Marine Corps Combat Fitness Test Brief to DACOWITS

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Combat Fitness Test

DACOWITS RFI:

It has been reported that the USMC is reviewing the Combat Fitness Test (CFT) administered annually to all Marines. DACOWITS requests in writing and in a briefing, a description of the events of the CFT, the purpose of the CFT, the results for men and women, the distribution of scores/how many fail and how many make highest scores, why is it being reviewed, and what are the plans for using the test going forward.

Combat Fitness Test

Overview

The CFT, as a complement to the Physical Fitness Test, measures functional elements of fitness through the execution of a series of events that emphasizes our ethos of “Every Marine a rifleman”

Administration

- Required annually for all Marines regardless of age, gender, grade or duty assignment between 1 July and 31 December
- Gender-neutral events; gender and age-normed scoring
- Events conducted while wearing the seasonal utility uniform and boots
- No less than five minutes rest between events

Events

- Movement to Contact (MTC): 880yd run
- 30lb. Ammunition Lift (AL): 2-min repetitive lift, shoulder to overhead
- Maneuver Under Fire (MANUF): 300yd shuttle run that includes sprints, crawls, fireman’s carry, simulated grenade throw, and ammo can carry

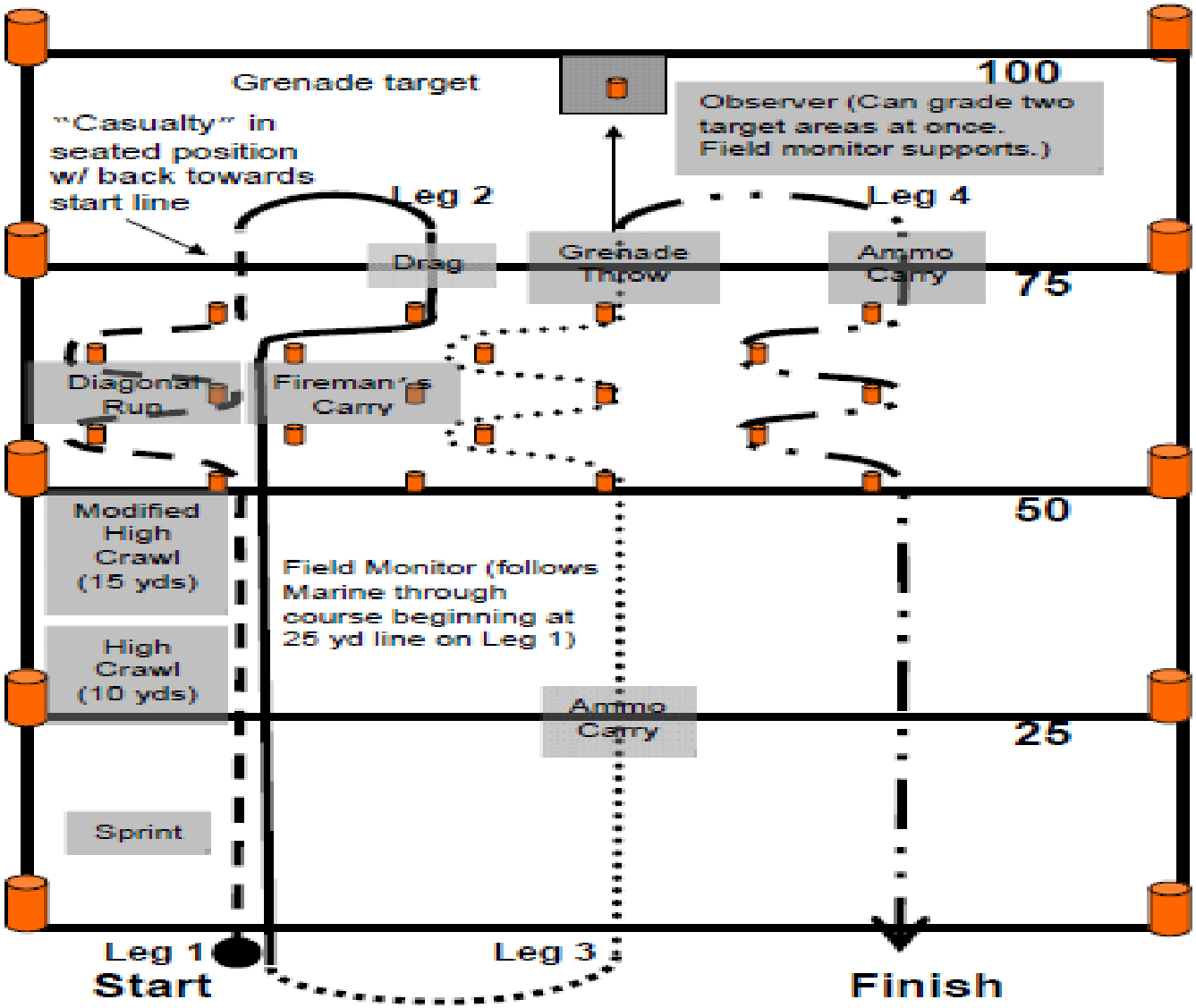
Combat Fitness Test

- Overall average scores by gender and age group (n = 215,750)

AGE GROUP	AVG SCORE	AVG MANUF	AVG MTC	AVG AL
FEMALES				
17-26	285	03: 16	03: 38	61
27-39	287	03: 17	03: 39	64
40-45	287	03: 34	03: 55	51
46+	289	03: 46	04: 08	50
MALES				
17-26	285	02: 25	02: 57	95
27-39	288	02: 34	03: 02	97
40-45	289	02: 51	03: 15	92
46+	283	03: 03	03: 25	87

- Distribution by classification levels
  1st Class = 89%; 2nd Class = 10%; 3rd Class = 0%
- Maximum scores = 18% (n = 38,593)
- Failures = <1% (n = 1,367)
- Plan for the CFT going forward
  - Originally in 2009, intended to review the scoring tables in 2013
  - At present, no event or scoring table changes are being considered

Maneuver Under Fire Overview



Questions?