Revolutionizing training and preparation for Multi-Domain Operations through, Holistic Health and Fitness, the new Army Combat Fitness Test and other initiatives out of the Center for Initial Military Training

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Leader Training Brigade

- **US Army Physical Fitness School**
  - Master Fitness Trainer Course
  - FM 7-22, Army Physical Readiness Training

- **US Army Master Resilience School**
  - Level I and Level II courses
  - Aligned with Comprehensive Soldier and Family Fitness
  - Aligned with Ready & Resilient Campaign (R2C)

- **IMT Leadership School**
  - TRADOC IET Pre Command Course
  - TRADOC Company Cdr / First Sergeant Course
  - TRADOC cadre and staff courses

- **US Army Drill Sergeant Academy**
  - Train the Trainers

- **Task Force Marshall (Camp McCrady Training Ctr)**
  - Navy Mobilization Basic skills refresher

- **US Army Student Detachment**
  - C2 over 2600 students in Education worldwide
Ft Leonard Wood
1st EN Brigade
- 31st EN - OSUT
- 35th EN - OSUT
- 169th EN - AIT
(A Co - Panama City, FL)
(Co C - Gulfport, MS)
(D Co - Sheppard, AFB)
(FF Det - Goodfellow, AFB)
- 544th EN - AIT / BOLC / WOBC

3rd CM Brigade
- 2-10th IN - BCT
- 3-10th IN - BCT
- 1-48th IN - BCT
- 2-48th IN - BCT
- 58th TC - AIT (CASCOM)
- 84th CM - AIT / BOLC / WOBC

14th MP Brigade
- 1-58th IN - BCT
- 701 MP - OSUT/AIT/BOLC/RECBN
(D Co - Lackland, AFB)
- 787th MP - OSUT
- 795th MP - OSUT
- 434th AG - RECBN

Monterey
Defense Language Institute
- 229th MI - Language

Ft Huachuca
111th MI Brigade
- 304th MI - BOLC / WOBC
- 305th MI - AIT
- 309th MI - AIT
- 344th MI - AIT (G.fellow, AFB)
(D Co - Pensacola, FL)

Other BOLC-A / AIT / W.O. Sites
1. Sheppard AFB, TX
2. Goodfellow AFB, TX
3. Lackland AFB, TX
4. Naval Const BN Ctr, MS
5. Pensacola, FL
6. Ft Meade, MD (15th Signal Bde)
7. Yorktown Naval Wpns Station, VA
8. Littlecreek Naval Amphibious Base, VA
9. Ft Bragg, NC (Cyops/Civil Affairs will re-station to Ft Jackson in 2020)
10. Panama City, FL
11. Eglin AFB, FL
12. Ft Rucker, AL (WOCC/WOCS)
13. West Point (USMA)
14. Ft Knox, KY (USACC/USAREC)

Ft Sill
30th ADA Brigade
- 2-6th ADA - AIT / BOLC / WOBC / AMEDD DCC
- 3-6th ADA (Co B - AIT)

428th FA Brigade
- 2-2nd FA - Training Support
- 1-30th FA - BOLC / WOBC
- 1-78th FA - AIT

434th FA Brigade
- 1-19th FA - BCT
- 1-31st FA - BCT
- 1-40th FA - BCT
- 1-79th FA - BCT
- 95th AG - RECBN
- ESL - (Lackland, AFB)

Ft Benning
194th AR Brigade
- 2-15th AR - OSUT
- 5-15th AR - OSUT
- 1-46th IN - BCT
- 2-47th IN - BCT
- 1-81st AR - OSUT / AIT
- 30th AG - RECBN

198th IN Brigade
- 1-19th IN - OSUT
- 2-19th IN - OSUT
- 1-50th IN - OSUT
- 2-54th IN - OSUT
- 2-58th IN - OSUT

199th IN Brigade
- 2-11th IN - BOLC
- 3-11th IN - OCS / DCC

316th CAV Brigade
- 1-16th CAV SQ - Funct
- 2-16th CAV SQ - BOLC
- 3-16th CAV SQ - Funct

Medical Professional Tng Brigade
- 187th MED (Co A - BOLC / WOBC)
- 188th MED (Co A, B, C - AIT)

Ft Gordon
15th SIG Brigade
- 369th SIG - AIT
- 551st SIG - AIT
- 442nd SIG - AIT / BOLC
- OTDG - AIT / WOBC
- Cyber BN - BOLC / WOBC
- PAO Detach (Ft Meade)

Ft Rucker
1st AVN Brigade
- 1-13th AVN - AIT
- 2-13th AVN - AIT (Ft Huachuca)
- 1-145th AVN - BOLC / WOBC

Ft Sam Houston
32nd MED Brigade
- 232nd MED - AIT
- 264th MED - AIT

128th AVN Brigade
- 1-222nd AVN - Admin Bn
- 1-210th AVN - AIT / WOBC
- 2-210th AVN - AIT

Ft Eustis
128th AVN Brigade
- 1-222nd AVN - Admin Bn
- 1-210th AVN - AIT / WOBC
- 2-210th AVN - AIT

Ft Lee
23rd QM Brigade
- 244th QM - AIT
- 262nd QM - AIT
- 266th QM - AIT
(E Co - Ft Eustis)

59th OD Brigade
- 16th OD - AIT
- 73rd OD - AIT (Eglint, AFB)
(Detachment - Ft Sill)
- 832nd OD – AIT

Army Logistics University
- ALU Support BN - QM / TC / OD BOLC / WOBC

Ft Jackson
165th IN Brigade
- 1-34th IN - BCT
- 1-61st IN - BCT
- 2-39th IN - BCT
- 3-34th IN - BCT
- 3-39th IN - BCT
- 4-39th IN - BCT

193rd IN Brigade
- 1-13th IN - BCT
- 2-13th IN - BCT
- 3-13th IN - BCT
- 2-60th IN - BCT
- 3-60th IN - BCT
- 120th AG - RECBN

SSI
- AG School – BOLC / WOBC / AIT
- FM School – BOLC / AIT
- School of Music - AIT / BOLC / WOBC (Littlecreek)
- Postal School
- 369th AG - AIT

Chaplain School
- AIT / BOLC
What’s the problem?

- 1 in 20 Soldiers fail APFT
- 56,000 Soldiers non-deployable
  - 4% medically non-available
  - 5% limited duty profile
- 52% of all Soldiers will experience injury this year
- 17% of AC Soldiers are obese
  - 48% more likely to experience injury
  - 86% increased chance of being medically non-available
- MSKI affects 55% of Soldiers annually
  - Equates to 10M limited duty days
  - A 1% reduction of non-available rate saves $30 million
- 31% of Soldiers who fail OPAT become injured
- 70% of people between the age of 17-24 unqualified for military service
  - 31% due to obesity

“The capacity and capability of the Soldier on today’s battlefield is threatened by poor health and lack of physical readiness” GEN Milley, 39th CSA
17% of Active Duty Soldiers are **clinically obese**

5% of Active Duty Soldiers fail the APFT

14% of Active Duty Soldiers have a **sleep disorder**

50% of Active Duty Soldiers diagnosed with injury

MSK conditions responsible for over **53%** of MRC3 temporary medical profiles
Gender, Age Group, Rank, and COMPO Impact on Soldier’s ability to be Eligible for all Three Primary APFT Events

<table>
<thead>
<tr>
<th>Age Group</th>
<th>MALE USAR</th>
<th>MALE ARNG</th>
<th>MALE AC</th>
<th>FEMALE USAR</th>
<th>FEMALE ARNG</th>
<th>FEMALE AC</th>
<th>ALL GENDER USAR</th>
<th>ALL GENDER ARNG</th>
<th>ALL GENDER AC</th>
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<tr>
<td>&lt;20</td>
<td>99.6%</td>
<td>99.4%</td>
<td>96.3%</td>
<td>98.1%</td>
<td>97.8%</td>
<td>86.8%</td>
<td>99.1%</td>
<td>99.0%</td>
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<td>20-25</td>
<td>97.2%</td>
<td>97.7%</td>
<td>90.8%</td>
<td>93.4%</td>
<td>91.9%</td>
<td>75.3%</td>
<td>96.4%</td>
<td>96.5%</td>
<td>88.5%</td>
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<td>25-30</td>
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<td>94.2%</td>
<td>87.2%</td>
<td>89.4%</td>
<td>86.6%</td>
<td>72.2%</td>
<td>94.4%</td>
<td>92.9%</td>
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<tr>
<td>30-35</td>
<td>90.5%</td>
<td>87.7%</td>
<td>82.1%</td>
<td>82.1%</td>
<td>78.3%</td>
<td>66.9%</td>
<td>88.6%</td>
<td>86.3%</td>
<td>79.8%</td>
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<td>35-40</td>
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<td>72.3%</td>
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<td>70.7%</td>
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<td>40-45</td>
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<td>51.1%</td>
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<tr>
<td>&gt;45</td>
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<td>52.8%</td>
<td>50.3%</td>
<td>44.3%</td>
<td>63.4%</td>
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<tr>
<td>Total</td>
<td>89.1%</td>
<td>87.6%</td>
<td>83.7%</td>
<td>82.3%</td>
<td>84.3%</td>
<td>69.7%</td>
<td>87.7%</td>
<td>87.0%</td>
<td>81.6%</td>
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</tbody>
</table>

POC: Dr. Michael J. Carino, OTSG PA&E
Source: MODS Mainframe, 28 February 2019
There is considerable evidence that our Soldier lacks the physical conditioning and stamina we will require for the modern battlefield. We must do something about this now!

Infantry Magazine - 1958
It was April 2004, the second month I was in Iraq, when I realized the physical training we had been working so hard at was truly failing us at the worst possible moment.

We were clearing houses, came under fire and had to maneuver down 75 meters in a ditch through moderate vegetation, only to come to a 5.5' wall, under full combat load.

I had never been so exhausted in my entire life, and I will never forget the feeling of collapsing at that wall, my lungs screaming for air, staring at a wall I could peer over but I couldn't get over.

Keep in mind I could roll out of bed and score a 290-310 on the APFT any day of the week.

Zach Bowen
CPT, MI, US Army Reserve
Commander, 295th Ordinance Company
An enterprise-wide “system” that combines all aspects of physical and non-physical human performance under a single governance to enable commanders to improve Soldier health and fitness for combat.
H2F System

- Supports Soldiers with:
  - Expert personnel (PT, OT, Dietician, Athletic Trainer, Strength and Conditioning Specialist, Cognitive Performance Specialist)
  - Medical care
  - Equipment and facilities
  - Governance

- Trains Soldiers with individualized and periodized training plans

- Provides comprehensive, integrative, and immersive holistic approach to Soldier readiness

- Based upon comprehensive and evaluated scientific research
Personnel

- H2F Facility Manager (CON)
- H2F Facility Manager GS-1640-11
- H2F Program Director GS-0601-13
- H2F Program Analyst (CON)
- Nutrition Program Director / Provider (O3/65C RD)
- Injury Control Director / Provider (O4/65B PT)
- Physical Training Program Director GS-0601-12
- CES Program Director / Provider (O3/65A OT)
- Registered Dietitian GS-0630-12
- Physical Therapist GS-0633-12
- Physical Therapist (O3/65B PT)
- x14 Strength Coaches
- x4 Athletic Trainers
- x3 Athletic Trainers
- Physical Therapy Specialist (68F 30 PT Spec)
- Physical Therapy Specialist (68F 20 PT Spec)
- Occupational Therapist GS-0631-12
- Cog. Enhancement Specialist (CON OT)
- Occupational Therapy Specialist (68L 10/20 OT Spec)

Icons:
- = DAC, Deployable under AUG TDA (6)
- = Military, Deployable Capability (6)
- = Contractor based Capability (24)
- = Already assigned to BSB in a BCT (2)
ACFT Test Site

Terrain Run Park

Obstacle Course

PT Fields & Fitness Lockers

Example Soldier Performance Readiness Center (SPRC)
Soldier Performance Readiness Center (SPRC)

Facility Design Standards
- x3 Facility Sizes
  - BN (~21,000 SF)
  - BDE (~42-43,000 SF)
- x3 Distinct Training Zones
  - Resistance Training
  - Accessory Training
  - Work Capacity / Agility Training
- x2 Classrooms (25 PAX each)
- X1 Rehabilitation/Reconditioning Area
- x1 Cognitive Training Area

Zones:
- Zone 0: Prep / Warm-up Area
- Zone 1: Resistance Training
- Zone 2: Accessory Training
- Zone 3: Work Capacity / Agility Training
Holistic Health and Fitness (H2F)

Occupational Physical Assessment Test (OPAT)
The Occupational Physical Assessment Test (OPAT) is a four (4) event test, given at the point of accession (i.e. recruiting centers, ROTC detachments, U.S. Military Academy, and Officer Candidate School) to determine if the recruit meets the MOS pre-training standard for fitness.

Given prior to initial military training, the applicants may re-test as many times as needed but must meet standard 90 days before shipping to training.

Fitness to Train, not Fitness to Serve

Required for all accessions as of 3 JAN 17
### Pre-training level of fitness

<table>
<thead>
<tr>
<th>BLACK - High Physical Demand</th>
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</thead>
<tbody>
<tr>
<td>Standing Long Jump</td>
</tr>
<tr>
<td>Seated Power Throw</td>
</tr>
<tr>
<td>Strength Deadlift</td>
</tr>
<tr>
<td>Interval Aerobic Run</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GRAY – Significant Physical Demand</th>
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<tbody>
<tr>
<td>Standing Long Jump</td>
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<td>Seated Power Throw</td>
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<td>Strength Deadlift</td>
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<tr>
<td>Interval Aerobic Run</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GOLD – Moderate Physical Demand</th>
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</thead>
<tbody>
<tr>
<td>Standing Long Jump</td>
</tr>
<tr>
<td>Seated Power Throw</td>
</tr>
<tr>
<td>Strength Deadlift</td>
</tr>
<tr>
<td>Interval Aerobic Run</td>
</tr>
</tbody>
</table>

### Military Occupational Specialties

**Black**
- Infantry, Armor, Motor
- Transport Operator, Cavalry Scout, Armor Crew Member, and others

**Gray**
- Rocket System Crew Member, Military Police, Combat Medic, Watercraft Engineer, Petroleum Supply Specialist, Wire Systems Installer, and others

**Gold**
- Plumber, Dental Specialist, Pharmacy Specialist, Ammunition Specialist, Tracked Vehicle Repairer, Logistical Specialist, Air Traffic Control Repair Specialist, Fire Control Repairer, and others

**Currently Unprepared to meet Physical Demands / Unprepared to Ship to Training - WHITE**
Holistic Health and Fitness (H2F)

Army Combat Fitness Test (ACFT)
ACFT

**Purpose:** Assess a Soldier’s physical performance capability within components of combat fitness

**Objectives**

1. Improve individual Soldier readiness
2. Transform the culture of Army fitness
3. Reduce preventable injuries and attrition
4. Enhance mental toughness and stamina
5. Contribute to increased unit readiness

**ACFT scoring is both gender and age neutral**
Identify HPDT tasks:
1. Movement to Contact
2. Build Fighting Position
3. Move O/U/A/T in Urban Terrain
4. React to man-on-man contact
5. Extract & evacuate a Casualty

**Predictive Tests:**
must successfully predict task simulation performance

- Muscular Strength
- Muscular Endurance
- Explosive Power
- Speed / Agility
- Aerobic Endurance
1- Movement to contact

2- Build a hasty fighting position

3- Move over-under-around-through obstacles on uneven terrain
4. Employ progressive levels of strength / power (man-man contact)

5. Extract – Evacuate a casualty
Physical Capacity Predictor Tests

+ APFT Scores from unit DD 705
Question #1: What are the physical fitness constructs of combat?

**Muscular Strength**
- Lift, carry, drag heavy loads
- Work for long periods of time
- Muscular Endurance
- Explosive Power

**Speed - Agility**
- Move quickly over, under, around, through obstacles

**Aerobic Endurance**
- Move for long distances over uneven terrain under load

Generate and apply force
Question #3: What events are better predictors of WTBD-ST performance?

![Bar chart showing percentage of events for different tests.]

- **1980 3-event test**: 39.30%
- **2010 5-event test**: 50.90%
- **2015 7-event test**: 71.70%
- **2017 6-event test**: 81.40%

**Events**:
- **Push-up**: 2-mile Run, Sit-up
- **2-mile Run**
- **Rower**
- **300m Shuttle**
- **Standing LJ**
- **Pull-up**
- **T Push-up**: 2-mile Run, Sprint-drag-carry, Deadlift, Power Throw, Leg Tuck, Power Drag
# Army Combat Fitness Test

## Test Execution

### #1 3RM Deadlift

### #2 Standing Power Throw

### #3 Hand Release Push-Up

### #4 Sprint, Drag, Carry

### #5 Leg Tuck

### #6 2.0-Mile Run

### ACFT Admin Considerations

1. Even number lanes
2. CO-sized element – 16 lanes
3. OIC / NCOIC selection
4. 1-grader per lane
5. Transition to the SPT
Army Combat Fitness Test

3 Repetition Maximum Deadlift

- **Task:** Execute the 3 repetition maximum (RM) deadlift event to assess lower-body strength

- **Condition:** Given a hexbar, weight plates, and barbell collars totaling up to 460lbs in an outdoor or indoor testing environment

- **Standard:** Within five (5) minutes, conduct three (3) repetitions of the MDL maintaining proper lifting form throughout the movement IAW FM 7-22, App A to meet the ACFT scoring standards

- **Component of Fitness: Muscular Strength**
  - **Definition:** the maximum amount of force that can be generated by a muscle or muscle group
  - **Secondary Component of Fitness:** flexibility
  - **Anatomical Focus:** knee extension, hip extension, grip, lower back

- **Application to Common Soldier Tasks (CST)**
  - Lifting heavy loads off the ground; casualty extraction/evacuation; carrying/transporting heavy loads (155mm artillery rounds, ammo boxes, etc.)

- **Relevant Principles for Event Selection**
  1. **Efficacy:** Highly predictive test to assess for lower body / core muscular strength
  2. **Safety:** Hexbar (vs Olympic bar) provides better anatomical position for proper lifting – controls for injury
  3. **Ease of Administration:** Requires one (1) grader per lane; event time ~5:00 min per Soldier
  4. **Grading:** Simple to grade, replicate over time-space
Task: Execute the SPT event to assess upper and lower body explosive power

Condition: Given a 10lb medicine ball and tape measure in an outdoor or indoor testing environment

Standard: Within three (3) minutes, conduct one (1) practice and two (2) record SPTs using proper movement technique IAW FM 7-22, App A to meet the ACFT scoring standards

Component of Fitness: Explosive Power
- Definition: generating maximal force in the shortest time
- Secondary Component of Fitness: balance, coordination, flexibility
- Anatomical Focus: knee extension, hip extension, grip, lower back

Application to Common Soldier Tasks (CST)
- Mounting obstacles or vehicles; lifting Soldiers up/onto/over obstacles or vehicles; lifting loads off the ground and up/onto a vehicle or platform; jumping, leaping, climbing over obstacles; throwing a grenade

Relevant Principles for Event Selection
1. Efficacy: Highly predictive test assessing upper and lower body power required for Common Soldier Tasks (CSTs); strong driver for upper and lower body power training
2. Safety: A “prepatory drill” and 50% effort practice throw prior to event mitigates risk of injury
3. Ease of Administration: Requires one (1) grader and one (1) marker per lane; event time ~3:00 min per Soldier
4. Grading: Simple to grade, replicate over time/space
• Task: Execute the timed HRPU (Arm Extension) event to assess muscular endurance

• Condition: Given a stopwatch in an outdoor or indoor testing environment

• Standard: Conduct as many repetitions as possible in two (2) minutes utilizing proper movement technique IAW FM 7-22, App A to meet the ACFT scoring standards

• Component of Fitness: Muscular Endurance
  – Definition: the ability of a muscle or muscle group to repetitively perform work for an extended period of time to volitional fatigue
  – Secondary Component of Fitness: flexibility
  – Anatomical Focus: elbow extension, shoulder flexion and extension

• Application to Common Soldier Tasks (CST)
  – Pushing loads up/onto/over obstacles; employing progressive levels of force; load carriage; dynamic balance under load

• Relevant Principles for Event Selection
  1. Efficacy: Better predictive test assessing upper body endurance than the current APFT push-up; strong driver for upper body/core strength training
  2. Safety: Minimal risk for injury with proper training program
  3. Ease of Administration: Requires one (1) grader per lane; event time = 2:00 min per Soldier
  4. Grading: Simple to grade, replicate over time/space
• **Task:** Execute the timed SDC event to assess muscular strength and endurance, and anaerobic power and endurance

• **Condition:** Given a 25m lane, one (1) drag sled, two (2) 45lb weight plates, two (2) 40lb kettlebells, and a stopwatch in an outdoor or indoor testing environment

• **Standard:** Within four (4) minutes, conduct five (5) x 50m shuttles for time in the following order – 50m sprint, 50m sled drag, 50m lateral shuttle, 50m kettlebell carry, 50m sprint IAW FM 7-22, App A

• **Component of Fitness: Muscular Endurance and Strength, Anaerobic Power, Anaerobic Endurance**
  - **Definition:** sustained moderate to high intensity muscular work over short duration
  - **Secondary Component of Fitness:** reaction time, coordination, agility, balance, flexibility
  - **Anatomical Focus:** knee extension, hip extension, grip, lower back, shoulders

• **Application to Common Soldier Tasks (CST)**
  - Moving quickly over uneven terrain under load; moving over/around/through obstacles; casualty extraction/evacuation; moving supplies or ammunition; 3-5 second rushes

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**Relevant Principles for Event Selection**

1. **Efficacy:** Highly predictive test assessing anaerobic power and endurance; strong driver for high intensity anaerobic training

2. **Safety:** Minimal risk for injury with proper training program; lateral shuttle in lap three (3) reduces the fall risk linked with lower leg muscle fatigue

3. **Ease of Administration:** Requires one (1) grader and one (1) lane safety per two (2) lanes; event time ~4:00 min per Soldier

4. **Grading:** Simple to grade, replicate over time/space
• **Task:** Execute the LTK event to assess muscular endurance

• **Condition:** Given a 7.5ft high x 5ft wide pull-up bar or climbing pod in an outdoor or indoor testing environment

• **Standard:** Within two (2) minute, conduct as many LTKs as possible utilizing proper movement technique IAW FM 7-22, App A to meet the ACFT scoring standards

• **Component of Fitness: Muscular Endurance**
  - **Definition:** the ability of a muscle or muscle group to repetitively perform work for an extended period of time to volitional fatigue
  - **Secondary Component of Fitness:** flexibility
  - **Anatomical Focus:** knee flexion, hip flexion, grip, abdominals

• **Application to Common Soldier Tasks (CST)**
  - Climbing up/onto/over vehicles or obstacles; traversing rope/ladder bridges; load carriage; dynamic balance under load

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### Relevant Principles for Event Selection

1. **Efficacy:** Highly predictive test assessing upper body/grip/core strength and endurance; greater functionality compared to alternative events; improves dynamic balance and mobility; contributes significantly to the prevention of over-use load carriage injuries

2. **Safety:** Minimal risk for injury since the Soldiers feet/legs remain under the base of support

3. **Ease of Administration:** Requires one (1) grader per lane; event time ~2:00 min per Soldier

4. **Grading:** Simple to grade, replicate over time/space

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**Army Combat Fitness Test**

**ACFT – Leg Tuck (LTK)**
• **Task:** Execute a timed 2MR to assess aerobic endurance

• **Condition:** Given a measured and generally flat, outdoor 2.0-mile course and stopwatch or outdoor race clock

• **Standard:** Execute the timed 2MR utilizing proper running skill IAW FM 7-22, App A to meet the ACFT scoring standards

• **Component of Fitness: Aerobic Endurance**
  - **Definition:** the ability to exercise large muscle groups at a level somewhere between moderate and high intensity for more than a few minutes
  - **Secondary Component of Fitness:** None
  - **Anatomical Focus:** knee flexion-extension, hip flexion-extension

• **Application to Common Soldier Tasks (CST)**
  - Moving long distances over uneven terrain under load; recovery from high intensity movements such as 3-5 second rushes; movement under fire

• **Relevant Principles for Event Selection**
  1. **Efficacy:** Highly predictive test assessing for measuring aerobic endurance
  2. **Safety:** Minimal risk for injury
  3. **Ease of Administration:** Requires one (1) grader per course; separate 2MR graders are authorized; event time ≤ 21:07 min per Soldier
  4. **Grading:** Simple to grade, replicate over time/space
Scoring Category Principles

1. Based on requirements by unit and/or individual occupational physical demands
2. Maintains occupational fitness requirements for close combat battalion and below units regardless of age or gender (Black & Grey categories)

**Army Occupational Physical Demand Categories:**
- **Heavy Physical Demand**
  - Infantry, Armor, Ranger, Combat Engineer, Motor Transport Operator, Cavalry Scout, Cannon Artillery, and others
- **Significant Physical Demand**
  - Rocket System Crew Member, Military Police, Combat Medic, Air Crew Member, Watercraft Engineer, Petroleum Supply Specialist, Wire Systems Installer, and others
- **Moderate Physical Demand**
  - Dental Specialist, Ammunition Specialist, Tracked Vehicle Repairer, Logistical Specialist, Air Traffic Control Repair Specialist, Fire Control Repairer, and others

**GENDER-NEUTRAL OCCUPATIONAL PERFORMANCE STANDARDS:** “…the Secretary of Defense – (1) shall ensure that qualification of members of the Armed Forces for, and continuance of members of the Armed Forces in, that occupational career field is evaluated on the basis of common, relevant performance standards, without differential standards or evaluation on the basis of gender.”
Web Link: www.army.mil/ACFT
...statistics show that one-third of our young manhood had physical defects which rejected them from the Army in spite of the fact that the standards were not high. Most of these had but recently left school. It demonstrated that something was wrong; that the schools were not preparing the youth physically for life.

Besides physical unfitness it was discovered also in Army camps that our young people were physical illiterates. It was realized that the public schools are responsible for physical literacy as well as for mental literacy. Men in camps could not jump eight-foot trenches nor vault four-foot fences. They lacked ability and skill to handle their bodies in emergencies as well as in games. There was a lack of neuromuscular skill. We needed physical education to train the body to act, as well as mental education to train the mind to think.

School health examinations and statistics over the country have indicated that more than 70 percent of the school children have defects which affect their mental as well as physical growth and development. It is recognized that a physically fit person is more likely to be efficient, happy, and useful. A physically fit nation is better prepared to meet any emergency either from within or without.

Journal of Health, Physical Education, Recreation, Volume 9
E.D. Mitchell, Editor
American Assoc. for Health and Physical Education
(Jan 1938)
Opportunities for Health and Fitness Specialists:

- Physical Therapists
- Registered Dietitians
- Occupational Therapists
- Athletic Trainers
- Strength and Conditioning Specialists
- Cognitive Enhancement Specialists

Opportunities for Equipment and Facilities:

- Lifting, Aerobic, Non-Aerobic, Rehab
- Training equipment
- Building, facilities, sites

Opportunities for Training and Management:

- IT systems, APPs, Database
- Tracking
- Training Programs

Opportunities for Research and Development:

- Individual, male/female
- Nutrition, supplements, diet
- Physical fitness, training methodology, equipment testing
Holistic Health & Fitness

Points of Contact

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Questions?
### Army Combat Fitness Test

#### IOC Scoring Standard

**Scoring For IOC (Field Test)** – Modified as data develops during IOC Phase

- **Minimum score for Soldiers in heavy physical demand unit/MOS**
- **Minimum score for Soldiers in significant physical demand unit/MOS**
- **Minimum Score for Soldiers in moderate physical demand unit/MOS (Army minimum)**

#### ACFT FOC SCALE (Final)

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Critical Requirements for Deployment to Combat

….fight, decrease risk to self and render aid to others in a combat environment.

Fully Fit For Combat
11 Physically Demanding WTBD / CSTs identified in the BSPRRS study

- React to man-to-man contact
- Move as a member of a team
- React to indirect fire dismounted
- Move under direct fire
- Move over, around, through obstacles
- Perform movement techniques (Urban)
- Navigate from point to point
- Transport a casualty
- Conduct a tactical foot march
- Prepare a fighting position
- Drag a casualty to safety

Must Do

Rewrite critical requirements to mitigate risk in a high threat environment

Critical Physical Performance Requirements

- Muscular Strength
- Agility
- Reaction Time
- Coordination
- Cardiovascular Endurance
- Speed
- Flexibility

Assesses four (4) primary and three (3) secondary components of fitness

Can Do

- React to indirect fire dismounted
- Move under direct fire
- Drag a casualty to safety
- Prepare a fighting position
- Conduct a tactical foot march

Should Do

Requirements not measured by the ACFT

- React to man-to-man contact
- Move as a member of a team
- Navigate from point to point
- Move over, around, through obstacles
- Conduct a tactical foot march
- Transport a casualty
- Perform movement techniques (Urban)
Only for Deployable Soldiers on a Permanent Profile

Modified Assessment –
Three (3) Event Minimum

• Soldier MUST complete Deadlift and Sprint-Drag-Carry, plus one aerobic event (3 non-impact alternative events are authorized)
• Soldier will complete any ACFT event not prohibited by their profile
• Note: Measures the minimum physical attributes to fight, decrease risk to self and render aid to others...

Only for Soldiers on Permanent Profile with a deployment limiting code

• (Continuation on Active Duty (COAD), Continuation of Active Reserve (COAR), or approved retention waivers)
• Health Assessment – One (1) Event

• Soldier performs ACFT 2-mile run or one (1) of the three (3) authorized aerobic test events; measure time to complete the specified distance.

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*IOC scale scores to be refined during the ACFT Field Test
FM 7-22, Holistic Health & Fitness

Part 1: System – H2F overview and planning
Part 2: Design – Physical, Nutrition, Spiritual, Mental and Sleep readiness
Part 3: Build – H2F program design
Part 4: Deliver – H2F schedules
Part 5: Test – OPAT and ACFT

Appendices:
- PRT Drills and Exercises
- H2F Personnel
- H2F Equipment
- H2F Leader Education
- New Army Water Survival Training, Sleep and, Mental readiness
- New Army Nutrition doctrine
- New Army Pregnancy and Post-Partum Physical Training
- New Army Running Skill doctrine
- New Army Spiritual Readiness doctrine
- New Army Health Coaching instruction

Way Ahead

- Publish H2F Concept Paper
- Publish ADP on H2F System
- Publish FM 7-22 and other documents as required
Alternate Event

5,000m Row

• **Task:** Execute a challenging alternate non-impact aerobic event for permanent profile Soldiers who cannot perform the 2-mile run

• **Condition:** Given a standardized and approved horizontal rowing machine (ergometric)

• **Standard:** Execute the rowing event utilizing proper form to meet equivalent ACFT muscular and aerobic performance standards within 25 minutes

• **Relevant Principles for Event Selection**
  1. **Efficacy:** Highly predictive test assessing for measuring aerobic endurance
  2. **Safety:** Minimal risk for injury; appropriate for Soldiers on a lower body no / low impact profile
  3. **Ease of Administration:** Requires one (1) grader event time ≤ 25:00 min per Soldier *
  4. **Grading:** Simple to grade, replicate over time/space = remains TBD with Field Test scoring, age and gender neutral

An ergometric rower works multiple large muscle groups, to include shoulders, arms, core, and legs, at one time. The repetitive push and pull under tension provides a low-impact assessment of muscular and aerobic endurance.
Army Combat Fitness Test
Alternate event for 2-mile run (2MR)

Alternate Event
15,000m Bike

• **Task:** Execute a challenging alternate non-impact aerobic event for permanent profile Soldiers who cannot perform the 2-mile run

• **Condition:** Given a standardized and approved stationary bike machine (ergometric)

• **Standard:** Execute the timed bike event utilizing proper form to meet equivalent ACFT muscular and aerobic performance standards within 25 minutes

• **Relevant Principles for Event Selection**
  1. **Efficacy:** Highly predictive test assessing for measuring aerobic endurance
  2. **Safety:** Minimal risk for injury; appropriate for Soldiers on an upper body profile and lower body no / low impact profile
  3. **Ease of Administration:** Requires one (1) grader event time ≤ 25:00 min per Soldier *
  4. **Grading:** Simple to grade, replicate over time/space

* = remains TBD with Field Test scoring, age and gender neutral

An ergometric bike works large muscle groups in the legs. Repetitive movements under tension provides a low-impact assessment of lower-body muscular and aerobic endurance.
Alternate Event

1,000m Swim

- **Task:** Execute a challenging alternate non-impact aerobic event for permanent profile Soldiers who cannot perform the 2-mile run

- **Condition:** Given a standardized and approved 25-50m swimming pool

- **Standard:** Execute the timed swim event utilizing proper form to meet equivalent ACFT muscular and aerobic performance standards within 25 minutes

- **Relevant Principles for Event Selection**
  1. **Efficacy:** Highly predictive test assessing for measuring aerobic endurance
  2. **Safety:** Minimal risk for injury; appropriate for Soldiers on an upper body profile and lower body no/low impact profile
  3. **Ease of Administration:** Requires one (1) grader event time \( \leq 25:00 \) min per Soldier*
  4. **Grading:** Simple to grade, difficult to replicate over time/space v. pool requirements

* = remains TBD with Field Test scoring, age and gender neutral

The swim works multiple large muscle groups, to include shoulders, arms, core, and legs, at one time. The repetitive pull, kick and recover under