

805P-PRT-1120
Administer an Army Physical Fitness Test (APFT)
Status: Approved

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the U.S. Army Center for Initial Military Training, Ft. Eustis, VA foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

Conditions: On a PRT field and a running track or designated 2-mile run route, given FM 7-22, Army Physical Readiness Training, and DA Form 705 . Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standards: Conduct the Army Physical Fitness Test (APFT) IAW FM 7-22, Appendix A within two hours. Soldiers must attain a score of at least 60 points on each event.

Special Conditions: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING

- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION

Conduct visual reconnaissance of training area before execution of this drill.

Remarks: None

Notes: None

Performance Steps

1. Plan for an APFT.

a. Determine the type of APFT ("For Record" or "Not For Record (Diagnostic)").

b. Determine the date and time of the APFT.

c. Determine the location of the APFT.

(1) Designated area for preparation and recovery drills.

(2) One test station (6 feet wide by 15 feet deep) for every 8 Soldiers participating in the push-up and sit-up events.

(3) A measured 2-mile run course that is no more than a 3 percent grade.

(4) A location to conduct the alternate aerobic event selected by the Commander.

d. Select and train personnel to administer the APFT.

(1) OIC and/or NCOIC

(2) Event supervisor(s)

(3) Timer

(4) Back-up timer

(5) Event scorer(s)

(6) Demonstrator(s)

(7) Support personnel

e. Determine equipment resource requirements.

(1) Two stopwatches

(2) Clipboards

(3) Black pens for each scorer

(4) Run numbers

(5) DA Form 705 for each Soldier being tested.

f. Determine safety requirements.

(1) Ensure Soldiers are not tested when fatigued or ill.

(2) Ensure Soldiers do not participate in tiring duties before taking an APFT.

(3) Ensure weather and environmental conditions do not inhibit Soldiers' physical performance.

(4) Complete DD Form 2977, Deliberate Risk Assessment Worksheet.

2. Administer an APFT.

a. Ensure devices or equipment that offer any potential for an unfair advantage are not present during testing. Unless prescribed as part of the Soldier's medical profile, the wearing of the following items are not authorized: nasal strips, weight lifting gloves, back braces, elastic bandages, or braces. Electronic devices are also not authorized (MP3 players, radios, cell phones, and compact disc players).

- b. Read instructions and demonstrate test events.
 - c. Conduct the Preparation Drill. If required, Soldiers may perform push-ups in CD 1 on their knees.
 - d. Conduct the Push-Up Event.
 - e. Conduct the Sit-Up Event.
 - f. Conduct the 2-mile Run Event.
 - g. Conduct the Recovery Drill.
3. Complete APFT administrative requirements.
- a. Ensure all scores are accurate, have the scorer's initials, and NCOIC/OIC signature on the DA Form 705.
 - b. Annotate body composition data on DA Form 705 (if available).

NOTE: The APFT and Army Body Composition Program's (ABCP) weigh-in and body fat assessment are two separate events. In order to ensure the ABCP does not interfere with Soldier performance on the APFT, commanders and supervisors are encouraged to allow a minimum of 7 days between APFT and weigh-in, if feasible.

- c. Identify Soldiers eligible for the Physical Fitness Badge.

NOTE: Soldiers who obtain a minimum score of 270 or above, with a minimum of 90 points per event on the Army Physical Fitness Test (APFT) and meet the body fat standards will be awarded the Physical Fitness Badge for Physical Fitness Excellence.

- d. Identify any Soldier(s) that failed to meet the Army standard of 60 points in each event.
- e. Ensure unit leadership and supervisors have a record of test results.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to do it correctly. All unit personnel designated to administer the APFT should be trained and familiar in APFT procedures establish in FM 7-22 and regulatory and policy established in AR 350-1.

Evaluation Preparation: Soldiers should wear the appropriate Physical Fitness Uniform (PFU) as designated by the unit leadership. All unit personnel designated to administer the APFT should be trained and familiar in APFT procedures IAW FM 7-22 and regulatory and policy established in AR 350-1.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Planned for an APFT.			
a. Determined type of APFT (Record or Non-Record)			
b. Determined the date and time of the APFT.			
c. Determined the location of the APFT.			
d. Selected and trained personnel to administer the APFT.			
e. Determined equipment resource requirements.			
f. Determined safety requirements.			
2. Administer an APFT.			
a. Ensured devices or equipment that offer any potential for an unfair advantage were not present during testing.			
b. Read instructions and demonstrated test events.			
c. Conducted the Preparation Drill.			
d. Conducted the push-up event.			
e. Conducted the sit-up event.			
f. Conducted the 2-mile run event.			
g. Conducted the recovery drill.			
3. Complete APFT administrative requirements.			
a. Ensured all scores were accurate, had the scorer's initial, and NCOIC/OIC sign the DA Form 705.			
b. Annotated body composition data on DA Form 705 (if available).			
c. Identified Soldiers eligible for the Physical Fitness Badge.			
d. Identified all Soldier(s) that failed to meet the Army standard of 60 points in each event.			
e. Ensured unit leadership and supervisors had a record of test results.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	Yes	No
	AR 600-9	The Army Body Composition Program	Yes	No
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	Yes	Yes

TADSS : None

Equipment Items (LIN): None

Materiel Items (NSN) :

Step ID	NSN	LIN	Title	Qty
	1080-00-126-0286		Stopwatch	2
	7520-01-127-0749		Writing Pen, Black, 4 Inch Long (DISCONTINUED WITHOUT REPLACEMENT)	15
	7520-00-281-5918		Clipboard File, 9 X 12-1/2 Inch, Composition Board Back	15

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to the current Environmental Considerations manual and the current GTA Environmental-related Risk Assessment card. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

Safety: In a training environment, leaders must perform a risk assessment in accordance with current Risk Management Doctrine. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW current CBRN doctrine. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment Conditions (if applicable)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks : None

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1108	Perform the Ability Group Run (AGR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1107	Perform the Push-Up and Sit-Up Drill (PSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None

Knowledges :

Knowledge ID	Knowledge Name
805P-K-0124	Preparation Drill (PD)
805P-K-0112	Army PRT Related Policies and Regulations
805P-K-0125	Recovery Drill (RD)
805P-K-0111	Army Terminology and Acronyms

Skills :

Skill ID	Skill Name
805P-S-0103	Ability to form and ask questions
805P-S-0119	Perform basic drill and ceremonies
805P-S-0120	Perform Preparation Drill (PD)
805P-S-0121	Perform Recovery Drill (RD)

ICTL Data :

ICTL Title	Personnel Type	MOS Data
Army Physical Readiness Training and Testing	Any	