying causes.

2-6. Modification of programs. Lack of suitable training facilities and the importance of available training time are recognized problems within the Army National Guard and Army Reserve. To that end, commanders may modify appropriate physical fitness programs and tests, if necessary, to suit available facilities and time. Physical fitness testing for ARNG and USAR personnel may be conducted during annual training (AT), but the time required for physical training and testing during AT will be in addition to the minimum 88 hours of ARTEP/ATP (Mission) training prescribed.

CHAPTER 3
WEIGHT CONTROL

3-1. Objectives. The objectives of the Army Weight Control Program are to—

a. Maintain the weight of all personnel at a level which is best suited to permit them to perform their duties in a peacetime or combat environment.

b. Present a smart soldierly appearance expected of a combat ready Army.

3-2. General. *a.* Commanders will continuously monitor all members of their command, both officer and enlisted, to insure they maintain the proper body weight. Improper weight distribution may be grounds for a physician's determination of obesity. Information and facilities for dieting and exercising will be provided.

b. Excess body fat is a serious detriment to health, longevity, stamina, and military appearance. The Army community is no less susceptible to the insidious effects of sedentary jobs—deterioration of physical condition, and excess body fat—than the civilian community. The importance of keeping trim and fit must not be overlooked. Commanders must be alert to identify overweight/obese members and those who show tendencies for becoming overweight, and promote a weight consciousness policy for instituting preventive and remedial programs.

c. Members who are overweight or obese must accept the personal responsibility for weight reduction and control and physical appearance. Participation in personal or command physical fitness programs and dietary discretion are essential. When these measures fail to produce the desired results, members should consult a physician in order to be placed on a prescribed diet and exercise regimen. Each member must set realistic weight reduction goals and, once the appropriate weight standard is attained, strive to maintain it.

3-3. Military appearance. The wearing of the Army uniform should be a matter of personal pride and satisfaction. Each soldier is a representative of the United States Government, and should have a physical configuration and posture when in uniform that is trim and smart. Waistlines that stretch the front of an otherwise well-fitting blouse or shirt, and "pot-bellies" detract from good military appearance.

3-4. Overweight versus obesity. The weight tables provided in the Appendix are intended as guidelines for the vast majority of Army personnel, but these charts must not be arbitrarily construed or applied. That a member's weight exceeds the maximum for his or her height will not be utilized as the sole criterion for a classification as obese. Conversely, a member whose weight does not exceed the maximum may, in fact, be obese. Evaluation of the body build, muscular development, and bone structure may be necessary to differentiate between these conditions. A view of the entire body should be taken, noting the proportions, symmetry of the various parts of the body, chest development, abdominal girth, and the condition and tone of the muscles. An overweight member, who is obviously active, of firm musculature, evidently vigorous and healthy, and who presents a satisfactory military appearance, should not be classified as obese. Obesity will be determined by a physician at the medical treatment facility.

3-5. Procedures. *a.* Unit commanders will identify and counsel all personnel in their commands who do not present a suitable military appearance or satisfactory level of physical fitness because of an obese/overweight condition. Personnel placed in the weight control program will be advised of possible adverse consequences for failing to achieve and maintain acceptable body weight and personal appearance standards described herein. Special emphasis must be directed to identification early in a member's career. The more years of service a member has, the more difficult it is to make a decision that could result in premature career termination. Moreover, the older a member becomes, the more difficult it becomes to lose weight and maintain it within acceptable limits.

★ Early identification, evaluation, and appropriate action are essential. Particular attention must be directed to the general military appearance, physical condition, and the ability of the individual to perform assigned duties. Individuals will be referred to a physician for evaluation to determine if they are overweight, obese, or if there is any medical reason why they should not participate in a weight control program which

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would include both diet and exercise. Medical evaluation of Army National Guard and Army Reserve personnel may be deferred until AT, except in extreme cases. Commanders will properly document the recommendations and action taken in each individual's case.

b. If the physician diagnoses the individual's condition to be a result of an underlying or associated disease process, he or she will take one of the following actions:

(1) Prescribe treatment designed to alleviate the condition and return the soldier to his or her unit.

(2) Hospitalize the individual for necessary treatment (for Active Army personnel only).

(3) Determine if the individual's condition is medically disqualifying for continued service. If so, disposition will be made under provisions of AR 635-40, AR 135-175, AR 135-178, or NGR 600-200, as appropriate.

c. If the medical officer discovers no underlying or associated disease process as the cause of the individual's condition and classifies the individual obese, or overweight (weight exceeds the standard established in the appendix), he or she will certify this fact and recommend a reducing diet and/or exercise program.

(1) In cases where the need for a weight loss is indicated, realistic weight loss goals will be established to include the number of pounds to be lost and the number of weeks given to lose the weight. Weigh-ins will be made every 2 weeks (or during unit training assemblies for Army National Guard and Army Reserve personnel) to determine the individual's progress. Any individual who, after each 2-week period, has had no weight loss will be counseled by the commander.

(2) Individuals will remain on the weight reduction program until the established weight, physical fitness, and military appearance goals are achieved. The commander will administratively remove the individual from the program once the prescribed goals have been met.

d. After a period of dieting and exercise, not to exceed 6 months, individuals who have not attained satisfactory weight and physical fitness standards will be referred to the physician for reevaluation. Medical evaluation of Army Na-

tional Guard and Army Reserve personnel may be deferred until the next AT period.

(1) If the physician now determines the condition to be due to an underlying or associated disease process, he or she will take the action described in *b* above.

(2) If the medical officer finds that there is no underlying or associated disease process causing the individual's condition, two courses of action are open to the commander:

(a) If satisfactory progress has been made, even though the physical fitness or weight goals have not been met, one extension of up to 6 months (1 year for Army National Guard and Army Reserve personnel) may be granted, at the end of which time the individual will again be reevaluated. If prescribed goals are not met by the end of the extension, action may be taken as outlined in (b) below.

(b) If satisfactory progress has not been made, it may be concluded that the condition is due to apathy or lack of self-discipline.

1. Officer and enlisted evaluation reports provide for comments on physical fitness. When appropriate, raters and indorsers will insert a remark in this regard, including special mention of assignment to or release from the weight control program. Further, when an individual has been counseled concerning weight reduction and physical appearance and has made no conscientious effort to correct deficiencies, commanders will determine whether such circumstance justifies the inclusion of unfavorable information, including a photograph of the individual concerned, in his or her official military personnel file in accordance with the procedures established in AR 600-37.

2. When a failure to achieve satisfactory progress is indicative of apathy, a lack of self-discipline, evasive performance, or other character deficiencies, the individual will be recommended for a bar to enlistment or discharge from the service in accordance with AR 601-280, AR 635-100, AR 635-200, AR 135-175, AR 135-178, NGR 600-100, or NGR 600-200.

e. Enlisted personnel will not be permitted to reenlist if they do not meet the physical conditioning, weight, and military appearance criteria set forth in this regulation.

APPENDIX
WEIGHT TABLES FOR ARMY PERSONNEL

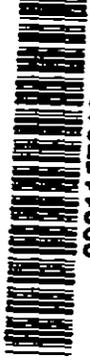
MALE (Regardless of Age)

Height (inches)	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	100	102	103	104	105	106	107	111	115	119	123	127	131	135	139	143	147	151	153	159	166
Minimum	141	146	150	155	160	165	170	176	181	186	192	197	203	208	214	220	226	232	238	244	250
Maximum																					

WOMEN (Regardless of Age)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
Weight (pounds)	90	92	94	96	98	100	102	104	106	109	112	115	118	122	125
Minimum	113	117	121	125	130	134	138	142	147	151	156	160	165	170	175
Maximum															

Note. Height and weight data do not include allowances for shoes and other clothing.



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The proponent agency of this regulation is the Office of the Deputy Chief of Staff for Personnel. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) direct to HQDA (DAPE-MPE) WASH DC 20310.

By Order of the Secretary of the Army:

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