CHANGE 1

HEADQUARTERS DEPARTMENT OF THE ARMY Washington, DC, 1 October 1998

PHYSICAL FITNESS TRAINING

1. Change FM 21-20, 30 September 1992, as follows:

REMOVE OLD PAGES

INSERT NEW PAGES

14-3 to 14-8 14-21 to 14-22 14-3 to 14-8.2 14-21 to 14-22

- 2. A star (*) marks new or changed material.
- 3. File this transmittal sheet in front of this publication.

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(See Figure 14-1.) The unit will complete the height and weight data.

Scorers record the raw score for each event and initial the results. If a soldier fails an event or finds it difficult to perform, the scorer should write down the reasons and

other pertinent information in the comment block. After the entire APFT has been completed, the event scorer will convert raw scores to point scores using the scoring standards on the back of the scorecards. (See Figure 14-1.)

See page 14-8.1 for instructions on completing DA Form 705.

Arm	y Physic	al Fitne	ss Test S	corecar	NAME (LAST FIRST, MIDDLE) SSN GENDER											
					1	UNIT		//	\rightarrow	GENDER						
	TEST FIVE			TEST SIX			TEST SEVE	:N	//	TEST EIGH	T					
DATE	GRADE	AGE	CATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	ASS					
HEIGHT (IN INCHES)			HEIGHT (IN INCHES)			HID SHT (IN INCHO	150		FEGGEN NOISE							
	WEGHT	BODY FAT:	Contractory test	WEIGHT:	BODY	FAT:	WEIGHT	BODY FAT:	Y	WEIGHT:	BODY FAT:					
	GO / NO-GO	% GO / NO-GO		GO / NO-GO	GO (NO		GO / NO-GO	G0 / NO-G0	l	GO / NO-GO	GO / NO-GO					
PURAW SCORE	INTIALS	POINTS	PURAW SCORE	INTIALS	PONTS	PU RAW SCORE	NTAL6	POINTS	PU NAW SCORE	INTIALS	POINTS					
SURAW SCORE	BN/TIGE R	POINTS	BURIAN SCORE	INITIALS	FORTS	80 RW SCORE	NTALE	POINTS	SU RAW SCORE	INTIALS	PORTE					
2MR RAW SCORE	NTMLE	POINTS	2MR RAW SCORE	INTIACE	FORTS	2MR RKW SCORE	NTALE	РОМТВ	2MR RAW BCORE	INTIALS	PONTE					
ALTERNATE AGROSS EVENT TIME GO	NO-GO	TOTAL POINTS	ALTERNATE AGROSSI EVENT TIME GO	CEANT NO-GO	TOTAL P	ONTS ALTERWATE AER EVENT TIME GO	NO-GO	TOTAL POPUTS	EVENT TOTAL OF THE GO NO.GO							
NCOICIOIC SIgr	nature	-	NCOIC/OIC SIgn	ature	>	NCOICIOIC 8	Ignature		NCOIC/OIC Sign	nature						
COMMENTS	(2	COMMENTS	7		COMMENTS			COMMENTS							
SPECIAL INST	RUCTION: USE	INK) "			+	Data	Required by th	ie Privacy Act o	f 1974						

*Figure 14-1

HEE GRACE		-21		-26	_	7-31	,	2-38		-41	AND UNITED	-	-46		-51		2-56		-61		2+	ARE DAY
Nopelitiero TT	М	F	M	F	M	F	M	F	M	F	Papelitions	М	F	M	F	M	F	М	F	M	F	Reportio
77				-	100			-		-	77			_	-							76
75			100	8	98		100				75											75
74			99		97		99				74											74
73			98		96		98	2.	100		73											73
72			97		95		97		99		72									16		72
71	100		95	ĵ	94		96		98		71											71
70	99		94		93		95		97		70	-			1					8		70
69	97		93		92	-	94		96	_	69									- 25		69
68	96	-	92	_	91	\vdash	93	_	95	-	68		_	_	-	_	-		_	_	_	68
67	93	-	91	_	88	-	92	_	94	-	67	100		-	-	-		-				67
65	92		89		87		90		93	-	66	99							-			66
64	90		87		86		89	_	91	-	64	96		-			-					64
63	89		86		85		88		90		63	97										63
62	88		85		84		87	_	89		62	96								-55		62
61	86		84	7	83		86		88		61	94										61
60	85		83		82		85	5 9	87		60	93		No.					5 5	12		60
59	83		82	3 7	81		84	9 1	86		59	92		100								59
58	82		81	0.0	80		83		85		58	91		99								58
57	81		79		79		82		84	-	57	90		98	-	4.0.0		/	1			57
56	79		78	5	78		81	_	83		56	89		96		100	1		/	_		56
55	78		77		77		79	_	82	-	55	88		95		99	/	1	1	1	-	55
53	77		76 76	1	76		78	-	79		54	87		94		98		200	-	1	75	54
52	75	-	76		76		76	_	79		53	86		93		96		100	1		\hookrightarrow	53
51	72		73	5	73		75		77		51	83		91		94	1	98	<	1	1	51
50	71		71	-	72	100	74		76		50	82		89		93	-	97	-	100	/	50
49	70		70	7 6	71	99	73		75		49	81		50		92		95		95		49
48	68		69		69	98	72		74		48	80	- 1	87		91		94		98		48
47	67		68		68	96	71		73		47	79	-6	86	1	90	9	95	Δ,	98		47
46	66		67	100	67	95	70		72		46	78		25		39	1	92	-	95		46
45	84		88	99	66	94	69	100	71		45	27	1	84		88		Pi		94		45
44	63		65	97	65	93	68	99	70		44	76		32	1	87	- 1	90	8 8	93		44
43	61		63	96	64	92	67	97	69		43	74"		61	-	86	/	89	1	92		43
42	60	100	62	94	63	90	66	96	68		42	73		60		85		87		91		42
41	59	98	81	93	62	89	65	95	67		41	720		79	9	83		86	0.8	89		41
40	57	97	60	92	61	88	64	93	66	160	40	71		78		82		85	9	88		40
39	56	95	59	90	60	87	63	92	65	99	39	70	1	76		81		84		87		39
38	54	93	58	89	59	85	62	91	64	97	38	0.9		75		80		83		86		38
37	53	91	57	88	58	84	61	89	63	33.	37	68	100	74		79		82	_	85		37
36	52	90	55	86	57	83	60	48	62	94	36	57	56	73		78		81		84		36
35	50	88	54	85	56	82	59	87	61	93	35	66	97	72	400	77		79		82		35
34	49	86	53	83	55	81	58	95	60	391	34	64	95	71	100	76		78		81	-	34
33	48	84	52	82	53	79	57	84	59	90	23	63	94	69	98	74		77		80	-	33
32	45	83	50	79	52	77	56	83	_	88	32	62	92	68	97	73	100	76		79		32
30	43	79	49	78	50	70	54	80	56	25	30	60	89	66	93	72	98	75	-	78 76		31
29	42	77	47	17	49	75	50	79	35	84	29	59	87	65	92	70	96	73		75	-	29
28	41	78	46	75	48	73	52	77	54	82	28	58	86	64	90	69	95	71	100	74		28
27	39	74	45	74	47	72	51	76	13	81	27	57	84	62	88	68	93	70	98	73		27
26	38	72	44	72	46	w	50	75	52	79	26	56	82	61	87	67	91	69	96	72	0	26
25	37	70	48.	71	15	70	49	73	51	78	25	54	81	60	85	66	89	68	94	71	100	25
24	35	69	42	70	45	68	48	72	50	76	24	53	79	59	83	64	87	67	92	69	98	24
23	/34	.07\	41	00	43	67	47	71	49	75	23	52	78	58	82	63	85	66	90	68	96	23
22	32	85	39	67	12	66	46	69	48	73	22	51	76	56	80	62	84	65	88	67	93	22
21	31	63	38	66	41	55	45	68	47	72	21	50	74	55	78	61	82	63	86	66	91	21
20	30	62	57	64	40	64	44	67	46	70	20	49	73	54	77	60	80	62	84	65	89	20
19	20	00	-36	63	39	62	43	65	45	69	19	48	71	53	75	59	78	61	82	64	87	19
18	27	58"	35	61/	38	61	42	64	44	67	18	47	70	52	73	58	76	60	80	62	84	18
17	26	57	34	50	37	60	41	63	43	66	17	46	68	51	72	57	75	59	78	61	82	17
16	24	55	33	59	36	59	39	61	42	64	16	44	66	49	70	56	73	58	76	60	80	16
15	23	53	31	57	35	58	38	60	39	63	15	43	65	48	68	54	71	57	74	59	78	15
13	20	50	29	56	33	55	37	58	38	60	13	42	62	46	65	53	69	55	72	58	78	13
12	19	48	28	52	32	54	35	56	37	59	12	40	60	45	63	51	65	53	68	55	71	12
11	17	46	27	50	31	52	34	54	36	57	11	39	58	44	62	50	64	52	66	54	69	11
10	16	44	26	49	29	50	33	52	35	56	10	38	57	42	60	49	62	51	64	53	67	10
9	14	43	25	49	28	49	32	50	34	54	9	37	55	41	58	48	60	50	62	52	64	9
8	13	41	23	48	27	49	31	49	33	53	8	36	54	40	57	47	58	49	60	51	62	8
7	12	39	22	46	26	48	30	49	32	51	7	34	52	39	55	46	56	47	58	49	60	7
6	10	37	21	45	25	47	29	48	31	50	6	33	50	38	53	44	55	48	56	48	58	6
5	9	36	20	43	24	45	28	47	30	48	5	32	49	36	52	43	53	45	54	47	58	5
4	8	34	19	42	23	44	27	45	29	47		100	- 200		1	199				177		
3	6	32	18	41	22	43	26	44	28	45	5 115				1	3						
2	5	30	17	39	21	42	25	43	27	44												
1	3	29	15	38	20	41	24	41	26	42												0
	M	F	M	F	M	F	M	F	M	F	Repetitions	M	F	M	F	44	F	M	F	M	F	Property

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded column. Female point scores are indicated by the F at the top and bottom of the unshaded column. To convert raw scores to point scores, find the number of repetitions performed in the lath-hand column. Note, move right along that row and locate the intersection of the soldier's appropriate age column. Receifd that number in the Push-Up points block on the front of the scorecard.

*Figure 14-1 (continued)

14-4

AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROU
Repetitions	MF	MF	MF	MF	MF	Repetitions	MF	MF	MF	WF	MF	Repetition
82			100			82			5			82
81			99			81						81
80		100	98			80						80
79		99	97			79						79
78	100	97	96			78	- 100			-		78
to be a first property		96	95	-		77					-	77
77	98			7.5.5	100							
76	97	95	94	100	100	76						76
75	95	93	92	99	99	75						75
74	94	92	91	98	98	74						74
73	92	91	90	96	97	73	7			G-11-11		73
72	90	89	89	95	96	72	100					72
71	89	88	88	94	95	71	99			Α.	3	71
70	87	87	87	93	94	70	98			7		70
69	86	85	86	92	93	69	97			/-/		69
68	84	84	85	91	92	68	96		-	/	75	68
	82	83	84	89	91	67	95		-/-	/-/	\rightarrow	67
67								400		1	/	
66	81	81	83	88	89	66	94	100	100	Y	1	66
65	79	80	82	87	88	65	93	99	96			65
64	78	79	81	86	87	64	92	98	98	100	1	64
63	76	77	79	85	86	63	91	97	97	99	100	63
62	74	76	78	84	85	62	90	96	96	68	99	62
61	73	75	77	82	84	61	89	94	95	97	98	61
60	71	73	76	81	83	60	88	93	94	90	97	60
59	70	72	75	80	82	59	97	92	93	95	96	59
	68	71	74	79	81	58	86	01	82	/94	95	58
58						The second second second				100	-	
57	66	69	73	78	80	57	85	90	91	92	94	57
56	65	68	72	76	79	66	34	89	89	91	92	56
55	63	67	71	75	78	55	33	88	58	90	91	55
54	62	65	70	74	77	54	82	87	87	89	90	54
53	60	64	69	73	75	23	8.	86	86	88	89	53
52	58	63	68	72	775	52	80	84	85	87	88	52
51	57	61	66	71	74	51	79	83	84	86	87	51
50	55	60	65	69	73	50	78	82	83	85	86	50
49	54	59	64	38	72	49	77	81	82	84	85	49
				-	71	18	_	80	81	83	84	48
48	52	57	63	67	-		76	140.00				
47	50	56	62	66	69	47	75	79	80	82	83	47
46	49	55	61	65	68	-16	74	78	79	81	82	46
45	47	53	60	24	67	15	73	77	78	79	81	45
44	46	52	59	62	60	44	72	76	77	78	79	44
43	44	50	58	61	65	43	71	74	76	77	78	43
42	42	49	57	63	64	42	70	73	75	76	77	42
41	41	46	50	59	63	41	69	72	74	75	76	41
	the state of the s	According to the last of the l		58	62	40	68	71	73	74	75	40
40	39	47	55	-			and the second second		-		and the same of th	
39	38	45	54	56	61	39	67	70	72	73	74	39
38	36	44	52	55	60	38	66	69	71	72	73	38
37	34	43	51	54	59	37	65	68	69	71	72	37
3€	33	41	50	53	58	36	64	67	68	70	71	36
35	31	40	10	52	57	35	63	66	67	69	70	35
34	30	39	48	50	58	34	62	64	66	68	69	34
33	26	37	47	49	55	33	61	63	65	66	68	33
32	25	36	46	48	54	32	60	62	64	65	66	32
					THE RESERVE AND ADDRESS OF THE PARTY.							31
31	25	25	45	47	53	31	59	61	63	64	65	
30	23	33	44	46	52	30	58	60	62	63	64	30
29	22	32	43	45	50	29	57	59	61	62	63	29
28	20	31	42	44	49	28	56	58	60	61	62	28
27	18	29	41	42	48	27	55	57	59	60	61	27
26	17	28	39	41	47	26	54	56	58	59	60	26
	the second second second		A STATE OF THE PARTY OF THE PAR	40	46		53	54	57	58	59	25
25	15	27	38			25					-	-
24	14	25	37	39	45	24	52	53	56	57	58	24
23	12	24	36	38	44	23	51	52	55	56	57	23
22	10	23	35	36	43	22	50	51	54	55	56	22
21	9	21	34	35	42	21	49	50	53	54	55	21
					MF	Repetitions	MF	MF	MF		WF	Repetitio

Scoring standards are used to convert raw scores to point scores after test events are completed. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. Record that number in the Sit-Up points block on the front of the scorecard.

*Figure 14-1 (continued)

14-5

AGE GROUP	17-2	1	22-2	6	27-3	11	32-	36	37-4	1	ASE GROUP	42-4	6	47-5	1	52-5	6	57-6	1	62	+ 1	AGE GROU
Time	M	F	M	F	M	P	M	F	M	r	Time	M	F	М	F	M	F	M	F	M	F	Time
12:54											12:54											12:54
13:00	100	15	100		1 33						13:00											13:00
13:06	99		99				4 8				13:06			9 9			4		9.	. 4		13:06
13:12	97		98								13:12											13:12
13:18	96		97		100		100				13:18			0.3			. 0	0.0				13:18
13:24	94	3	96		99		99				13:24									1 1		13:24
13:30	93		94		98		98				13:30			1						1		13:30
13:38	92		93		97		97		100		13:36											13:36
13:42	90	0.0	92		96		96		99		13:42						9 7					13:42
13:48	89		91		95		95		98		13:48											13:48
13:54	88		90		94		96		97		13:54		-								\neg	13:54
14:00	86		89		92		94		97		14.00											14:00
14:06	85		88		91		93		96		14:06	100					-				\neg	14:06
14:12	83		87		90		92		95		14:12	99										14:12
14:18	82		86		89		91		94	_	14:18	98									\rightarrow	14:18
14:24	81	-	84	-	88	\vdash	90	\vdash	93	_	14:24	97		100	-						\rightarrow	14:24
14:30	79	-	83	-	87		89	-	92	_	14:30	97		99	-				-		\rightarrow	14:30
	78		82	-	86		88		91			96		98			-	-	-		\rightarrow	
14:36				-				_	-	_	14:36	-	-	-		100	-	7		_	\rightarrow	14:36
14:42	77		81		85		87	-	91		14:42	95		98		100	100	1				14:42
14:48	75		80		84		86	_	90		14:48	94		97		90	1	1	1			14:48
14:54	74	_	79		83	\vdash	85		89		14:54	93		96	_	98	5	/	/	0		14:54
15:00	72		78		82		85		88		15:00	92		95	-	98	V	1	_			15:00
15:06	71		77		81		84		87		15:06	91		95		97	1	1	1	1		15:06
15:12	70		76		79		83		86		15:12	90		94		96		1		1		15:12
15:18	68		74		78		82		86		15:18	90	A	93		95	1	100	1			15:18
15:24	67		73		77		81		85		15:24	89	/	92		95	-	99	1	4 3		15:24
15:30	66		72		76		80		84		15:30	88		91\		94		93		7		15:30
15:38	64	100	71	100	75		79		83		15:36	87	1	91	/	93		97				15:36
15:42	63	99	70	99	74		78		82		15:42	86		90	- 1	32	1	97		100		15:42
15:48	61	98	69	98	73	100	77		81		15:48	85	7	88		91		96		99		15:48
15:54	60	96	68	97	72	99	76	100	80	_	/554 /	61		88		91	_	95		98		15:54
16:00	59	95	67	96	71	98	75	99	80		16:00	83	7	87	7	90		94		97	\neg	16:00
16:06	57	94	66	95	70	97	75	99	79		16:06	83	/-	87		89		93		96	\rightarrow	16:06
16:12	56	93	64	94	69	97	74	98	78	795	16.12	82		86		88		92		95	\rightarrow	16:12
16:18	54	92	63	93	68	96	73	97	77/	-	18:18	81		85		87	-	91		94	\rightarrow	16:18
16:24	53	90	62	92	66	95	72	97	76		10:10	80	-	84	-	87	-	90		93	\rightarrow	16:24
16:30	52	89	61	91	65	94	71	98.	75	-	16:30	72	/	84	-	86		90	-	93	-	16:30
_	-	-	_	-	-	-	_	ne/feet	-	-	and property of	-		ANDRONE	-			imptoning		and the least on the	\rightarrow	-
16:36	50	88	60	90	64	93	70	95	74	7	16:36	78	\vdash	83	_	85		89	-	92	-	16:36
16:42	49	87	59	89	63	92	60	94	74	7	16/12	77	\vdash	82		84		88		91	_	16:42
16:48	48	85	58	88	62	91	68	94	180		5:48	77	\vdash	81	_	84		87		90	\rightarrow	16:48
16:54	46	84	57	87	61	91	67	23	72	\rightarrow	16:54	76		80	_	83		86		89	$\overline{}$	16:54
17:00	45	83	56	86	60	-00	66	92	71	100	17:00	75		80		82		85		88		17:00
17:06	43	82	54	85	59	89	05	92	70	99	17:06	74		79		81	1	84		87		17:06
17:12	42	81	53	84	58	88	65	31	69	96	17:12	73		78		80		83		86		17:12
17:18	41	79	52	83	67	8.	64	90	65	98	17:18	72		77		80		83		85		17:18
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Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded column. Female point scores are indicated by the F at the top and bottom of the unshaded column. To convert raw scores to point scores, find the number of repetitions performed in the left-hend column. Next, move right store that row and locate the intersection of the soldier's appropriate age column. In all cases, when a time falls between two point values is used. Record that number in the 2MR points block on the firms of the appropriate age.

*Figure 14-1 (continued)

SUPERVISION

The APFT must be properly supervised to ensure that its objectives are met. Proper supervision ensures uniformity in the following:

- Scoring the test.
- Training of supervisors and scorers.
- Preparing the test and controlling performance factors.

The goal of the APFT is to get an accurate evaluation of the soldiers' fitness levels. Preparations for administering an accurate APFT include the following:

- Selecting and training supervisors and scorers.
- Briefing and orienting administrators and participants.
- Securing a location for the events.

Commanders must strictly control those factors which influence test performance. They must ensure that events, scoring, clothing, and equipment are uniform. Commanders should plan testing which permits each soldier to perform to his maximal level. They should also ensure the following:

- Soldiers are not tested when fatigued or ill.
- Soldiers do not have tiring duties just before taking the APFT.
- Weather and environmental conditions do not inhibit performance.
- Safety is the first consideration.

Duties of Test Personnel

Testers must be totally familiar with the instructions for each event and trained to administer the tests. Correctly supervising testees and laying out the test area are essential duties. The group administering the test must include the following:

- OIC or NCOIC.
- Event supervisor, scorers, and a demonstrator for each event.
- Support personnel (safety, control, and medical as appropriate). There should be no less than one scorer for each 15 soldiers tested. Twelve to 15 scorers are required when a company-sized unit is tested.

OIC OR NCOIC

The OIC or NCOIC does the following:

- Administers the APFT.
- Procures all necessary equipment and supplies.
- Arranges and lays out the test area.
- Trains the event supervisors, scorers, and demonstrators. (Training video tape No. 21-191 should be used for training those who administer the APFT.)
- Ensures the test is properly administered and the events are explained, demonstrated, and scored according to the test standards in this chapter.
- Reports the results after the test.

EVENT SUPERVISORS

Event supervisors do the following:

- Administer the test events.
- Ensure that necessary equipment is on hand.
- Read the test instructions, and have the events demonstrated.

- Supervise the scoring of events, and ensure that they are done correctly.
- Rule on questions and scoring discrepancies for their event.

SCORERS

Scorers do the following:

- Supervise the performance of testees.
- Enforce the test standards in this chapter.
- Count the number of correctly performed repetitions aloud.
- Record the correct, raw score on each soldier's scorecard, and initial the scorecard block.
- Perform other duties assigned by the OIC or NCOIC.

Scorers must be thoroughly trained to maintain uniform scoring standards. They do not participate in the test.

The goal of the APFT is to get an accurate evaluation of the soldier's fitness levels.

ALTERNATE TEST STANDARDS BY EVENT, SEX, AND AGE AGE **EVENT** SEX 17-21 22-26 27-31 32-36 37-41 42-46 47-51 52-56 57-61 62+ 800-YARD Men 20:00 20:30 21:00 21:30 22:00 22:30 23:00 24:00 24:30 25:00 **SWIM** Women 21:00 21:30 22:00 22:30 23:00 23:30 24:00 25:00 25:30 26:00 6.2-MILE 24:30 25:30 **BIKE** Men 24:00 25:00 26:00 27:00 28:00 30:00 31:00 32:00 (Stationary 26:30 Women 25:00 25:30 26:00 27:00 28:00 30:00 32:00 33:00 34:00 and track) 2.5-MILE 36:00 34:00 34:30 35:00 35:30 37:00 37:30 38:00 38:30 Men 36:30 WALK 37:00 37:30 38:00 38:30 39:00 39:30 40:00 40:30 41:00 Women 41:30

*Figure 14-9

800-YARD-SWIM TEST

This event is used to assess cardiorespiratory (aerobic) fitness. (See Figure 14-10.)

Equipment

Two stopwatches, one clipboard and pen for each scorer, one copy each of the test instructions and standards, and appropriate safety equipment are needed.

Facilities

A swimming pool at least 25 yards long and 3 feet deep, or an approved facility, is needed.

Personnel

One event supervisor and at least one scorer for every soldier to be tested are required. Appropriate safety, control, and medical personnel must also be present.

Instructions

The event supervisor must read the following statement: "THE 800-YARD SWIM IS USED TO ASSESS YOUR LEVEL OF AEROBIC FITNESS. YOU WILL BEGIN IN THE WATER; NO DIVING IS ALLOWED. AT THE START, YOUR BODY MUST BE IN CONTACT

WITH THE WALL OF THE POOL. ON THE COMMAND 'GO,' THE CLOCK WILL START. YOU SHOULD THEN BEGIN SWIMMING AT YOUR OWN PACE, USING ANY STROKE OR COMBINATION OF STROKES YOU WISH. YOU MUST SWIM (tell the number) LAPS TO COMPLETE THIS DISTANCE. YOU MUST TOUCH THE WALL OF THE POOL AT EACH END OF THE POOL AS YOU TURN. ANY TYPE OF TURN IS AUTHORIZED. YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE THE SWIM IN A TIME EQUAL TO, OR LESS THAN, THAT LISTED FOR YOUR AGE AND SEX. WALKING ON THE BOTTOM TO **RECUPERATE** IS AUTHORIZED. SWIMMING GOGGLES ARE PER-MITTED, BUT NO OTHER EQUIP-MENT IS AUTHORIZED. WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?"

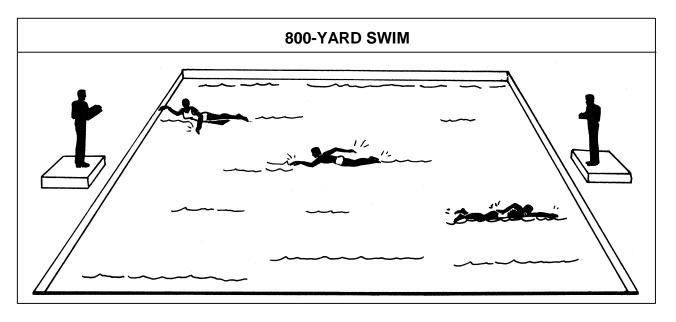


Figure 14-10

Administration

After reading the instructions, the event supervisor answers only related questions. He assigns one soldier to each lane and tells the soldiers to enter the water. He gives them a short warm-up period to acclimate to the water temperature and loosen up. Above all, the event supervisor must be alert to the safety of the testees throughout the test.

Timing Techniques

The event supervisor is the timer. He uses the commands "Get set" and "Go." Two stopwatches are used in case one fails. As the soldiers near the finish, the event supervisor begins calling off the elapsed time in minutes and seconds (for example, "Nineteen-eleven, nineteen-twelve, nineteen-thirteen," and so on). The time is recorded when each soldier touches the end of the pool on the final lap or crosses a line set as the 800-yard mark.

Scorers' Duties

Scorers must observe the swimmers assigned to the. They must be sure that each swimmer touches the bulkhead at every turn. The scorers record each soldier's time

in the 2-mile-run block on the scorecard and use the comment block to identify the time as an 800-yard-swim time. If the pool length is measured in meters, the scorers convert the exact distance to yards. To convert meters to yards, multiply the number of meters by 39.37 and divide the product by 36; that is, (meters x 39.37)/36 = yards. For example, 400 meters equals 437.4 yards; that is, (400 x 39.37)/36 = 437.4 yards.

6.2-MILE STATIONARY-BICYCLE ERGOMETER TEST

This event is used to assess the soldier's cardiorespiratory and leg-muscle endurance. (See Figure 14-11.)

Equipment

Two stopwatches, one clipboard and pen for each scorer, a copy of the test instructions and standards, and one stationary bicycle ergometer are needed. The ergometers should measure resistance in kiloponds or newtons. The bicycle should be one that can be used for training and testing. Its seat and

*Instructions for Completing DA Form 705, Army Physical Fitness Scorecard, June 1998.

NAME Print soldier's last name, first name and middle initial in NAME block.

SSN Print soldier's social security number in SSN block.

GENDER Print **M** for male or **F** for female in GENDER block.

UNIT Print soldier's unit designation in UNIT block.

DATE Print date the APFT is administered in DATE block.

GRADE Print soldier's grade in GRADE block.

AGE Print soldier's age on the date the APFT is administered in AGE block.

HEIGHT Print soldier's height in HEIGHT block. Height will be rounded to the nearest inch. If the height fraction is less than 1/2 inch, round down to the nearest whole number in inches. If the height fraction is greater than 1/2 inch, round up to the next highest whole number in inches.

WEIGHT Print soldier's weight in WEIGHT block. Weight will be recorded to the nearest pound. If the weight fraction is less than 1/2 pound, round down to the nearest pound. If the weight fraction is 1/2 pound or greater, round up to the nearest pound. Circle **GO** if soldier meets screening table weight IAW AR 600-9. Circle **NO-GO** if soldier exceeds screening table weight IAW AR 600-9.

BODY FAT If soldier exceeds screening table weight, print the soldier's body fat in the BODY FAT block. Percent body fat is recorded from DA Form 5500-R, Body Fat Content Worksheet, Dec 85, for male soldiers and DA Form 5501-R, Body Fat Content Worksheet, Dec 85, for female soldiers. Circle **GO** if soldier meets percent body fat for their age and gender IAW AR 600-9. Circle **NO-GO** if soldier exceeds percent body fat for their age and gender IAW AR 600-9. If soldier does not exceed screening table weight or does not appear to have excessive body fat IAW AR 600-9, print N/A (not applicable) in the BODY FAT block.

PU RAW SCORE The event scorer records the number of correctly performed repetitions of the push-up in the PU RAW SCORE block and prints his or her initials in the INITIALS block.

SU RAW SCORE The event scorer records the number of correctly performed repetitions of the sit-up in the SU RAW SCORE block and prints his or her initials in the INITIALS block.

2MR RAW SCORE The event scorer records the two-mile run time in the 2MR RAW SCORE block. The time is recorded in minutes and seconds. The event scorer then determines the point value for the two-mile run using the scoring standards on the reverse side of the scorecard. The point value is recorded in the 2MR POINTS block and the event scorer prints his or her initials in the INITIALS block. In all cases when a point value falls between two point values, the lower point value is used and recorded. The two-mile run event scorer also determines the point value for push-ups and sit-ups using the scoring standards on the reverse side of the scorecard. The point values are recorded in the appropriate push-up and sit-up POINTS block and the event scorer prints his or her initials in the INITIALS block. The two-mile run event scorer totals the points from the three events and records the total APFT score in the TOTAL POINTS block.

ALTERNATE AEROBIC EVENT The event scorer prints the alternate aerobic event administered (800-yard swim, 6.2-mile-stationary bicycle ergometer, 6.2-mile-bicycle test or 2.5-mile walk) in the ALTERNATE AEROBIC EVENT block. The time the soldier completes the alternate aerobic event is recorded in minutes and seconds in the ALTERNATE AEROBIC EVENT block. The standards for the alternate aerobic event tests are listed in FM 21-20, Chapter 14, Figure 14-9. Scoring for all alternate aerobic events is on a GO or NO-GO basis. No point values are awarded. Circle GO if the soldier completes the alternate aerobic event within the required time or less. Circle NO-GO if the soldier fails to complete the alternate aerobic event within the required time. The alternate aerobic event scorer also determines the point value for push-ups and or sit-ups using the scoring standards on the reverse side of the scorecard. The point values are recorded in the appropriate push-up and or sit-up POINTS block and the event scorer prints his or her initials in the 2MR INITIALS block. The alternate aerobic event scorer totals the points from the push-up and or sit-up events and records the total APFT score in the TOTAL POINTS block.

NCOIC/OIC Signature The NCOIC/OIC checks all test scores for accuracy and signs their name in the NCOIC/OIC Signature block.

COMMENTS The event supervisor, event scorer, NCOIC, or OIC may record comments appropriate to the APFT in the COMMENTS block. Appropriate comments may include: weather conditions, injury during APFT and or appeals.

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FM 21-20 C1

Change

No. 1

HEADQUARTERS
DEPARTMENT OF THE ARMY
Washington, DC, 1 October 1998

PHYSICAL FITNESS TRAINING

1. FM 21-20, 30 September 1992, is changed as follows:

Remove pages

Insert pages

14-3 through 14-8 14-21 and 14-22 14-3 through 14-8.2 14-21 and 14-22

- 2. A star (*) indicates new or changed material.
- 3. File this transmittal sheet in front of this publication.

By Order of the Secretary of the Army:

DENNIS J. REIMER General, United States Army Chief of Staff

Official:

Administrative Assistant to the Secretary of the Army

Distribution:

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