

Appendix A

Army Physical Fitness Test (APFT)

The intent of the Army Physical Fitness Test (APFT) is to provide an assessment of the PRT program. Physical fitness testing is designed to ensure the maintenance of a base level of physical fitness essential for every Soldier, regardless of Army MOS or duty assignment. PRT programs must be developed to take this base level of conditioning and raise it to help meet or exceed mission-related physical performance tasks. Commanders must ensure that physical fitness testing does not form the foundation of unit or individual PRT programs. Temporary training periods solely devoted toward meeting APFT requirements are highly discouraged. See AR 350-1 for policy guidelines pertaining to the APFT.

APFT OVERVIEW

A-1. The APFT provides a measure of upper and lower body muscular endurance. It is a performance test that indicates a Soldier's ability to perform physically and handle his or her own body weight. Army Physical Fitness Test standards are adjusted for age and physiological differences between the genders.

FITNESS STANDARDS

A-2. The APFT consists of push-ups, sit-ups, and a 2-mile run—done in that order—on the same day. Soldiers are allowed a minimum of 10 minutes and a maximum of 20 minutes rest between events. All three events must be completed within two hours. The test period is defined as the period of time that elapses from the start to the finish of the three events (from the first push-up performed to the last Soldier crossing the finish line of the 2-mile run event).

A-3. In accordance with AR 350-1, all Soldiers must attain a score of at least 60 points on each event and an overall score of at least 180 points. Soldiers in BCT must attain 50 points in each event and an overall score of 150 points. The maximum score a Soldier can attain on the APFT is 300 points. The use of extended scale scoring IS NOT authorized.

A-4. Army Physical Fitness Test results will be recorded on DA Form 705 (sample and Army Knowledge Online (AKO) form reference located at chapter end). One scorecard will be maintained for each Soldier. The scorecard will be kept in a central location in the unit and will accompany the individual military personnel records jacket at the time of permanent change of station IAW AR 350-1. Units and separate offices monitor the performance and progress of their Soldiers. Individual Soldiers are not authorized to administer the APFT to themselves to simply satisfy record test requirements. A minimum of four Soldiers are required to administer an APFT: OIC or NCOIC, an event supervisor(s), an event scorer, and support personnel. Another Soldier being tested or support personnel may act as the holder to secure the Soldier's ankles during the sit-up event.

A-5. Any piece of clothing not prescribed as a component of the IPFU, ACU or commander authorized civilian attire is not permitted for wear during the APFT. Neither are devices or equipment that offer any potential for unfair advantage 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). AR 670-1, *Wear and Appearance of Army Uniforms and Insignia*, specifies the components of the IPFU ensemble.

APFT ADMINISTRATION

SUPERVISION

A-6. The success of any physical fitness testing program depends on obtaining valid and accurate test results; therefore, the APFT must be administered properly to accurately evaluate individual Soldier and unit physical fitness. Supervision of the APFT is necessary to ensure the objectives of the physical fitness program are met. Proper supervision provides for standardization in the following:

- Test preparation.
- Control of performance factors.
- Training of test personnel.
- Test scoring.

PREPARATION

A-7. Preparation for the APFT should be directed at securing the most accurate evaluation of personnel participating in the test. Preparatory requirements include the following:

- Selecting and training of event supervisors, scorers, timers, demonstrators, and support personnel.
- Equipment inventory.
- Securing the test site.

PLANNING

A-8. The commander should ensure that testing is consistent with regard to events, scoring, clothing, equipment, and facilities. Testing should be planned to permit each Soldier to perform at his maximal level and should ensure the following:

- Soldiers are not tested when fatigued or ill.
- Soldiers do not participate in tiring duties before taking an APFT.
- Weather and environmental conditions do not inhibit physical performance.
- Risk analysis is conducted.

DUTIES OF TEST PERSONNEL

RESPONSIBILITIES

A-9. The Army Physical Fitness Test personnel must be familiar with all aspects of administration of the APFT. Supervision of Soldiers and laying out the test area are essential duties. The following test personnel are recommended to conduct an APFT: an OIC and/or NCOIC, an event supervisor(s), a timer, a back-up timer, an event scorer(s), a demonstrator(s), and support personnel. The minimum number of test personnel required to administer the APFT is four: an OIC/NCOIC, an event supervisor, an event scorer, and support personnel to hold the Soldiers' feet on the sit-up event.

A-10. The OIC and the NCOIC are responsible for the administration of the APFT. Responsibilities include:

- Preparation for push-up event (after reading instructions and before test start).
- Administration of the test.
- Conduct of recovery upon completion of the test.
- Procurement of all necessary equipment and supplies.
- Arrangement and layout of test area.
- Training of event supervisors, scorers, timer, back-up timer demonstrators, and support personnel.
- Ensure tests are properly administered and that events are explained, demonstrated, and scored according to standard.

- When test personnel required to administer the APFT are limited, the OIC/NCOIC may perform the duties of an event demonstrator and/or back-up timer.
- Reports results of test.

A-11. The event supervisors are responsible for administration of test events. Responsibility includes the following:

- Administers one or more test events.
- Ensures necessary equipment is on hand for each event(s).
- Reads APFT event instructions.
- Conducts APFT event demonstration.
- When test personnel required to administer the APFT are limited, the event supervisor(s) may perform the duties of the timer.
- Supervises event scoring to standard.
- Answers questions on scoring discrepancies and informs the OIC/NCOIC.

A-12. The event scorers are responsible for scoring events to standard. Responsibility includes the following:

- Enforces test standards.
- Records the correct number of repetitions in the raw score block on DA Form 705.
- Records initials in initials box on DA Form 705.
- Performs other duties assigned by the OIC or the NCOIC.
- Receives training conducted by the OIC/NCOIC to ensure scoring is to standard.

A-13. The demonstrators are responsible for demonstrating the push-up and sit-up events to standard. Responsibility includes the following:

- Assists the event supervisor by demonstrating push-ups and sit-ups to standard during the reading of event instructions.
- Performs other duties assigned by the OIC or the NCOIC.
- Receives training, conducted by the OIC/NCOIC, to ensure demonstration of push-ups and sit-ups are to standard.

A-14. Timers and back-up timers are responsible for properly timing the push-up, sit-up, and 2-mile run events.

A-15. Support personnel assist in preventing unsafe acts to ensure smooth operation of the APFT. The use of support personnel depends on local policy and unit standing operating procedures. For example, support personnel may perform the duties of the holder during the sit-up event. Medical support on site is not required unless specified by local policy. The OIC and/or the NCOIC should have a plan for medical support (if required).

TEST SITE

REQUIREMENTS

A-16. The OIC and the NCOIC should select a test site that is flat and free of debris. The test site should have the following:

- A site that is free of any significant hazards.
- A briefing area for the reading of event instructions.
- A preparation area (can be same as briefing area).
- A soft, flat, dry area for push-ups and sit-ups.
- A flat, measure 2-mile running course with a solid surface that is not more than 3 percent grade.

A-17. Sound judgment must be used in the selection of a 2-mile run course. There is no requirement to survey 2-mile run courses; however, selected test sites should be free of significant hazards such as traffic, slippery road surfaces, and areas where heavy pollution is present. Running tracks may be used to administer the 2-mile run event. If a 400-meter track is used, the OIC/NCOIC must add an additional 61 feet, 4 inches to the standard 8 laps to ensure the test's required 2-mile distance is covered. One lap on a 400-meter track is 92 inches shorter

than one lap on a 440-yard track. Eight laps on a 400-meter track is 736 inches shorter than eight laps (2 miles) on a 440-yard track. Therefore, Soldiers running on a 400-meter track must run an additional 61 feet, 4 inches.

TEST PROCEDURES

A-18. The APFT test sequence is the push-up, sit-up, and 2-mile run (or an approved alternate aerobic event). The order of events cannot be changed. There are no exceptions to this sequence. Soldiers are allowed a minimum of 10 minutes and a maximum of 20 minutes to recover between events. The OIC or the NCOIC determines the recovery time. It is normally based on the number of Soldiers taking the test. If large numbers of Soldiers are being tested, staggered start times should be planned to allow for proper recovery between test events. Under no circumstances is the APFT valid if Soldiers cannot begin and end all three events in two hours or less. The following paragraphs describe procedures for APFT administration. On test day, the OIC or the NCOIC briefs Soldiers on the purpose and organization of the test. The OIC or the NCOIC explains test administration including the scorecard, scoring standards, and test sequence. In addition, the wearing of unauthorized items such as nasal strips, braces, elastic bandages, weight lifting gloves, electronic devices (MP3 players, radios, cell phones, and compact disc players) are addressed. Test instructions for the push-up, sit-up, and 2-mile run (or approved alternate aerobic event) are read prior to conducting preparation. After preparation is completed, the push-up event will begin. From the beginning of the push-up event to the completion of all remaining events, the total time elapsed cannot exceed two hours. Upon completion of all events, recovery will be conducted

A-19. The following instructions are **READ** aloud to all Soldiers taking the APFT.

YOU ARE ABOUT TO TAKE THE ARMY PHYSICAL FITNESS TEST, A TEST THAT WILL MEASURE YOUR UPPER AND LOWER BODY MUSCULAR ENDURANCE. THE RESULTS OF THIS TEST WILL GIVE YOU AND YOUR COMMANDERS AN INDICATION OF YOUR STATE OF FITNESS AND WILL ACT AS A GUIDE IN DETERMINING YOUR PHYSICAL TRAINING NEEDS. LISTEN CLOSELY TO THE TEST INSTRUCTIONS, AND DO THE BEST YOU CAN ON EACH OF THE EVENTS.

A-20. If DA Form 705 has not been issued, scorecards will be handed out at this time. The OIC or the NCOIC will then instruct the Soldiers to fill in the appropriate spaces with the required personal data. The following instructions are **READ** aloud to all Soldiers taking the APFT:

“IN THE APPROPRIATE SPACES, PRINT IN INK THE PERSONAL INFORMATION REQUIRED ON THE SCORECARD.”

Note: The preceding remark is omitted if scorecards were issued prior to arrival at the test site.

A-21. Soldiers are then given time to complete the required information. Next, the OIC or the NCOIC explains procedures for scorecard use during testing. The following instructions are **READ** aloud to all Soldiers taking the APFT:

“YOU ARE TO CARRY THIS CARD WITH YOU TO EACH EVENT. BEFORE YOU BEGIN, HAND THE CARD TO THE SCORER. AFTER YOU COMPLETE THE EVENT, THE SCORER WILL RECORD YOUR RAW SCORE, INITIAL THE CARD, AND RETURN IT TO YOU.”

A-22. Now the OIC or the NCOIC explains how raw scores are converted to point scores. At this point in time, Soldiers are assigned to groups. The following instructions are **READ** aloud to all Soldiers taking the APFT:

“EACH OF YOU WILL BE ASSIGNED TO A GROUP. STAY WITH YOUR TEST GROUP FOR THE ENTIRE TEST. WHAT ARE YOUR QUESTIONS ABOUT THE TEST AT THIS POINT?”

INSTRUCTIONS

A-23. The OIC, the NCOIC, or the event supervisor will read all three event instructions prior to the start of the test. Specific 2-mile run route instructions can be addressed at the 2-mile run event test site.

PUSH-UP

A-24. **The OIC, the NCOIC, or the event supervisor must read the following before beginning the push-up event** (Figure A-1).

“THE PUSH-UP EVENT MEASURES THE ENDURANCE OF THE CHEST, SHOULDER, AND TRICEPS MUSCLES. ON THE COMMAND, ‘GET SET’, ASSUME THE FRONT-LEANING REST POSITION BY PLACING YOUR HANDS WHERE THEY ARE COMFORTABLE FOR YOU. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART (MEASURED BETWEEN THE FEET). WHEN VIEWED FROM THE SIDE, YOUR BODY SHOULD FORM A GENERALLY STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR ANKLES. ON THE COMMAND ‘GO’, BEGIN THE PUSH-UP BY BENDING YOUR ELBOWS AND LOWERING YOUR ENTIRE BODY AS A SINGLE UNIT UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND. THEN, RETURN TO THE STARTING POSITION BY RAISING YOUR ENTIRE BODY UNTIL YOUR ARMS ARE FULLY EXTENDED. YOUR BODY MUST REMAIN RIGID IN A GENERALLY STRAIGHT LINE AND MOVE AS A UNIT WHILE PERFORMING EACH REPETITION. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF REPETITIONS YOU HAVE COMPLETED CORRECTLY. IF YOU FAIL TO KEEP YOUR BODY GENERALLY STRAIGHT, TO LOWER YOUR WHOLE BODY UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND, OR TO EXTEND YOUR ARMS COMPLETELY, THAT REPETITION WILL NOT COUNT, AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECTLY PERFORMED REPETITION.”

“IF YOU FAIL TO PERFORM THE FIRST 10 PUSH-UPS CORRECTLY, THE SCORER WILL TELL YOU TO GO TO YOUR KNEES AND WILL EXPLAIN YOUR DEFICIENCIES. YOU WILL THEN BE SENT TO THE END OF THE LINE TO BE RETESTED. AFTER THE FIRST 10 PUSH-UPS HAVE BEEN PERFORMED AND COUNTED, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED PUSH-UPS WILL NOT BE COUNTED. AN ALTERED, FRONT-LEANING REST POSITION IS THE ONLY AUTHORIZED REST POSITION. THAT IS, YOU MAY SAG IN THE MIDDLE OR FLEX YOUR BACK. WHEN FLEXING YOUR BACK, YOU MAY BEND YOUR KNEES, BUT NOT TO SUCH AN EXTENT THAT YOU ARE SUPPORTING MOST OF YOUR BODY WEIGHT WITH YOUR LEGS. IF THIS OCCURS, YOUR PERFORMANCE WILL BE TERMINATED. YOU MUST RETURN TO, AND PAUSE IN, THE CORRECT STARTING POSITION BEFORE CONTINUING. IF YOU REST ON THE GROUND OR RAISE EITHER HAND OR FOOT FROM THE GROUND, YOUR PERFORMANCE WILL BE TERMINATED. YOU MAY REPOSITION YOUR HANDS AND/OR FEET DURING THE EVENT AS LONG AS THEY REMAIN IN CONTACT WITH THE GROUND AT ALL TIMES. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES IN WHICH TO DO AS MANY PUSH-UPS AS YOU CAN. WATCH THIS DEMONSTRATION.”

Figure A-1. Push-up event narrative

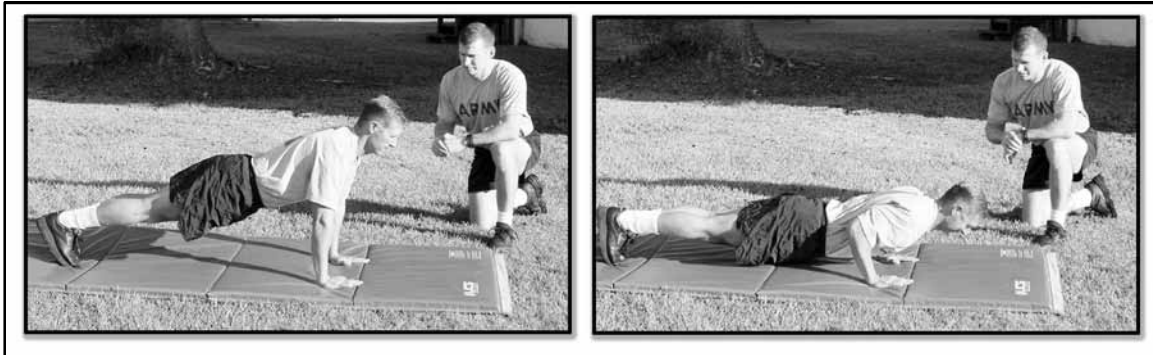


Figure A-2. Push-up additional checkpoints

A-25. During the push-up event, scorers sit or kneel 3 feet from the Soldier's left or right shoulder at a 45-degree angle (refer to Figure A-2). Additional checkpoints to explain and demonstrate for the push-up event are as follows:

- “Your chest may touch the ground during the push-up as long as the contact does not provide an advantage. You cannot bounce off the ground.”
- “If a mat is used, your entire body must be on the mat. Sleeping mats are not authorized for use.”
- “Your feet will not be braced during the push-up event.”
- “You may do the push-up event on your fists.”
- “You may not cross your feet while doing the push-up event.”
- “You may not take any APFT event in bare feet.”
- “You should not wear glasses while performing the push-up event.”

A-26. In conclusion, the OIC/NCOIC, or the event supervisors, asks:

“WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”

SIT-UP

A-27. The OIC, the NCOIC, or the event supervisor, must **READ** the following before the sit-up event (Figure A-3).

“THE SIT-UP EVENT MEASURES THE ENDURANCE OF THE ABDOMINAL AND HIP-FLEXOR MUSCLES. ON THE COMMAND ‘GET SET’, ASSUME THE STARTING POSITION BY LYING ON YOUR BACK WITH YOUR KNEES BENT AT A 90-DEGREE ANGLE. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART (MEASURED BETWEEN THE FEET). ANOTHER PERSON WILL HOLD YOUR ANKLES WITH THE HANDS ONLY. NO OTHER METHOD OF BRACING OR HOLDING THE FEET IS AUTHORIZED. THE HEEL IS THE ONLY PART OF YOUR FOOT THAT MUST STAY IN CONTACT WITH THE GROUND. YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD AND THE BACKS OF YOUR HANDS MUST TOUCH THE GROUND. YOUR ARMS AND ELBOWS NEED NOT TOUCH THE GROUND. ON THE COMMAND, ‘GO’, BEGIN RAISING YOUR UPPER BODY FORWARD TO, OR BEYOND, THE VERTICAL POSITION. THE VERTICAL POSITION MEANS THAT THE BASE OF YOUR NECK IS ABOVE THE BASE OF YOUR SPINE. AFTER YOU HAVE REACHED OR SURPASSED THE VERTICAL POSITION, LOWER YOUR BODY UNTIL THE BOTTOM OF YOUR SHOULDER BLADES TOUCH THE GROUND. YOUR HEAD, HANDS, ARMS OR ELBOWS DO NOT HAVE TO TOUCH THE GROUND. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF SIT-UPS YOU HAVE CORRECTLY PERFORMED. A REPETITION WILL NOT COUNT IF YOU FAIL TO REACH THE VERTICAL POSITION, FAIL TO KEEP YOUR FINGERS INTERLOCKED BEHIND YOUR HEAD, ARCH OR BOW YOUR BACK AND RAISE YOUR BUTTOCKS OFF THE GROUND TO RAISE YOUR UPPER BODY, OR LET YOUR KNEES EXCEED A 90-DEGREE ANGLE. IF A REPETITION DOES NOT COUNT, THE SCORER WILL REPEAT THE NUMBER OF YOUR LAST CORRECTLY PERFORMED SIT-UP. IF YOU FAIL TO PERFORM THE FIRST 10 SIT-UPS CORRECTLY, THE SCORER WILL TELL YOU TO ‘STOP’ AND WILL EXPLAIN YOUR DEFICIENCIES. YOU WILL THEN BE SENT TO THE END OF THE LINE TO BE RE-TESTED. AFTER THE FIRST 10 SIT-UPS HAVE BEEN PERFORMED AND COUNTED, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED SIT-UPS WILL NOT BE COUNTED. THE UP POSITION IS THE ONLY AUTHORIZED REST POSITION.

“IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION, THE EVENT WILL BE TERMINATED. AS LONG AS YOU MAKE A CONTINUOUS PHYSICAL EFFORT TO SIT UP, THE EVENT WILL NOT BE TERMINATED. YOU MAY NOT USE YOUR HANDS OR ANY OTHER MEANS TO PULL OR PUSH YOURSELF UP TO THE UP (REST) POSITION OR TO HOLD YOURSELF IN THE REST POSITION. IF YOU DO SO, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES TO PERFORM AS MANY SIT-UPS AS YOU CAN. WATCH THIS DEMONSTRATION.”

Figure A-3. Sit-up event narrative



Figure A-4. Sit-up additional checkpoints

A-28. During the sit-up event, the scorer kneels or sits 3 feet from the Soldier’s left or right hip. The scorer’s head should be even with the Soldier’s shoulder when he is in the vertical (up) position (refer to Figure A-4). Additional checkpoints to explain and demonstrate for the sit-up event are as follows:

- “If a mat is used, your entire body must be on the mat. Sleeping mats are not authorized for use.”
- “You may not swing your arms or use your hands to pull yourself up or push off the ground to obtain the up position. If this occurs your performance in the event will be terminated.”
- “You may wiggle to obtain the up position, but while in the up position, you may not use your elbows or any part of the arms to lock on to or brace against the legs. Your elbows can go either inside or outside the knees, but may not be used to hold yourself in the up position. If this occurs your performance in the event will be terminated.”
- “During your performance of the sit-up, your fingers must be interlocked behind your head. As long as any of your fingers are overlapping to any degree, they are considered to be interlocked (Figure A-5). If they do not remain interlocked, that repetition will not count and the scorer will repeat the number of the last correct repetition performed.”
- “Both heels must stay in contact with the ground (Figure A-5). If either foot breaks contact with the ground during a repetition, that repetition will not count and the scorer will repeat the number of the last correct repetition performed.”

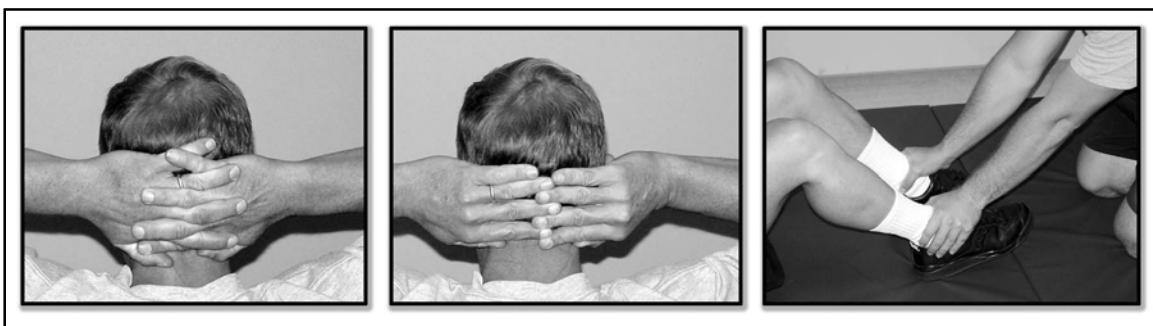


Figure A-5. Sit-up hand and feet position

A-29. In conclusion, the OIC/NCOIC, or the event supervisors, asks:

“WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”

2-MILE RUN

A-30. The OIC, the NCOIC, or the event supervisor, must read the following before the 2-mile run event (Figure A-6).

“THE 2-MILE RUN MEASURES YOUR AEROBIC FITNESS AND ENDURANCE OF THE LEG MUSCLES. YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START, ALL SOLDIERS WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND ‘GO’, THE CLOCK WILL START. YOU WILL BEGIN RUNNING AT YOUR OWN PACE. TO RUN THE REQUIRED TWO MILES, YOU MUST COMPLETE THE REQUIRED 2-MILE DISTANCE (DESCRIBE THE NUMBER OF LAPS, START AND FINISH POINTS, AND COURSE LAYOUT). YOU ARE BEING TESTED ON YOUR ABILITY TO COMPLETE THE TWO-MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF YOU ARE PHYSICALLY HELPED IN ANY WAY (FOR EXAMPLE, PULLED, PUSHED, PICKED UP AND/OR CARRIED), OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON, THE EVENT WILL BE TERMINATED. IT IS LEGAL TO PACE A SOLDIER DURING THE TWO-MILE RUN AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACED SOLDIER AND IT DOES NOT PHYSICALLY HINDER OTHER SOLDIERS TAKING THE TEST. THE PRACTICE OF RUNNING AHEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED SOLDIER WHILE SERVING AS A PACER IS PERMITTED. CHEERING OR CALLING OUT THE ELAPSED TIME IS ALSO PERMITTED. THE NUMBER ON YOUR CHEST IS FOR IDENTIFICATION. YOU MUST MAKE SURE IT IS VISIBLE AT ALL TIMES. TURN IN YOUR NUMBER WHEN YOU FINISH THE RUN AND GO TO THE AREA DESIGNATED FOR RECOVERY. DO NOT STAY NEAR THE SCORERS OR THE FINISH LINE AS THIS MAY INTERFERE WITH TESTING.”

Figure A-6. 2-mile run event narrative

A-31. In conclusion, the OIC/NCOIC, or the event supervisors, asks:

“WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”

APFT EQUIPMENT

A-32. The following equipment is required for administration of the APFT:

- Two stopwatches, clipboards, and black pens for each scorer.
- Run numbers and DA Forms 705 for each Soldier being tested.

APFT FACILITIES

A-33. The following facilities are required for administration of the APFT:

- Designated area for preparation and recovery.
- One test station (6 feet wide by 15 feet deep) for every 8 Soldiers participating in the push-up and sit-up events.
- A measured 2-mile run course.

APFT PERSONNEL

A-34. The following personnel are recommended for administration of the APFT:

- OIC and/or NCOIC.
- Event supervisor.
- One event scorer for every eight Soldiers being tested.
- Timer and back-up timer.
- Required support personnel.

APFT TIMER AND BACK-UP TIMER

A-35. The timer begins each push-up or sit-up event with the command, “GET SET.” On the command, “GO,” time starts on both the timer’s and back-up timer’s watches. The timer indicates time remaining at one minute (with the command, “ONE MINUTE REMAINING”), 30 seconds (with the command, “30 SECONDS REMAINING”), and counts down the remaining 10 seconds (with the command, “10, 9, 8, 7, 6, 5, 4, 3, 2, 1, STOP”). The timer begins the 2-mile run assessment with the command, “GET SET.” The 2-mile run time starts on both the timer’s and back-up timer’s watches on the command, “GO.” As Soldiers near the finish line, the timer calls out time in minutes and seconds (for example: “FOURTEEN-FIFTY-EIGHT, FOURTEEN-FIFTY-NINE, FIFTEEN MINUTES, FIFTEEN-O-ONE”).

APFT SCORER

A-36. The scorer counts the correct number of repetitions out loud, repeats the last number of the correct repetitions when incorrect repetitions are performed, and verbally corrects push-up and sit-up performances. When Soldiers complete their APFT events, the scorer records the correct number of completed push-ups and sit-ups, records the 2-mile run time, and initials the DA Form 705. During the push-up event, scorers sit or kneel three feet from the Soldier’s left or right shoulder at a 45-degree angle (refer to Figure A-2). A scorer’s head should be even with the Soldier’s shoulder when he is in the front-leaning rest position. During the sit-up event, the scorer kneels or sits three feet from the Soldier’s left or right hip. The scorer’s head should be even with the Soldier’s shoulder when he is in the vertical (up) position (refer to Figure A-4). During the 2-mile run event, the scorer is at the finish line. When the scorer has entered the Soldier’s 2-mile run time on the DA Form 705, he converts the raw scores into point scores for each event, enters the total on the DA Form 705, and initials each event on the scorecard. The scorer then returns all DA Forms 705 to the OIC or the NCOIC.

APFT FAILURES

A-37. Soldiers who fail to achieve the minimum passing score for their age and gender on any event are considered test failures. If a Soldier is ill or becomes injured during the APFT and fails to achieve the minimum passing score for their age and gender on any event, he is considered a test failure.

ALTERNATE AEROBIC EVENTS

A-38. Alternate aerobic events assess the cardio respiratory and muscular endurance of Soldiers with permanent medical profiles, or long-term temporary profiles that cannot perform the 2-mile run. The alternate aerobic APFT events are the following:

- 800-Yard-Swim Test.
- 6.2-Mile Stationary-Cycle Ergometer Test.
- 6.2-Mile Bicycle Test.
- 2.5-Mile Walk Test.

A-39. Required scores for alternate aerobic events are recorded in Table A-1.

Table A-1. Alternate aerobic event standards

ALTERNATE AEROBIC EVENT STANDARDS											
EVENT	GENDER	AGE									
		17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+
800-YARD SWIM	Men	20:00	20:30	21:00	21:30	22:00	22:30	23:00	24:00	24:30	25:00
	Women	21:00	21:30	22:00	22:30	23:00	23:30	24:00	25:00	25:30	26:00
6.2-MILE CYCLE ERGOMETER AND BICYCLE TEST	Men	24:00	24:30	25:00	25:30	26:00	27:00	28:00	30:00	31:00	32:00
	Women	25:00	25:30	26:00	26:30	27:00	28:00	30:00	32:00	33:00	34:00
2.5-MILE WALK	Men	34:00	34:30	35:00	35:30	36:00	36:30	37:00	37:30	38:00	38:30
	Women	37:00	37:30	38:00	38:30	39:00	39:30	40:00	40:30	41:00	41:30

A-40. Soldiers on permanent physical profile are given a DA Form 3349. This form annotates exercises and activities suitable for the profiled Soldier. The form also stipulates the events and/or alternate aerobic event the Soldier will do on the APFT. The Soldier must perform all regular APFT events his profile permits. Each Soldier must score a minimum of 60 points on each regular event taken to PASS. The profiled Soldier must complete the alternate aerobic event in a time equal to or less than the one listed in Table A-1. The Soldier must receive a minimum passing score in the alternate event taken to PASS the test. Soldiers profiled for two or more events must take the two-mile run or an alternate aerobic event to PASS the test. Soldiers who cannot perform the 2-mile run or an alternate aerobic event cannot be tested. There is no point score annotated on the DA Form 705 for the performance of alternate aerobic events. These events are scored as a GO or NO GO.

A-41. Soldiers with temporary physical profiles must take a regular three event APFT after the profile has expired. Soldiers with temporary profiles of long duration (more than three months) may take an alternate aerobic event as determined by the commander with input from health-care personnel. Once the profile has been lifted, the Soldier must be given twice the length of the profile (not to exceed 90 days) to train for the regular three event APFT. If a regularly scheduled APFT occurs during the profile period, the Soldier should be given a mandatory make-up date for the APFT.

800-YARD SWIM TEST

A-42. The 800-yard-swim test measures cardio respiratory (aerobic) fitness. Administrative and support requirements for this event are listed below.

EQUIPMENT

A-43. The timer and back-up timer each require a stopwatch and appropriate safety equipment. Event scorers require a clipboard and black pen.

FACILITIES

A-44. A swimming pool at least 25 yards long and three feet deep is required.

PERSONNEL

A-45. One event supervisor, one scorer for every three Soldiers, one timer, one back-up timer, and support personnel to ensure proper control and safety. The event supervisor will not be an event scorer.

INSTRUCTIONS

A-46. The OIC, the NCOIC, or the event supervisor, must read the following before the 800-yard swim event (Figure A-7).

"THE 800-YARD SWIM MEASURES 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 (STATE 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 GENDER. WALKING ON THE BOTTOM TO RECUPERATE IS AUTHORIZED. SWIMMING GOGGLES ARE PERMITTED, BUT NO OTHER EQUIPMENT IS AUTHORIZED."

Figure A-7. 800-yard swim test narrative

A-47. In conclusion, the OIC/NCOIC, or the event supervisors, asks:

"WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?"

ADMINISTRATION

A-48. The OIC, the NCOIC, or the event supervisor, will read the instructions aloud and answer questions. The event supervisor will assign each Soldier to a lane and tell the Soldier to enter the water. He allows for a short acclimation and preparation period. The event supervisor must be alert to the safety of the Soldiers throughout the test.

TIMING TECHNIQUES

A-49. When the timer gives the command, "GET SET" the Soldiers position themselves to begin the event. Time begins when the timer gives the command, "GO." The timer calls out times in minutes and seconds as Soldiers near the finish. Time is recorded by the scorer when the Soldier touches the end of the pool or crosses a predetermined line that establishes the 800-yard mark.

SCORER DUTIES

A-50. Scorers must observe the Soldiers assigned to them. They must ensure that each Soldier touches the bulkhead (wall) at every turn. The scorer records the time in the time block and circles the GO or NO GO. The 800-yard swim is entered in the alternate event block. Refer to Figure A-11 for scoring this event. If the pool

length is measured in meters, the scorer can 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.

6.2-MILE STATIONARY CYCLE ERGOMETER TEST

A-51. The 6.2-mile stationary cycle ergometer test measures cardio respiratory (aerobic) and leg muscle endurance. Administrative and support requirements for this event follow.

EQUIPMENT

A-52. The event supervisor requires two stopwatches (the timer and back-up timer each require a stopwatch), TC 3-22.20, Appendix A, and one stationary cycle ergometer. The ergometer must have mechanically adjustable resistance measured in kiloponds or newtons and must be available for training and testing. The seat and handlebars must be adjustable to accommodate Soldiers of different sizes. It should have an adjustable tension setting (resistance) and an odometer. The resistance is set by a tension strap on a weighted pendulum connected to the flywheel. The cycle ergometer must be calibrated prior to test administration. Event scorers require a clipboard and black pen.

FACILITIES

A-53. The test site can be any location (usually a gym) where there is an approved cycle ergometer. The test station should be two yards wide and four yards deep.

PERSONNEL

A-54. One event supervisor, one scorer for every three Soldiers tested, one timer, one back-up timer, and support personnel to ensure proper control and safety are required. The event supervisor will not be an event scorer.

INSTRUCTIONS

A-55. The OIC, the NCOIC, or the event supervisor, must read the following before the 6.2 cycle ergometer test event (Figure A-8).

"THE 6.2-MILE STATIONARY-CYCLE ERGOMETER EVENT MEASURES YOUR CARDIO-RESPIRATORY FITNESS AND LEG MUSCLE ENDURANCE. THE ERGOMETER'S RESISTANCE MUST BE SET AT TWO KILOPOUNDS (20 NEWTONS). ON THE COMMAND, 'GO', THE CLOCK WILL START, AND YOU WILL BEGIN PEDALING AT YOUR OWN PACE WHILE MAINTAINING THE RESISTANCE INDICATOR AT TWO KILOPOUNDS. YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE 6.2 MILES (10 KILOMETERS), AS SHOWN ON THE ODOMETER IN A TIME EQUAL TO OR LESS THAN THAT LISTED FOR YOUR AGE AND GENDER."

Figure A-8. 6.2-mile stationary cycle ergometer test narrative

A-56. In conclusion, the OIC/NCOIC, or the event supervisors, asks:

“WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”

ADMINISTRATION

A-57. The event supervisor will read the instructions aloud and answer questions. He will also allow each Soldier a short warm-up period and an opportunity to adjust handlebar and seat height.

TIMING TECHNIQUES

A-58. When the timer gives the command, “GET SET” the Soldiers will position themselves to begin the event. Time begins when the timer gives the command, “GO.” The timer will call out times in minutes and seconds as Soldiers near the last two-tenths of the test distance. He calls out the time remaining every 30 seconds for the last two minutes of the allowable time and every second during the last ten seconds.

SCORER DUTIES

A-59. The scorer must observe that the ergometer is functioning correctly. He must then make sure that the ergometer’s tension settings have been calibrated and are accurate, and that the resistance of the ergometer has been set at two kiloponds or 20 newtons. The scorer must observe the Soldiers throughout the event. He will have to make small adjustments to the resistance to ensure that a continuous resistance of exactly 2 kiloponds is maintained throughout the test. The scorer records the time in the time block and circles the GO or NO GO. The 6.2-mile stationary cycle ergometer is entered in the alternate event block. Refer to Figure A-11 for scoring of this event.

6.2-MILE BICYCLE TEST

A-60. The 6.2-mile bicycle test measures cardio respiratory (aerobic) and leg muscle endurance. Administrative and support requirements for this event are listed below.

EQUIPMENT

A-61. The event supervisor requires two stopwatches (the timer and back-up timer each require a watch) and TC 3-22.20, Appendix A. One-speed or multispeed bicycles are authorized for use. If a multi-speed bike is used, the event supervisor and/or scorer will take measures to ensure that only one speed is used during the event. This can be accomplished by taping the gear shifters. The Soldier taking the event sets the speed by selecting the gear they wish to ride in. Event scorers require a clipboard, numbers, and black pen.

FACILITIES

A-62. A relatively flat course with a uniform surface and no obstacles must be used. The course must be clearly marked. Quarter-mile tracks are not authorized for use. The Soldiers being tested must be in view of the scorers at all times. The course should be free of walkers and runners.

PERSONNEL

A-63. One event supervisor, one scorer for every 10 Soldiers tested, one timer, one back-up timer and support personnel to ensure proper control and safety are required. The event supervisor should not be an event scorer.

INSTRUCTIONS

A-64. The OIC, the NCOIC, or the event supervisor, must read the following before the 6.2 mile bicycle test event (Figure A-9).

“THE 6.2-MILE BICYCLE TEST MEASURES CARDIO RESPIRATORY FITNESS AND LEG MUSCLES ENDURANCE. YOU MUST COMPLETE THE 6.2-MILES WITHOUT ANY PHYSICAL HELP FROM OTHERS. YOU MUST KEEP YOUR BICYCLE IN ONE GEAR OF YOUR CHOOSING FOR THE ENTIRE TEST. CHANGING GEARS IS NOT PERMITTED AND WILL RESULT IN DISQUALIFICATION. TO BEGIN, YOU WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND, ‘GO,’ THE CLOCK WILL START, AND YOU WILL BEGIN PEDALING AT YOUR OWN PACE. TO COMPLETE THE REQUIRED DISTANCE OF 6.2-MILES, YOU MUST COMPLETE (DESCRIBE THE NUMBER OF LAPS, START AND FINISH POINTS, AND COURSE LAYOUT). YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE THE DISTANCE OF 6.2-MILES (10 KILOMETERS) IN A TIME EQUAL TO OR LESS THAN THAT LISTED FOR YOUR AGE AND GENDER. IF YOU LEAVE THE DESIGNATED COURSE FOR ANY REASON, YOU WILL BE DISQUALIFIED.”

Figure A-9. 6.2-mile bicycle test narrative

A-65. In conclusion, the OIC/NCOIC, or the event supervisors, asks:

“WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”

ADMINISTRATION

A-66. The OIC, the NCOIC, or the event supervisor, will read the instructions aloud and answer questions. He then assigns Soldiers to a scorer. Each scorer assigns each Soldier a number and records the Soldier’s number on their scorecard in the comment block.

TIMING TECHNIQUES

A-67. The event supervisor is the timer. When the timer gives the command, “GET SET” the Soldiers will position themselves to begin the event. Time begins when the timer gives the command, “GO.” The timer will call out times in minutes and seconds as Soldiers near the end of the 6.2-mile ride.

SCORER DUTIES

A-68. The scorer records the time in the time block and circles the GO or NO GO. The 6.2-mile-bicycle is entered in the alternate event block. Refer to Figure A-11 for scoring of this event.

2.5-MILE WALK TEST

A-69. The 2.5-mile-walk test measures cardio respiratory (aerobic) and leg muscle endurance. Administrative and support requirements for this event follow.

EQUIPMENT

A-70. The event supervisor requires two stopwatches (the timer and back-up timer each require a stopwatch). Event scorers require a clipboard, TC 3-22.20, Appendix A, numbers, and a black pen.

FACILITIES

A-71. The event uses the same course as the 2-mile run, with the addition of ½ mile added to the 2-mile distance. The Soldiers being tested must be in view of the scorers at all time.

PERSONNEL

A-72. One event supervisor, one scorer for every three Soldiers tested, one timer, one back-up timer, and support personnel to ensure proper control and safety are required. The event supervisor will not be an event scorer.

INSTRUCTIONS

A-73. The OIC, the NCOIC, or the event supervisor, must read the following before the 2.5-mile walk test event (Figure A-10):

"THE 2.5-MILE WALK MEASURES CARDIO RESPIRATORY FITNESS AND LEG-MUSCLE ENDURANCE. ON THE COMMAND, 'GO,' THE CLOCK WILL START, AND YOU WILL BEGIN WALKING AT YOUR OWN PACE. YOU MUST COMPLETE (DESCRIBE THE NUMBER OF LAPS, START AND FINISH POINTS, AND COURSE LAYOUT). ONE FOOT MUST BE IN CONTACT WITH THE GROUND AT ALL TIMES. IF YOU BREAK INTO A RUNNING STRIDE AT ANY TIME OR HAVE BOTH FEET OFF THE GROUND AT THE SAME TIME, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE THE 2.5-MILE COURSE IN A TIME EQUAL TO OR LESS THAN THAT LISTED FOR YOUR AGE AND GENDER."

Figure A-10. 2.5-mile walk narrative

A-74. In conclusion, the OIC/NCOIC, or the event supervisors, asks:

"WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?"

ADMINISTRATION

A-75. The OIC, the NCOIC, or the event supervisor, will read the instructions aloud and answer questions. He then assigns Soldiers to a scorer. Each scorer assigns each Soldier a number and records the Soldier's number on their scorecard in the comment block.

TIMING TECHNIQUES

A-76. When the timer gives the command, "GET SET" the Soldiers will position themselves to begin the event. Time begins when the timer gives the command, "GO." The timer will call out times in minutes and seconds as Soldiers near the end of the 2.5-mile walk.

SCORER DUTIES

A-77. Scorers must observe the Soldiers during the entire event and must ensure that the Soldiers maintain a walking stride. Soldiers that break into any type of running stride will be terminated from the event and will be a NO GO. The scorer records the time in the time block and circles the GO or NO GO. 2.5-mile walk is entered in the alternate event block. Refer to figure A-11 for scoring of this event.

DA FORM 705 SAMPLE

A-78. The following is a sample of the Army Physical Training Fitness Test Scorecard that leaders use to test the physical fitness of their units (Figure A-11, A through F). DA Form 705 can be downloaded from the AKO My Forms link. Forms can be filled out on screen or by hand. The samples provided are not to be used for scoring the APFT. Use the scorecard downloaded from AKO for scoring APFT events.

Army Physical Fitness Test Scorecard											
For use of this form, see TC 3-22.20; the proponent agency is TRADOC.											
TEST ONE					TEST TWO						
DATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE	DATE		
20091019	E-6	32	20100412	E-6	33						
HEIGHT (IN INCHES)	BODY COMPOSITION	BODY FAT:	HEIGHT (IN INCHES)	BODY COMPOSITION	BODY FAT:	HEIGHT (IN INCHES)	BODY COMPOSITION	BODY FAT:	HEIGHT (IN INCHES)		
68	140 lbs	GO / NO-GO	137 lbs	GO / NO-GO	GO / NO-GO						
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE		
39	FP	92	42	FP	96						
SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE		
72	FP	95	75	FP	99						
ZMR RAW SCORE	INITIALS	POINTS	ZMR RAW SCORE	INITIALS	POINTS	ZMR RAW SCORE	INITIALS	POINTS	ZMR RAW SCORE		
15:36	FP	100									
ALTERNATE AEROBIC EVENT	TIME	TOTAL POINTS	ALTERNATE AEROBIC EVENT	TIME	TOTAL POINTS	ALTERNATE AEROBIC EVENT	TIME	TOTAL POINTS	ALTERNATE AEROBIC EVENT		
	GO <input type="checkbox"/> NO-GO <input type="checkbox"/>	287	Walk	36:39	195		GO <input type="checkbox"/> NO-GO <input type="checkbox"/>				
NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE		
CPT Sam Jones			CPT Sam Jones								
COMMENTS			COMMENTS			COMMENTS			COMMENTS		
Weather: Clear/Temp 76 Humidity: 86% Award: APFB			Profile: Ankle Surgery Weather: Clear/Temp 56 Humidity: 66%								

DA FORM 705, MAY 2010

PREVIOUS EDITIONS ARE OBSOLETE.

APD PE V1 00ES

SPECIAL INSTRUCTION: USE INK
 LEGEND: PU - PUSH UPS SU - SIT UPS
 2MR - 2 MILE RUN
 APFT - ARMY PHYSICAL FITNESS TEST

Figure A-11A. DA Form 705 sample (page 1)

Army Physical Fitness Test Scorecard												
For use of this form, see TC 3-22.20; the proponent agency is TRADOC.												
NAME (LAST, FIRST, MIDDLE) Smith, Jane A.					GENDER Female							
UNIT B Company, 199th MI BN												
TEST FIVE			TEST SIX			TEST SEVEN			TEST EIGHT			
DATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE	
HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION		
	WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:	
	GO / NO-GO	lbs		GO / NO-GO	lbs		GO / NO-GO	lbs		GO / NO-GO	lbs	
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
	GO / NO-GO	%		GO / NO-GO	%		GO / NO-GO	%		GO / NO-GO	%	
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	
SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	
ZMR RAW SCORE	INITIALS	POINTS	ZMR RAW SCORE	INITIALS	POINTS	ZMR RAW SCORE	INITIALS	POINTS	ZMR RAW SCORE	INITIALS	POINTS	
ALTERNATE AEROBIC EVENT	TOTAL POINTS	ALTERNATE AEROBIC EVENT	TOTAL POINTS	ALTERNATE AEROBIC EVENT	TOTAL POINTS	ALTERNATE AEROBIC EVENT	TOTAL POINTS	ALTERNATE AEROBIC EVENT	TOTAL POINTS	ALTERNATE AEROBIC EVENT	TOTAL POINTS	
TIME		TIME		TIME		TIME		TIME		TIME		
GO <input type="checkbox"/> NO-GO <input type="checkbox"/>		GO <input type="checkbox"/> NO-GO <input type="checkbox"/>		GO <input type="checkbox"/> NO-GO <input type="checkbox"/>		GO <input type="checkbox"/> NO-GO <input type="checkbox"/>		GO <input type="checkbox"/> NO-GO <input type="checkbox"/>		GO <input type="checkbox"/> NO-GO <input type="checkbox"/>		
NIICOIC/OIC SIGNATURE		NIICOIC/OIC SIGNATURE		NIICOIC/OIC SIGNATURE		NIICOIC/OIC SIGNATURE		NIICOIC/OIC SIGNATURE		NIICOIC/OIC SIGNATURE		
COMMENTS	COMMENTS		COMMENTS		COMMENTS		COMMENTS		COMMENTS		COMMENTS	

SPECIAL INSTRUCTION: USE INK
 LEGEND: PU - PUSH UPS 2MR - 2 MILE RUN
 SU - SIT UPS APFT - ARMY PHYSICAL FITNESS TEST

DA FORM 705, MAY 2010 PREVIOUS EDITIONS ARE OBSOLETE. APP. PE VI. 00ES

Figure A-11B. DA Form 705 sample (page 2)

SIT-UP STANDARDS												
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP
Repetitions	M	F	M	F	M	Repetitions	M	F	M	F	M	Repetitions
82			100			82						82
81			99			81						81
80		100	98			80						80
79			97			79						79
78	100		96			78						78
77	98	96	95			77						77
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						73
72	90	89	89	95	96	72	100					72
71	89	88	88	94	95	71	99					71
70	87	87	87	93	94	70	98					70
69	86	85	85	92	93	69	97					69
68	84	84	85	91	92	68	96					68
67	82	83	84	89	91	67	95					67
66	81	81	83	88	89	66	94	100	100			66
65	79	80	82	87	88	65	93	99	99			65
64	78	79	81	86	87	64	92	98	98	100		64
63	76	77	79	85	86	63	91	97	97	99	100	63
62	74	76	78	84	85	62	90	96	96	98	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	96	97	60
59	70	72	75	80	82	59	87	92	93	95	96	59
58	68	71	74	79	81	58	86	91	92	94	95	58
57	66	69	73	78	80	57	85	90	91	92	94	57
56	65	68	72	76	79	56	84	89	89	91	92	56
55	63	67	71	75	78	55	83	88	88	90	91	55
54	62	65	70	74	77	54	82	87	87	89	90	54
53	60	64	69	73	76	53	81	86	86	88	89	53
52	58	63	68	72	75	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	68	72	49	77	81	82	84	85	49
48	52	57	63	67	71	48	76	80	81	83	84	48
47	50	56	62	66	69	47	75	79	80	82	83	47
46	49	55	61	65	68	46	74	78	79	81	82	46
45	47	53	60	64	67	45	73	77	78	79	81	45
44	46	52	59	62	66	44	72	76	77	78	79	44
43	44	50	58	61	65	43	71	74	76	77	78	43
42	42	49	57	60	64	42	70	73	75	76	77	42
41	41	48	56	59	63	41	69	72	74	75	76	41
40	39	47	55	58	62	40	68	71	73	74	75	40
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
36	33	41	50	53	58	36	64	67	68	70	71	36
35	31	40	49	52	57	35	63	66	67	69	70	35
34	30	39	48	50	56	34	62	64	66	68	69	34
33	28	37	47	49	55	33	61	63	65	66	68	33
32	26	36	46	48	54	32	60	62	64	65	66	32
31	25	35	45	47	53	31	59	61	63	64	65	31
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
25	15	27	38	40	46	25	53	54	57	58	59	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
Repetitions	M	F	M	F	M	Repetitions	M	F	M	F	M	Repetitions
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP

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.

APD PE v1.00ES

Figure A-11D. DA Form 705 sample (page 4)

2-MILE RUN STANDARDS																								
AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+	AGE GROUP			
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time		
12:54											12:54											12:54		
13:00	100		100								13:00											13:00		
13:06	99		99								13:06											13:06		
13:12	97		98								13:12											13:12		
13:18	96		97		100		100				13:18											13:18		
13:24	94		96		99		99				13:24											13:24		
13:30	93		94		98		98				13:30											13:30		
13:36	92		93		97		97		100		13:36											13:36		
13:42	90		92		96		96		99		13:42											13:42		
13:48	89		91		95		95		98		13:48											13:48		
13:54	88		90		94		94		97		13:54											13:54		
14:00	86		89		92		94		97		14:00											14:00		
14:06	85		88		91		93		96		14:06	100										14:06		
14:12	83		87		90		92		95		14:12	99										14:12		
14:18	82		86		89		91		94		14:18	98										14:18		
14:24	81		84		88		90		93		14:24	97	100									14:24		
14:30	79		83		87		89		92		14:30	97	99									14:30		
14:36	78		82		86		88		91		14:36	96	98									14:36		
14:42	77		81		85		87		91		14:42	95	98		100							14:42		
14:48	75		80		84		86		90		14:48	94	97		99							14:48		
14:54	74		79		83		85		89		14:54	93	96		98							14:54		
15:00	72		78		82		85		88		15:00	92	95		98							15:00		
15:06	71		77		81		84		87		15:06	91	94		97							15:06		
15:12	70		76		79		83		86		15:12	90	94		96							15:12		
15:18	68		74		78		82		86		15:18	90	93		96		100					15:18		
15:24	67		73		77		81		85		15:24	89	92		95		99					15:24		
15:30	66		72		76		80		84		15:30	88	91		94		98					15:30		
15:36	64	100	71	100	75	79	83		87		15:36	87	91		93		97					15:36		
15:42	63	99	70	99	74	78	82		86		15:42	86	90		92		97		100			15:42		
15:48	61	98	69	98	73	77	81		85		15:48	85	89		91		96		99			15:48		
15:54	60	96	68	97	72	76	80		84		15:54	84	88		91		95		98			15:54		
16:00	59	95	67	96	71	75	79		83		16:00	83	87		90		94		97			16:00		
16:06	57	94	66	95	70	74	78		82		16:06	83	87		89		93		96			16:06		
16:12	56	93	64	94	69	73	77		81		16:12	82	86		88		92		95			16:12		
16:18	54	92	63	93	68	72	76		80		16:18	81	85		87		91		94			16:18		
16:24	53	90	62	92	66	70	74		79		16:24	80	84		87		91		93			16:24		
16:30	52	89	61	91	65	69	73		78		16:30	79	83		86		90*		93			16:30		
16:36	50	88	60	90	64	68	72		77		16:36	78	82		85		89		92			16:36		
16:42	49	87	59	89	63	67	71		76		16:42	77	81		84		88		91			16:42		
16:48	48	85	58	88	62	66	70		75		16:48	77	81		84		87		90			16:48		
16:54	46	84	57	87	61	65	69		74		16:54	76	80		83		86		89			16:54		
17:00	45	83	56	86	60	64	68		73	100	17:00	75	79		82		85		88			17:00		
17:06	43	82	54	85	59	63	67		72		17:06	74	78		81		84		87			17:06		
17:12	42	81	53	84	58	62	66		71		17:12	73	77		80		83		86			17:12		
17:18	41	79	52	83	57	61	65		70		17:18	72	76		79		82		85			17:18		
17:24	39	78	51	82	56	60	64		69		17:24	71	75		78		81		84			17:24		
17:30	38	77	50	81	55	59	63		68		17:30	70	74		77		80		83			17:30		
17:36	37	76	49	80	54	58	62		67		17:36	70	74		77		80		82			17:36		
17:42	35	75	48	79	52	56	60		66		17:42	69	73		76		79		81			17:42		
17:48	34	74	47	78	51	55	59		65		17:48	68	72		75		78		80			17:48		
17:54	32	72	46	77	50	54	58		64		17:54	67	71		74		77		80			17:54		
18:00	31	71	44	76	49	53	57		63		18:00	66	70		73		76		79			18:00		
18:06	30	70	43	75	48	52	56		62		18:06	65	69		72		75		78			18:06		
18:12	28	68	42	74	47	51	55		61		18:12	64	68		71		74		77			18:12		
18:18	27	67	41	73	46	50	54		60		18:18	63	67		70		73		76			18:18		
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18:30	24	65	39	71	44	48	52		58		18:30	62	66		69		72		74			18:30		
18:36	23	64	38	70	43	47	51		57		18:36	61	65		68		71		73			18:36		
18:42	21	62	37	69	42	46	50		56		18:42	60	64		67		70		72			18:42		
18:48	20	61	36	68	41	45	49		55		18:48	59	63		66		69		71			18:48		
18:54	19	60	34	67	39	44	48		54		18:54	58	62		65		68		70			18:54		
19:00	17	59	33	66	38	43	47		53		19:00	57	61		64		67		69			19:00		
19:06	16	58	32	65	37	42	46		52		19:06	57	61		64		67		68			19:06		
19:12	14	56	31	64	36	41	45		51		19:12	56	60		63		66		67			19:12		
19:18	13	55	30	63	35	40	44		50		19:18	55	59		62		65		66			19:18		
19:24	12	54	29	62	34	39	43		49		19:24	54	58		61		64		66			19:24		
19:30	10	53	28	61	33	38	42		48		19:30	53	57		60		63		65			19:30		
19:36	9	52	27	60	32	37	41		47		19:36	52	56		59		62		64			19:36		
19:42	8	50	26	59	31	36	40		46		19:42	51	55		58		61		63			19:42		
19:48	6	49	24	58	30	35	39		45		19:48	50	54		57		60		62			19:48		
19:54	5	48	23	57	29	34	38		44		19:54	50	54		57		60		61			19:54		
20:00	3	47	22	56	28	33	37		43		20:00	49	53		56		59		60	100		20:00		
20:06	2	45	21	55	26	32	36		42		20:06	48	52		55		58		59			20:06		
20:12	1	44	20	54	25	31	35		41		20:12	47	51		54		57		58			20:12		
20:18	0	43	19	53	24	30	34		40		20:18	46	50		53		56		57			20:18		
20:24		42	18	52	23	29	33		39		20:24	45	49		52		55		56			20:24		
20:30		41	17	51	22	28	32		38		20:30	44	48		51		54		55			20:30		
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time		
AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+		AGE GROUP		

APD PE v1.00ES

Figure A-11E. DA Form 705 sample (page 5)

2-MILE RUN STANDARDS																						
AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+	AGE GROUP	
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time
20:16		43	19	53	24	62	36	70	43	77	20:18	46	82	54	83	56	90	57	95	57	98	20:18
20:24	0	42	18	52	23	61	35	69	42	76	20:24	45	81	53	82	55	90	56	95	56	97	20:24
20:30		41	17	51	22	60	35	68	41	75	20:30	44	80	52	82	55	89	55	94	55	96	20:30
20:36		39	16	50	21	59	34	68	40	75	20:36	43	80	51	81	54	88	54	93	54	95	20:36
20:42		38	14	49	20	58	33	67	40	74	20:42	43	79	51	81	53	87	53	92	53	94	20:42
20:48		37	13	48	19	57	32	66	39	73	20:48	42	78	50	80	52	87	52	91	53	94	20:48
20:54		36	12	47	18	57	31	66	38	73	20:54	41	78	49	79	51	86	51	91	52	93	20:54
21:00		35	11	46	17	56	30	65	37	72	21:00	40	77	48	79	51	85	50	90	51	92	21:00
21:06		33	10	45	16	55	29	64	36	71	21:06	39	77	47	78	50	84	50	89	50	91	21:06
21:12		32	9	44	15	54	28	63	35	71	21:12	38	76	47	77	49	84	49	88	49	90	21:12
21:18		31	8	43	14	53	27	63	34	70	21:18	37	75	46	77	48	83	48	87	48	90	21:18
21:24		30	7	42	13	52	26	62	34	69	21:24	37	75	45	76	47	82	47	87	47	89	21:24
21:30		28	6	41	11	51	25	61	33	68	21:30	36	74	44	76	47	81	46	86	46	88	21:30
21:36		27	4	40	10	51	25	61	32	68	21:36	35	73	44	75	46	81	45	85	45	87	21:36
21:42		26	3	39	9	50	24	60	31	67	21:42	34	73	43	74	45	80	44	84	44	86	21:42
21:48		25	2	38	8	49	23	59	30	66	21:48	33	72	42	74	44	79	43	84	43	86	21:48
21:54		24	1	37	7	48	22	59	29	66	21:54	32	71	41	73	44	79	43	83	42	85	21:54
22:00		22	0	36	6	47	21	58	29	65	22:00	31	71	40	72	43	78	42	82	41	84	22:00
22:06		21		36	5	46	20	57	28	64	22:06	30	70	40	72	42	77	41	81	40	83	22:06
22:12		20		34	4	46	19	57	27	64	22:12	30	70	39	71	41	76	40	80	40	82	22:12
22:18		19		33	3	45	18	56	26	63	22:18	29	69	38	71	40	76	39	80	39	82	22:18
22:24		18		32	2	44	17	55	25	62	22:24	28	68	37	70	40	75	38	79	38	81	22:24
22:30		16		31	1	43	16	54	24	61	22:30	27	68	36	69	39	74	37	78	37	80	22:30
22:36		15		30	0	42	15	54	23	61	22:36	26	67	36	69	38	73	37	77	36	79	22:36
22:42		14		29		41	15	53	23	60	22:42	25	66	35	68	37	73	36	76	35	78	22:42
22:48		13		28		40	14	52	22	59	22:48	24	66	34	67	36	72	35	76	34	78	22:48
22:54		12		27		40	13	52	21	59	22:54	23	65	33	67	36	71	34	75	33	77	22:54
23:00		10		26		39	12	51	20	58	23:00	23	64	33	66	36	70	33	74	32	76	23:00
23:06		9		25		38	11	50	19	57	23:06	22	64	32	66	34	70	32	73	31	75	23:06
23:12		8		24		37	10	49	18	56	23:12	21	63	31	65	33	69	31	73	30	74	23:12
23:18		7		23		36	9	49	17	56	23:18	20	63	30	64	33	68	30	72	29	74	23:18
23:24		6		22		35	8	48	17	55	23:24	19	62	29	64	32	67	30	71	28	73	23:24
23:30		4		21		34	7	48	16	54	23:30	18	61	29	63	31	67	29	70	27	72	23:30
23:36		3		20		34	6	47	15	54	23:36	17	61	28	62	30	66	28	69	27	71	23:36
23:42		2		19		33	6	46	14	53	23:42	17	60	27	62	29	66	27	69	26	70	23:42
23:48		1		18		32	5	46	13	52	23:48	16	59	26	61	29	64	26	68	25	70	23:48
23:54		0		17		31	4	45	12	52	23:54	15	59	25	61	28	64	25	67	24	69	23:54
24:00				16		30	3	44	11	51	24:00	14	58	25	60	27	63	24	66	23	68	24:00
24:06				15		29	2	43	11	50	24:06	13	57	24	59	26	62	23	65	22	67	24:06
24:12				14		29	1	43	10	49	24:12	12	57	23	59	25	61	23	65	21	66	24:12
24:18				13		28	0	42	9	49	24:18	11	56	22	58	25	61	22	64	20	66	24:18
24:24				12		27		41	8	48	24:24	10	56	22	57	24	60	21	63	19	65	24:24
24:30				11		26		41	7	47	24:30	10	55	21	57	23	59	20	62	18	64	24:30
24:36				10		25		40	6	47	24:36	9	54	20	56	22	59	19	62	17	63	24:36
24:42				9		24		39	6	46	24:42	8	54	19	56	22	58	18	61	16	62	24:42
24:48				8		23		39	5	45	24:48	7	53	18	55	21	57	17	60	15	62	24:48
24:54				7		23		38	4	45	24:54	6	52	18	54	20	56	17	59	14	61	24:54
25:00				6		22		37	3	44	25:00	5	52	17	54	19	56	16	58	13	60	25:00
25:06				5		21		37	2	43	25:06	4	51	16	53	18	55	15	58	13	59	25:06
25:12				4		20		36	1	42	25:12	3	50	15	52	18	54	14	57	12	58	25:12
25:18				3		19		36	0	42	25:18	3	50	15	52	17	53	13	56	11	58	25:18
25:24				2		18		34		41	25:24	2	49	14	51	16	53	12	55	10	57	25:24
25:30				1		17		34		40	25:30	1	49	13	51	16	52	11	55	9	56	25:30
25:36				0		17		33		40	25:36	0	48	12	50	15	51	10	54	8	55	25:36
25:42						16		32		39	25:42		47	11	49	14	50	10	53	7	54	25:42
25:48						15		32		38	25:48		47	11	49	13	50	9	52	6	54	25:48
25:54						14		31		38	25:54		46	10	48	12	49	8	51	5	53	25:54
26:00						13		30		37	26:00		45	9	47	11	48	7	51	4	52	26:00
26:06						12		30		36	26:06		45	8	47	11	47	6	50	3	51	26:06
26:12						11		29		36	26:12		44	7	46	10	47	5	49	2	50	26:12
26:18						11		28		35	26:18		43	7	46	9	46	4	48	1	50	26:18
26:24						10		28		34	26:24		43	6	45	8	45	3	47	0	49	26:24
26:30						9		27		33	26:30		42	5	44	7	44	3	47	0	48	26:30
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time
AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+	AGE GROUP	

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-hand column. Next, move right along that row and locate the intersection of the soldiers appropriate age column. In all cases, when a time falls between two point values, the lower point value is used. Record that number in the 2MR points block on the front of the scorecard.

Figure A-11F. DA Form 705 sample (page 6)