

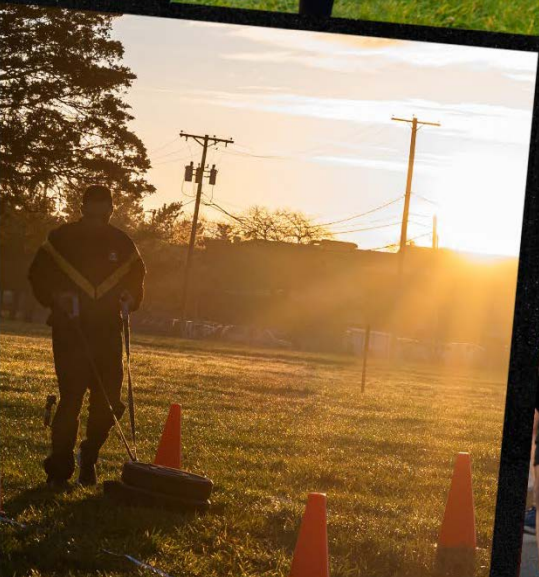


# **DACOWITS RFI #7**

## **Physical Fitness Standards**

December 2022

Center for Initial Military Training



## Army Combat Fitness Test / Body Composition Study

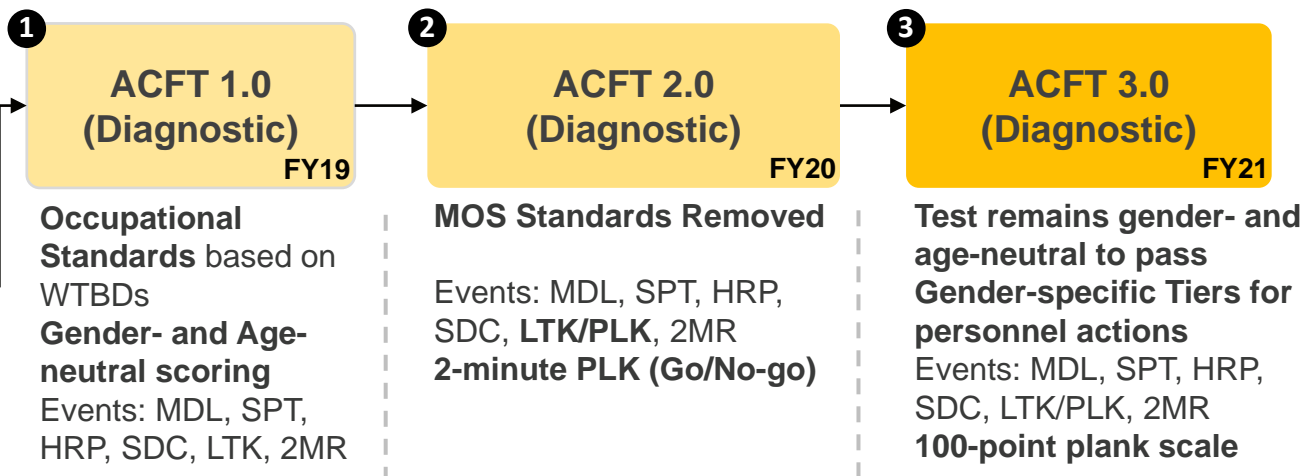


ACFT 1.0 (FY19) approved as a **combat-focused test with gender-neutral standards by MOS category.**  
 ACFT 2.0 (FY20) removed MOS standards and added the plank as an alternate core event.  
 ACFT 3.0 (FY21) maintained an age/gender baseline, but added gender-normed performance tiers.

## Evolution of the ACFT

### ACFT Objectives

1. Improve Soldier readiness
2. Transform culture
3. Reduce injuries
4. Enhance toughness/stamina
5. Increase unit readiness



## Where we are today:

**RAND Final  
Report Delivered  
IAW FY21 NDAA  
(18 FEB 22)**

After review of 630,000 sample ACFT test scores, the RAND independent assessment, and feedback from Soldiers, the Secretary of the Army approved several ACFT revisions discussed in this brief.



The ACFT is a six-event **general fitness assessment**, with performance-normed standards based on gender and age, using the same groups as the APFT.



## ACFT

## ARMY COMBAT FITNESS TEST EVENTS

3 REPETITION MAXIMUM  
DEADLIFT (MDL)



STANDING POWER  
THROW (SPT)



HAND RELEASE PUSH-UP  
ARM EXTENSION (HRP)



SPRINT-DRAG-CARRY  
(SDC)



PLANK (PLK)



TWO-MILE RUN  
(2MR)\*



\* The 2.5 mile walk has been added as an alternate aerobic event along with the row, bike, and swim

The **ACFT** is a general physical fitness assessment with age and gender performance-normed scoring scales

The **ACFT** measures a Soldier's readiness in the physical domain of the Army's Holistic Health and Fitness system



## IMPLEMENTATION TIMELINE

★ APRIL 1, 2022 — ★ OCTOBER 1, 2022 — ★ APRIL 1, 2023 — ★ APRIL 1, 2024

Soldiers continue to take diagnostic tests

Regular Army and Active Guard Reserve start taking the ACFT for record

Reserve Component Soldiers start taking the ACFT for record. All Regular Army and Active Guard Reserve Soldiers must have a record ACFT

Reserve Component Soldiers must have a record ACFT

For more info: <https://www.army.mil/acft>



RAND completed an independent study of the ACFT and provided its final report to the Army in February 2022.

## **The independent RAND study had four top-level recommendations for full ACFT implementation:**

- Address shortfalls in the ACFT evidence base
- Consider ways to mitigate impacts on the workforce
- Take steps to further support training improvements over time
- Institutionalize a formal senior-level management structure to guide and oversee ACFT implementation

## Army Responses

Commanders may, but are not required to, administer ACFTs while deployed.

Commanders will develop procedures to address situations where weather or environmental conditions could inhibit Soldier performance.

Performance normed the ACFT to establish it as a general assessment of physical fitness that acknowledges physiological differences across genders and age groups.

Used performance data of nearly 630k Total Army Soldiers, the Army adjusted ACFT standards to ensure parity in pass rates and scores between groups.

Updating personnel policy in a time-phased, deliberate manner to ensure all Soldiers can test and improve performance. This includes a minimum six-month diagnostic testing period beginning April 1.

The Army will establish a governance body for the ACFT and conduct annual assessments to ASLs, addressing any policy or training issues that may arise after implementation.



## Plank vs. Leg Tuck

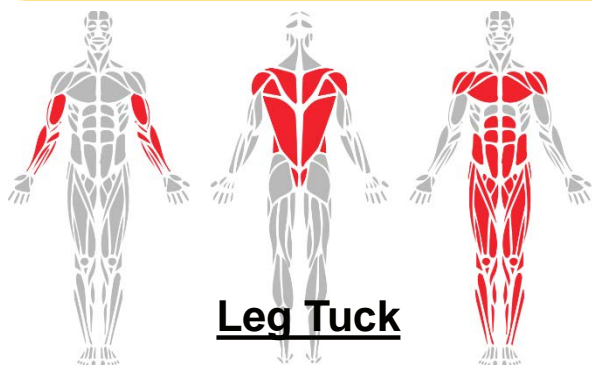


RAND observed that the leg tuck was not an accurate predictor of core strength for all Soldiers. The leg tuck requires a minimum pre-requisite upper body strength that made it **impossible to measure core strength in all Soldiers**.

In response, **the Army will now use the plank as the sole exercise to assess core strength**, using recognized standards from sister-services as a baseline and modifying the scales based on Army requirements.

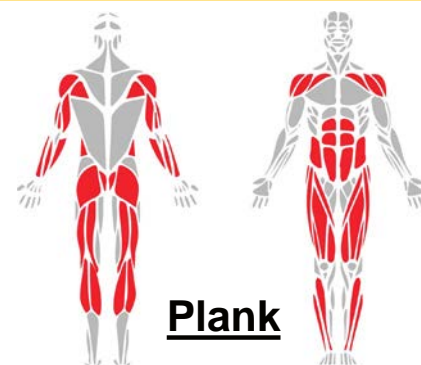
Moving to the plank allows the Army to verify that the ACFT properly measures all Soldiers' core strength equally, and **ensures Soldiers have a similar testing experience** and opportunity to succeed during every event of the ACFT.

The leg tuck is still a great holistic core exercise and is still encouraged as part of unit training outlined in ATP 7-22.02.



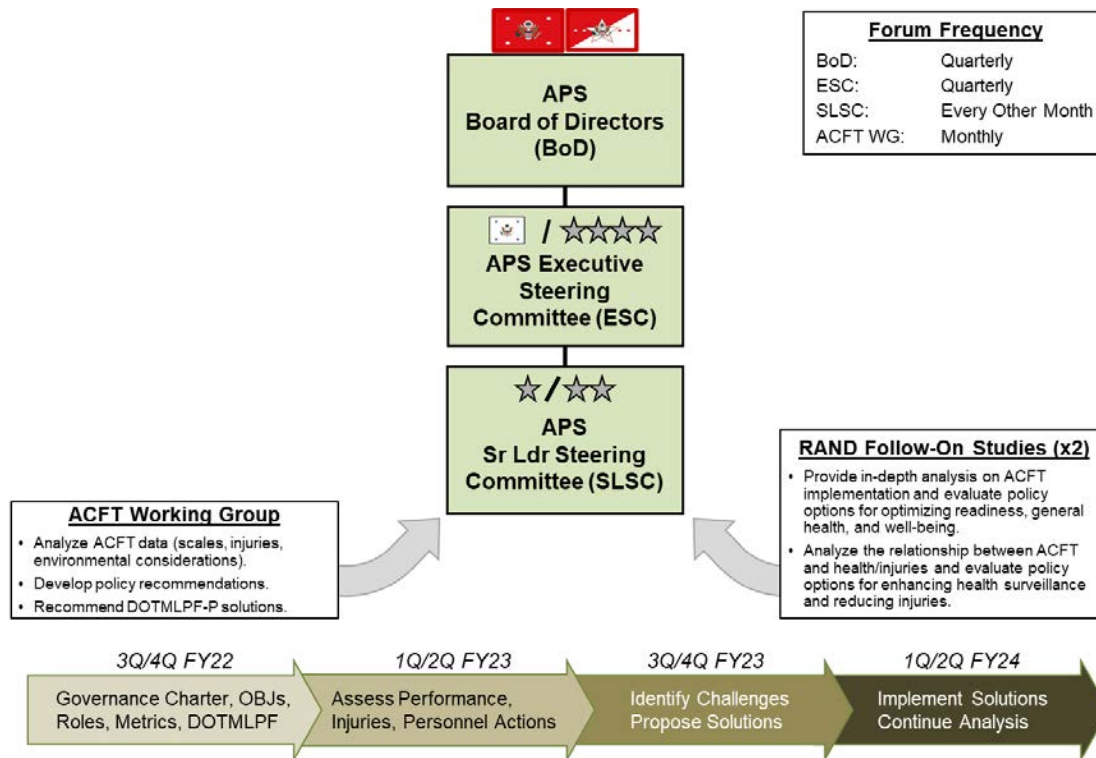
Leg Tuck

**Muscle  
Groups Used**



Plank

Implementation of the ACFT, with regular feedback and ongoing analysis, will verify the test continues to meet the needs of the Army. To accomplish this, the Army has established a new governance structure to regularly assess test performance data and disproportionate impacts.



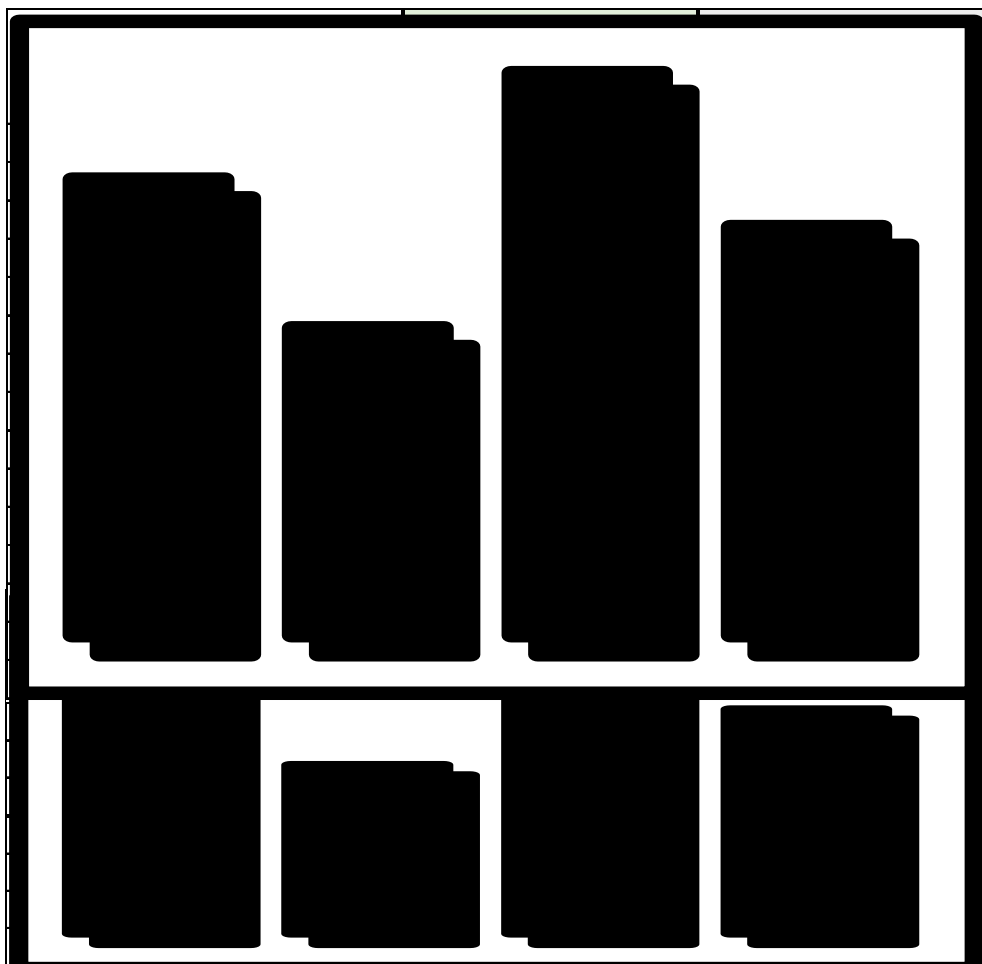
The Army will use the Holistic Health and Fitness (H2F)/Army People Strategy (APS) governance structure, co-chaired by ASA(M&RA) and TRADOC to oversee ACFT implementation.

They will report those findings with any recommended changes to Army Senior Leaders as required. The first report due to the Secretary of the Army in April 2023.

Soldiers who wish to provide feedback can do so beginning April 1<sup>st</sup> by submitting an electronic DA Form 2028 by email to: [usarmy.jble.tradoc.list.g2-acft@mail.mil](mailto:usarmy.jble.tradoc.list.g2-acft@mail.mil)



## Study Population



Total = 889 women; 1801 men

## Key Findings

- Study population oversampled women and demos <10% of Army
- Best sample ever taken of US Army; **this represents the Army of Today**
- AR 600-9 can be modernized
- Screening tables are valid; tape is more lenient than other body comp measurement methods
- 50% increase in injury rate in Soldiers over BF% allowed
- Clear relationship between **lean muscle mass and ACFT scores**

## Way Forward

- Study validation at Fort Stewart Dec. 5-9
- Policy working groups will meet once the study results are finalized to consider, develop, and staff any recommended policy changes for Army Senior Leader decision.





# **U.S. Army Holistic Health and Fitness (H2F) System**



**AMERICA'S ARMY**

*People First - Winning Matters*

# Holistic Health and Fitness (H2F)



## Mental Readiness

- ▶ Cognitive Capability
- ▶ Emotional Capability
- ▶ Interpersonal/Social Capability

## Sleep Readiness

- ▶ Duration
- ▶ Timing
- ▶ Continuity

## Spiritual Readiness

- ▶ Beliefs
- ▶ Principles
- ▶ Values

## Nutritional Readiness

- ▶ Proactive
- ▶ Active
- ▶ Reactive

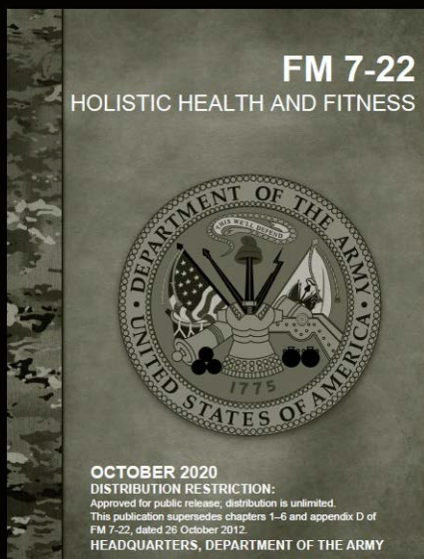
## Physical Readiness

- ▶ Muscular Strength
- ▶ Muscular Endurance
- ▶ Aerobic Endurance
- ▶ Anaerobic Endurance
- ▶ Power

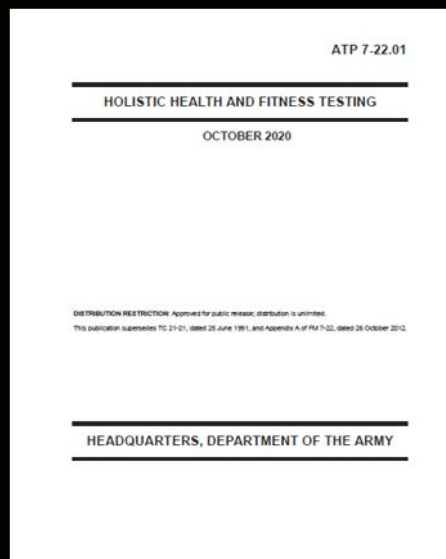




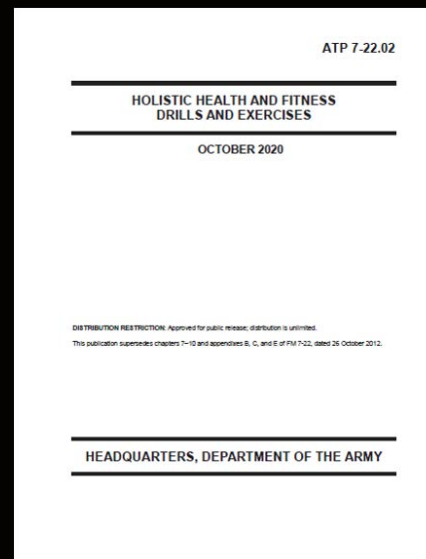
## How and Who: Doctrine



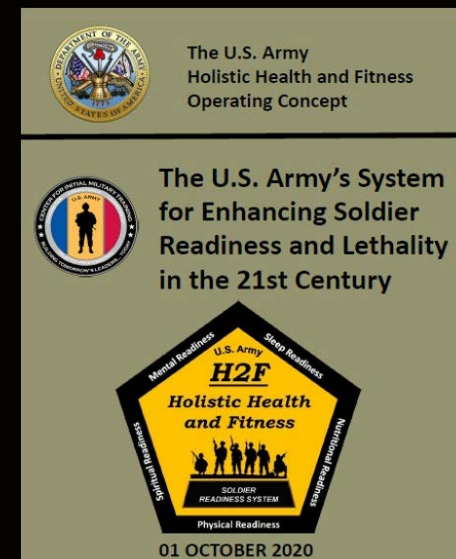
H2F  
Field Manual



H2F Testing

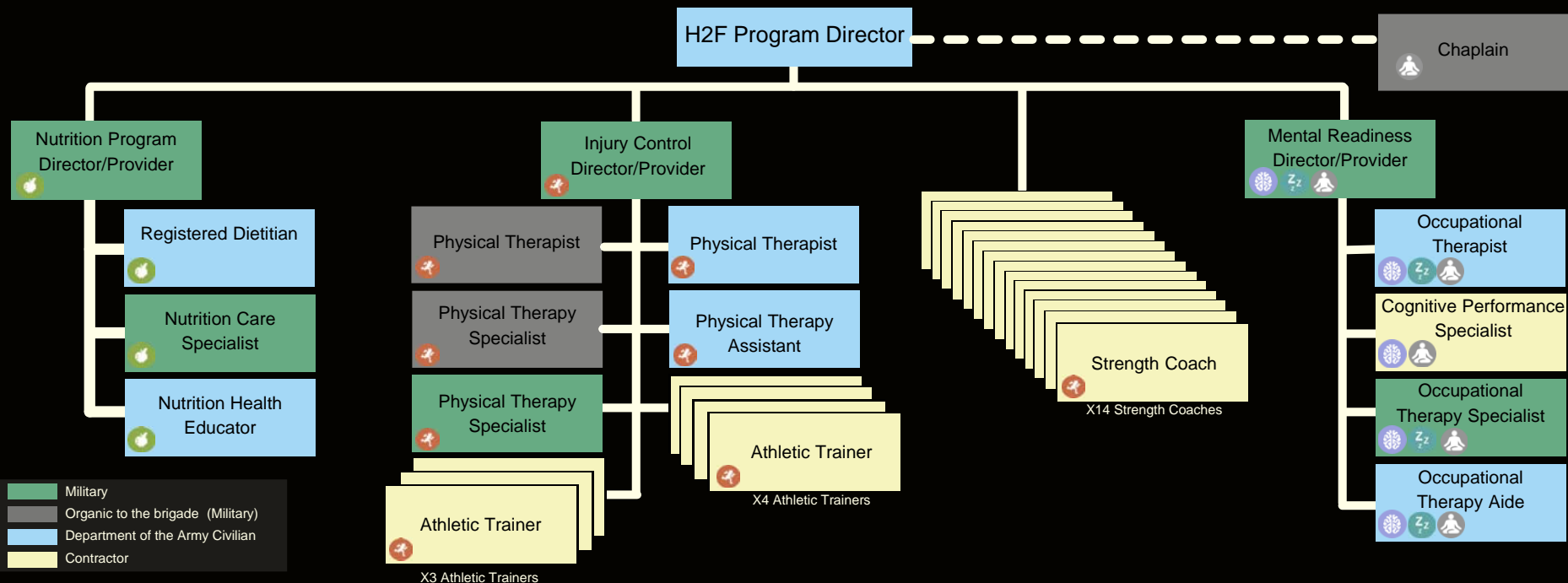


H2F Drills &  
Exercises



Operating  
Concept

## H2F Performance Team Structure



Deployable Medical Equipment Sets



Deployable Training Lockers



Treatment and Training Equipment



Soldier Performance Readiness Center





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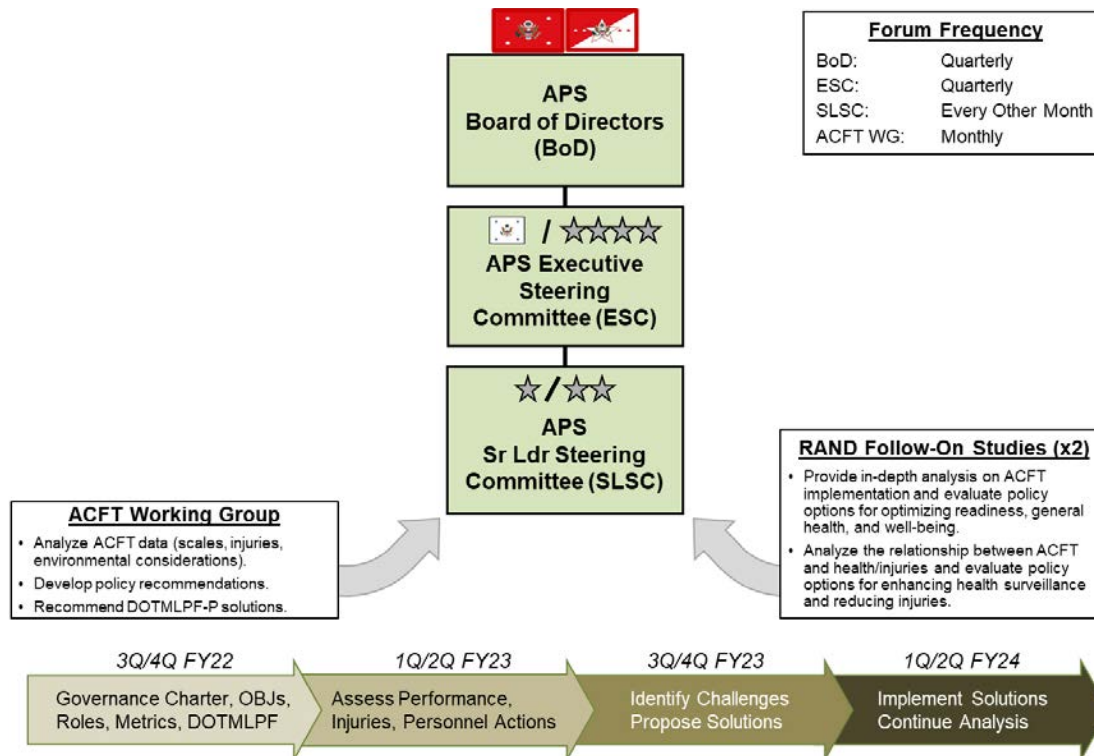
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