



DACOWITS RFI 7

Physical Fitness Standards

December 2022



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PHYSICAL FITNESS STANDARDS

In accordance with DACOWITS' Terms of Reference, the E&I Subcommittee will examine the components of the Military Services' physical fitness tests, to include body fat specifications, height/weight measurements and scales, and physical ability requirements deemed necessary for adequate performance. In addition, the E&I Subcommittee will assess whether the Military Services' physical fitness standards disproportionately affect women's career progression and identify solutions, as required.

In 2016, the Committee recommended that the "Secretary of Defense should require a complete review and update of the 2002 DoD Physical Fitness and Body Fat Programs Procedures (DoDI 1308.3) with the recent opening of more than 200,000 positions to servicewomen." Following up in 2019, the Committee recommended that the "Secretary of Defense should conduct a comprehensive, scientific review of height and weight standards as well as body fat measurement techniques and use the findings as a baseline for setting a Department-wide standard for measurement and acceptable levels." In March 2022, the Defense Department published a revised DoDI 1308.3.



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7a. In March 2019, DACOWITS RFI 6, asked the Military Services to provide update to physical fitness training programs. The Committee requests an update to this 2019 RFI. Provide all changes and modifications to your Service’s physical fitness instructions since March 2019, to include any updates to body composition measurements (e.g., height, weight, and body fat). In addition, provide the justification for each change/modification that has been implemented since March 2019.

Date	Change	Justification
May 2019	Implemented Universal Training Precautions (UTP) to recognize early signs of distress and permit prompt termination of exertional activity when signs of distress are present	Reduce the risk of exercise related injuries
January 2021	Replaced curl-up modality with planks in Physical Readiness Test	Physiology research supported planks as a better test of core strength and abdominal muscular endurance, with lower chances of injury
January 2021	Added the 2,000-meter row as alternate-cardio option	Non-weight bearing, low impact exercise, which reduces impact on the legs
June 2021	Extended the pregnancy / postpartum Physical Fitness Assessment exemption from 9 to 12 months after qualifying birth event	Allows postpartum Sailors time to fully recover in a healthy manner prior to being required to meet fitness and body composition standards. (BUMED’s Office of Women’s Health provided medically-supported guidance from Navy medical research study published December 2017)
June 2021	Implemented a postpartum wellness (unofficial) Physical Fitness Assessment, between six to nine months postpartum (requires medical clearance)	Assist Sailors’ visibility on health and fitness level
February 2022	Revised the Forearm Plank to be gender specific	Based upon analysis of initial results of plank results – initial cycle for planks did not count for score.
July 2020 / November 2021	Single Physical Fitness Assessment in Calendar Year 2022. Cancelled Calendar Year 2020 and 2021 Physical Fitness Assessments.	COVID pandemic mitigation
November 2022	Single Physical Fitness Assessment in Calendar Year 2023	Meets minimum DoD requirement, mitigate Physical Readiness Management Information System development issues



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- **7b. Based on the newly revised DoDI 1308.3, what changes or modifications to your Service's physical fitness instruction have been or will be updated in the future? Include revisions to body composition measurements. In addition, provide projected implementation timelines for each change or modification.**

- Navy body composition assessment (BCA) study : “Evaluation of Alignment of Current Navy Body Composition Analysis (BCA) Methods by Sex and as Indicator of Health and Performance.”

- The primary aim of this project is to elucidate the validity of the current mathematical model in today's more diverse Navy population by comparing anthropometric measurements obtained using three methods: Dual-energy X-ray Absorptiometry (DXA), 3-D Body Scanner, and Bioelectrical Impedance Analysis (BIA).
 - Examine BCA validity as it applies to sex differences (female vs. male) while taking into account other factors that can influence body composition (i.e., race/ethnicity, age, and postpartum status).
 - Determine if body fat percentages using BCA predicts performance (i.e., physical readiness test (PRT) scores) and general health (i.e., metabolic biomarkers, blood pressure).
- Timeline.
 - Study commenced September 2022. Preliminary finding will be reported by September 2023 with data analysis and a final report by September 2024.
 - Any changes to policy – TBD.