

**805P-MFT-0025**  
**Modified Combat Focused Assessment (M-CFA)**  
**Status: Approved**

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**Security Classification: U** - Unclassified

**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. 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/or indoor fitness facility, given designated equipment, personnel, and M-CFA instructions and scoresheets. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

**Standards:** Administer the Modified Combat Focused Assessment (M-CFA) IAW M-CFA Instructions and within two hours. Soldiers must attain the fastest possible time/score at maximum effort. (Data collection is being conducted to establish a pass/fail rating.)

**Special Conditions:** None

**Safety Risk:** Medium

**MOPP 4:** N/A

### Task Statements

**Cue:** None

## DANGER

Sudden cardiac event could occur during the execution of this assessment. Unit and school 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 assessment. It is important that each exercise in this drill be demonstrated and executed IAW M-CFA instructions.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and MFT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. School leadership and MFT Instructor need to monitor as per their Deliberate Risk Assessment.

## CAUTION

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

**Remarks:** None

**Notes:** None

## Performance Steps

### 1. Plan for a M-CFA.

- a. Determine the date and time of the M-CFA.
- b. Determine what option of M-CFA will be administered.
- c. Determine the location of the M-CFA.
- d. Select and rehearse with personnel administering the M-CFA.
- e. Determine equipment resource requirements.

- (1) 25-Foot Climbing Rope (4:20 ratio)
- (2) SKEDKO w/185lbs loaded (8:20 ratio)
- (3) Kettlebell, 35 lbs OR 5-gal water can filled to 35lbs (8:20 ratio)
- (4) Mobility Drill/Safety Cones (8:20 ratio)
- (5) Sandbags, Filled (8:20 ratio)
- (6) Stop Watch (8:20 ratio)
- (7) Measuring wheel (1 each)
- (8) Dry Erase Board (w/dry erase markers) (1 each)
- (9) Climbing Pods (IAW FM 7-22) (4:20 ratio)
- (10) Clipboards (8 each)
- (11) Watch, Garmin (1:1 ratio)

### 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 the M-CFA.
- (3) Ensure weather and environmental conditions do not inhibit Soldiers' physical performance.
- (4) Complete DD Form 2977, Deliberate Risk Assessment Worksheet.

Remarks:

### OPTION A (Assessment):

- Students will be broken down into 4 even groups and assigned a pre setup lane. Within those groups, students will be paired up by ability determined from the M-TAPA.
- Each buddy team will be given at stop watch.
- One member of the buddy team will perform the M-CFA in its entirety while the other member keeps time and provides coaching.
- As the students finish, their times will be recorded on the white board.
- Once the first buddy has finished the partner will then hand of the stopwatch and begin the modified CFA.
- Students in each small group will utilize a staggered start to prevent waiting on equipment.

### 2. Administer the M-CFA (Option A).

- a. Read instructions and demonstrate assessment events.

Note:

Students will have already been given a rope climbing class during the Climbing Drills lesson.

- b. Conduct the Rope Climb.
- c. Conduct the 300-Yard Shuttle Run.
- d. Conduct the Farmer's Walk.
- e. Conduct the 30-lb Sandbag Burpee.
- f. Conduct the Pull-Up.
- g. Conduct the Sandbag Throw.
- h. Conduct the Skedko Pull.
- i. Conduct the 800-Meter Run.

Remarks:

OPTION B (Team Event):

- Students will be broken down into 4 even groups and assigned a pre set-up lane.
- 1 MFTC Instructor will be assigned to each group to keep time and account for penalties.
- Students will begin on the event by everyone in the group climbing the rope or performing the heel hook alternate event, once completed they can move to the next exercise.
- Each member of the team will perform the exercise, with only one person working at a time before moving the next event in a relay fashion.
- Once the group has completed all exercises their time will be recorded and penalties tallied.
- They will then be given a 5 minute rest period while they determine who the 5 students will be performing the next round and competing against the other groups.
- At the end of the 5 minute rest period the groups will reconvene with their 5 representatives.
- The 5 students in each group will then start at the same time and perform the M-CFA as previously described.
- Upon completion each team's time will be recorded along with any penalties accrued and a winning group determined.

3. Administer the M-CFA (Option B: Team Event).

- a. Read instructions and demonstrate assessment events.
- b. Conduct the Rope Climb.
- c. Conduct the 300-Yard Shuttle Run.
- d. Conduct the Farmer's Walk.
- e. Conduct the 30-lb Sandbag Burpee.
- f. Conduct the Pull-Up.
- g. Conduct the Sandbag Throw.
- h. Conduct the Skedko Pull.
- i. Conduct the 800-Meter Run.

Remarks:

OPTION C ( Buddy Team Training Session):

- Students will be broken down and paired into buddy teams as previously described for Option A.
- Each buddy team will perform the exercises in an alternating fashion in same order as described in Option A; for example one student will perform the rope climb while the other student coaches; then they will switch.
- They will continue to perform the exercises in the fashion as they progress through the M-CFA.
- Students in buddy team fashion will perform 2 rounds of the M-CFA in the alternating fashion.

4. Administer the M-CFA (Option C: Buddy Team Training Session).

- a. Read instructions and demonstrate assessment events.
- b. Conduct the Rope Climb.
- c. Conduct the 300-Yard Shuttle Run.

d. Conduct the Farmer's Walk.

Remarks:

- < 150-lbs: 20-lbs
- 151-185-lbs: 30-lbs
- > 185-lbs: 40-lbs

e. Conduct the Sandbag Burpee.

f. Conduct the Pull-Up.

Remarks:

- < 150-lbs: 20-lbs
- 151-185-lbs: 30-lbs
- > 185-lbs: 40-lbs

g. Conduct the Sandbag Throw.

h. Conduct the Skedko Pull.

i. Conduct the 800-Meter Run.

5. Complete M-CFA administrative requirements.

(Asterisks indicates a leader performance step.)

## Evaluation Guidance:

The Modified Combat Focused Assessment (M-CFA) consists of 8 assessments conducted to standard as fast as the Soldier can execute each assessment. The M-CFA should take approximately 2 hours to execute (based on 35 Soldiers) with 8 qualified Master Fitness Trainer's (4 each MFT Instructors and 4 each MFT's as assistants).

OPTION A (Assessment):

- Students will be broken down into 4 even groups and assigned a pre setup lane. Within those groups, students will be paired up by ability determined from the M-TAPA.
- Each buddy team will be given at stop watch.
- One member of the buddy team will perform the M-CFA in its entirety while the other member keeps time and provides coaching.
- As the students finish, their times will be recorded on the white board.
- Once the first buddy has finished the partner will then hand of the stopwatch and begin the modified CFA.
- Students in each small group will utilize a staggered start to prevent waiting on equipment.

OPTION B (Team Event):

- Students will be broken down into 4 even groups and assigned a pre set-up lane.
- 1 MFTC Instructor will be assigned to each group to keep time and account for penalties.
- Students will begin on the event by everyone in the group climbing the rope or performing the heel hook alternate event, once completed they can move to the next exercise.
- Each member of the team will perform the exercise, with only one person working at a time before moving the next event in a relay fashion.
- Once the group has completed all exercises their time will be recorded and penalties tallied.
- They will then be given a 5 minute rest period while they determine who the 5 students will be performing the next round and competing against the other groups.
- At the end of the 5 minute rest period the groups will reconvene with their 5 representatives.
- The 5 students in each group will then start at the same time and perform the M-CFA as previously described.
- Upon completion each team's time will be recorded along with any penalties accrued and a winning group determined.

OPTION C ( Buddy Team Training Session):

- Students will be broken down and paired into buddy teams as previously described for Option A.
- Each buddy team will perform the exercises in an alternating fashion in same order as described in Option A; for example one student will perform the rope climb while the other student coaches; then they will switch.
- They will continue to perform the exercises in the fashion as they progress through the M-CFA.
- Students in buddy team fashion will perform 2 rounds of the M-CFA in the alternating fashion.

## Evaluation Preparation:

a. Determine the date and time of the M-CFA.

- b. Determine what option of M-CFA will be administered.
- c. Determine the location of the M-CFA.
- d. Select and rehearse with personnel administering the M-CFA.
- e. Determine equipment resource requirements.
  - (1) 25-Foot Climbing Rope (4:20 ratio)
  - (2) SKEDKO w/185lbs loaded (8:20 ratio)
  - (3) Kettlebell, 35 lbs OR 5-gal water can filled to 35lbs (8:20 ratio)
  - (4) Mobility Drill/Safety Cones (8:20 ratio)
  - (5) Sandbags, Filled (8:20 ratio)
  - (6) Stop Watch (8:20 ratio)
  - (7) Measuring wheel (1 each)
  - (8) Dry Erase Board (w/dry erase markers) (1 each)
  - (9) Climbing Pods (IAW FM 7-22) (4:20 ratio)
  - (10) Clipboards (8 each)
  - (11) Watch, Garmin (1:1 ratio)
- 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 the M-CFA.
  - (3) Ensure weather and environmental conditions do not inhibit Soldiers' physical performance.
  - (4) Complete DD Form 2977, Deliberate Risk Assessment Worksheet.

| PERFORMANCE MEASURES  | GO | NO-GO | N/A |
|---|----|-------|-----|
| 1. Planned for a M-CFA.   |    |       |     |
| a. Determined the date and time of the M-CFA.                         |    |       |     |
| b. Determined the location of the M-CFA.                              |    |       |     |
| c. Selected and rehearsed with personnel that administered the M-CFA. |    |       |     |
| d. Determined equipment resource requirements.                        |    |       |     |
| e. Determined safety requirements.                                    |    |       |     |
| 2. Administered the M-CFA (Option A).                                 |    |       |     |
| a. Read instructions and demonstrated assessment events.              |    |       |     |
| b. Conducted the Rope Climb.  |    |       |     |
| c. Conducted the 300-Yard Shuttle Run.                                |    |       |     |
| d. Conducted the Farmer's Walk.                                       |    |       |     |
| e. Conducted the 30-lb Sandbag Burpee.                                |    |       |     |
| f. Conducted the Pull-Up.   |    |       |     |
| g. Conducted the Sandbag Throw.                                       |    |       |     |
| h. Conducted the Skedko Pull.   |    |       |     |
| i. Conducted the 800-Meter Run.                                       |    |       |     |
| 3. Administered the M-CFA (Option B: Team Event).                     |    |       |     |
| a. Read instructions and demonstrated the assessment events.          |    |       |     |
| b. Conducted the Rope Climb.  |    |       |     |
| c. Conducted the 300-Yard Shuttle Run.                                |    |       |     |
| d. Conducted the Farmer's Walk.                                       |    |       |     |
| e. Conducted the 30-lb Sandbag Burpee.                                |    |       |     |
| f. Conducted the Pull-Up.   |    |       |     |
| g. Conducted the Sandbag Throw.                                       |    |       |     |
| h. Conducted the Skedko Pull.   |    |       |     |
| i. Conducted the 800-Meter Run.                                       |    |       |     |
| 4. Administered the M-CFA (Option C: Buddy Team Training Session).    |    |       |     |
| a. Read instructions and demonstrated the assessment events.          |    |       |     |
| b. Conducted the Rope Climb.  |    |       |     |
| c. Conducted the 300-Yard Shuttle Run.                                |    |       |     |
| d. Conducted the Farmer's Walk.                                       |    |       |     |
| e. Conducted the Sandbag Burpee.                                      |    |       |     |
| f. Conducted the Pull-Up.   |    |       |     |
| g. Conducted the Sandbag Throw.                                       |    |       |     |
| h. Conducted the Skedko Pull.   |    |       |     |
| i. Conducted the 800-Meter Run.                                       |    |       |     |
| 5. Completed MTAP-A administrative requirements.                      |    |       |     |

**Supporting Reference(s):**

| Step Number | Reference ID       | Reference Name  | Required | Primary | Source Information |
|-------------|--------------------|---|----------|---------|--------------------|
|             | AR 350-1           | ARMY TRAINING AND LEADER DEVELOPMENT                            | Yes      | No      |                    |
|             | AR 385-10          | The Army Safety Program   | 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     |                    |
|             | Sup 1 to AR 385-10 | The Army Safety Program   | Yes      | No      |                    |

**TADSS :** None

**Equipment Items (LIN):** None

**Materiel Items (NSN) :**

| Step ID | NSN                           | LIN    | Title   | Qty |
|---------|-------------------------------|--------|---|-----|
|         | 6645-01-C93-6258              | FG4500 | Watch: Garmin Forerunner 220, Black/Red Bundle                                  | 4   |
|         | 7810-01-C15-5840              | 10100N | Kettlebell-Weights, Strength Training: Cap Barbell 951625, 35 Pounds            | 1   |
|         | 7830-01-055-2696              |        | Climbing Rope, Exercise, Gymnastic  | 4   |
|         | 7021-01-C92-9859              | FJ213W | Apple IPAD Air, 128GB, Space Gray   | 4   |
|         | 1080-00-126-0286              |        | Stopwatch   | 4   |
|         | 7520-00-281-5918              |        | Clipboard File, 9 X 12-1/2 Inch, Composition Board Back                         | 4   |
|         | 5210-00-221-1862              | MD1003 | Tape, Measuring, Surveyors, Steel, Four Arm Reel, 1/4 Inch Wide, 50 Meters Long | 1   |
|         | 7810-01-C15-5843 not in AESIP | 10100N | Kettlebell-Weights Strength 20LBS   | 4   |
|         | 6250-00-334-6183              |        | CONE,SAFETY   | 8   |
|         | 6530-00-783-7510              |        | Litter, Nonrigid, Poleless, Nylon, 78 X 26 Inch, Retaining Straps, Field Use    | 1   |
|         | 6665-01-103-8547              | FG659L | Wet Globe Temperature Kit, Dial Thermometer Type, Mechanical                    | 1   |
|         | 7810-01-C15-5845 not in AESIP | 10100N | Kettlebell-Weights Strength 10LBS   | 4   |
|         | 6545-00-116-1410              | NA4578 | First Aid Kit, General Purpose, Rigid Case                                      | 1   |

**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. All MFT Instructors/Facilitators, regardless of training location, are required to ensure they are familiar with their installation environmental policies to include FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to all training events that are part of the MFT Course.

**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. 1. 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

2. Safety Requirements in a Classroom Setting: Safety is of the utmost importance in any training environment. During the training process, Commanders will utilize the 5-Step Composite Risk Management process to determine the safest and most complete method to train. Every precaution will be taken during the conduct of training. Safety is everyone's responsibility to recognize, mitigate, and report hazardous conditions.

3. In a training environment, lead Instructors must perform a risk assessment in accordance with ATP 5-19, Composite Risk Management. Leaders will complete a DA Form 7566 COMPOSITE RISK MANAGEMENT WORKSHEET 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).

4. Ice sheets and wet bulb will be present. An MFT Instructor will be permanently stationed at the vicinity of the climbing ropes. An MFT Instructor will be present at the designated turnaround point for the 800 meter run. Two (2) MFT Instructors will be roving at the lanes to spot check students.

**Prerequisite Individual Tasks :** None

**Supporting Individual Tasks :**

| Task Number   | Title                                       | Proponent                              | Status   |
|---------------|---|--|----------|
| 805P-COM-0014 | Perform Climbing Drill 1 (CL1)              | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1101 | Perform the Preparation Drill (PD)          | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1107 | Perform the Push-Up and Sit-Up Drill (PSD)  | 805P - Physical Readiness (Individual) | Approved |
| 805P-MFT-0023 | Conduct Agility Drill                       | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1119 | Perform the 300-Yard Shuttle Run (SR)       | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1106 | Perform the Strength Training Circuit (STC) | 805P - Physical Readiness (Individual) | Approved |



**Supported Individual Tasks :** None

**Supported Collective Tasks :** None

**Knowledges :**

| <b>Knowledge ID</b> | <b>Knowledge Name</b>                               |
|---------------------|---|
| 805P-K-0124         | Preparation Drill (PD)                              |
| 805P-K-0112         | Army PRT Related Policies and Regulations           |
| 805P-K-0111         | Army Terminology and Acronyms                       |
| K1402               | Know Physical Fitness Assessment (PFA) Requirements |
| K0385               | Know physical agility and fitness requirements      |
| K23845              | Know how to Assess Unit and Individual Fitness      |

**Skills :**

| <b>Skill ID</b> | <b>Skill Name</b>                             |
|-----------------|---|
| 805P-S-0103     | Ability to form and ask questions             |
| 805P-S-0119     | Perform basic drill and ceremonies            |
| 805P-S-0120     | Perform Preparation Drill (PD)                |
| S3161           | Ability to Assess Unit and Individual Fitness |
| 615-S-0477      | Conduct Army Fitness Assessments              |

**ICTL Data :** None