



# **DACOWITS RFI #8**

**Army Training and Doctrine Command**

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**ADCS G-3/5/7**



# Current Army Physical Fitness Test:



- The U.S. Army requires each service member to take a record, 3-event Army Physical Fitness Test (APFT) 1 or 2 times per year (all components).
  - Performance evaluations only require raters to communicate “pass” or “fail.”
  - Soldiers/officers are required to be in compliance with all Army standards to be eligible for promotion; fitness is only one considered overall performance metric.
- The 3 events are graded on raw score performance and converted to 100-point scale scores based on age and gender.
- The Army last changed its physical fitness test holistically in 1980. This coincided with the termination of the Army Women’s Corps and the accession of women into the U.S. Army.
- Little or no physiological science was incorporated in validating the requirements and scoring in the development and implementation of the current APFT.
- Senior Army leaders identified the need for a more predictive fitness assessment to improve fitness and overall readiness.
  - Synchronized to commonly occurring, critical high physical demand Warrior Tasks and Battle Drills.



# The Problem: Fitness Issues



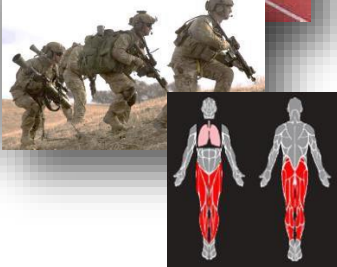
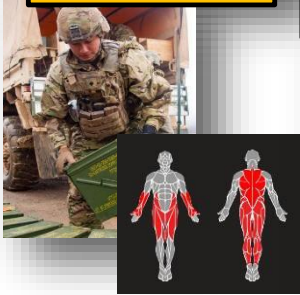
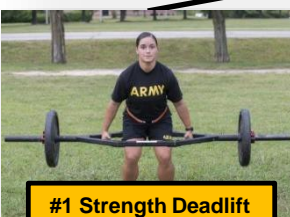
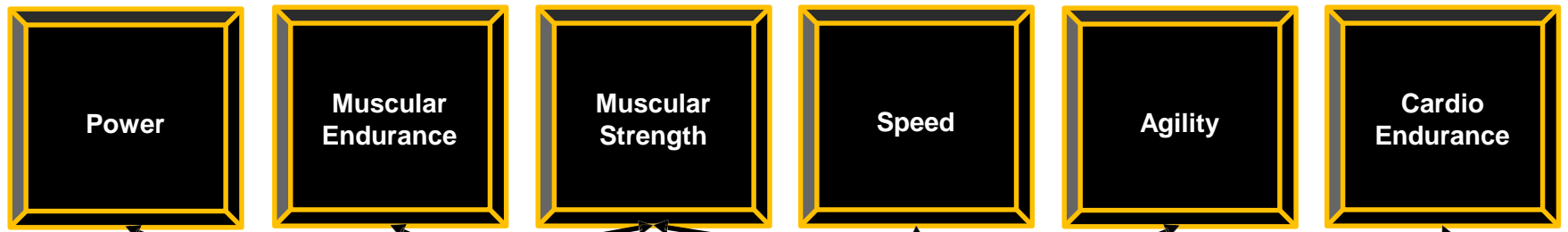
- Poor levels of physical and non-physical fitness have resulted in significant Army attrition levels and unanticipated costs due to musculoskeletal injuries.
  - As of SEP 18, 7% of the total force is non-deployable.
  - As of SEP 18, 68% of personnel flags were for Body Composition / APFT failure.
  - As of NOV 18, 23% of the force had a temporary or permanent profile.
- Approximately 75% of Americans 17-24 are unable to join the military for one or more reasons.
- The current APFT is a relatively poor predictor (~40%) of a Soldier's ability to execute commonly occurring, critical high physical demand Warrior Tasks and Battle Drills that are required of all Soldiers.



# Future Army Combat Fitness Test:



- The purpose of the Army Combat Fitness Test (ACFT) is to change the culture of fitness in the Army and increase overall readiness.
  - “...to directly align individual and unit, physical readiness training and individual physical testing with physical attributes required in combat.” –HQDA EXORD 219-18: ACFT (13 JUL 18)
  - We need all Soldiers to be more physically fit to increase combat readiness and reduce injuries and associated attrition; changing extrinsic demands is an effective way to support cultural change.
- (TBD) The Army will replace the APFT with ACFT as the physical fitness test of record no later than 1 OCT 20.
  - The new ACFT test will be operational 40 years after that last holistic change.
  - 6 event test that reflects required combat fitness; maintaining required fitness level will increase overall readiness.
- The proposed test was scientifically validated through 4 years of extensive empirical research.
- Currently, policy for the new ACFT has not been determined, but we expect it will be similar to the APFT: each service member to take a record test 1 or 2 times per year (all components).
- The future test scoring remains under study; the intent is it will be age and gender neutral.





# ACFT Field Testing



- The current Initial Operating Capability (IOC) ACFT scoring scale is a notional/conceptual scale; this is designed to provide Soldiers a potential range of scores they may see in the future Full Operating Capability (FOC) scoring scale.
- As of 1 OCT 18 the Army began Field Testing the ACFT with 60 Battalions across the total force (all components).
- The purpose of the Field Test is to provide baseline normative data to support the FOC scoring scale.
  - We are over 20 months away from an FOC scale and the first record ACFT (FY21).
  - The Field Test year gives the Army opportunity to revise and standardize training programs and policies to support the requisite changes in physical fitness and fitness culture.
  - This includes revising standardized training programs to accommodate male and female physiological differences, affording all Soldiers appropriate training to help them achieve Army standards.