# AFROTC Physical Fitness & Height / Weight Standards

We conduct the Physical Fitness Assessment (PFA) every fall and spring term. Freshmen & sophomores ***not on scholarship*** must **attempt** the test but do not have to pass. **Scholarship cadets** and those in junior standing and above must **pass the test** each fall and spring term.

The PFA is composed of three components that are evaluated through four events:

1. Body Composition (abdominal measurement)
2. Muscular fitness components (1-minute Push-ups and 1-minute Crunches)
3. Aerobic component (1.5-mile run)

**To pass**, cadets must complete all events; achieve the minimum score in each event and a total score of at least 75 points.

*See exact points per event by gender on following pages. Note: All information in this handout is from AFI 36-2905 which takes effect 1 July 2010. Previous PFA guidance (test composition and scoring was IAW AFI 10-248).*

| MAXIMUM SCORES | | | |
|---|---|---|---|
| **EVENT** | **AGE** | **MALE** | **FEMALE** |
| **Abdominal Measurement (20 points)** | Under 30 | 32.5” | 29” |
| **Push-ups (10 points)** | Under 30 | 67 | 47 |
| **Crunches (10 points)** | Under 30 | 58 | 54 |
| **1.5-Mile run (60 points)** | Under 30 | 9:12 | 10:23 |

## How to pass the PFA

Make physical fitness fun. Perform exercises that will improve *each* event score.

- Emphasize the events you struggle with to improve overall score.
- Make the plan a part of your lifestyle.
- Find a friend (or friends) to work out with on a *regular* basis.
- Set short-term and long-term goals for yourself.
- Set goals to improve individual event scores and the overall score.
- Break periods of study by performing individual exercises.
- Read a chapter or finish an assignment and do some push-ups.

You don't need to be an athlete to pass the PFA, you just need to get in and stay in "PFA" shape.

* Same weight standards for males/females

| Air Force Weight Standards* | | |
|---|---|---|
| Height in Inches | Max Weight | Min Weight |
| 58 | 131 | 91 |
| 59 | 136 | 94 |
| 60 | 141 | 97 |
| 61 | 145 | 100 |
| 62 | 150 | 104 |
| 63 | 155 | 107 |
| 64 | 160 | 110 |
| 65 | 165 | 114 |
| 66 | 170 | 117 |
| 67 | 175 | 121 |
| 68 | 180 | 125 |

| Air Force Weight Standards* | | |
|---|---|---|
| Height in Inches | Max Weight | Min Weight |
| 69 | 186 | 128 |
| 70 | 191 | 132 |
| 71 | 197 | 136 |
| 72 | 202 | 140 |
| 73 | 208 | 144 |
| 74 | 214 | 148 |
| 75 | 220 | 152 |
| 76 | 225 | 156 |
| 77 | 231 | 160 |
| 78 | 237 | 164 |
| 79 | 244 | 168 |
| 80 | 250 | 173 |

## Attachment 14

## FITNESS ASSESSMENT CHART – MALE: AGE: < 30

| Cardiorespiratory Endurance | | | Body Composition | | | Muscle Fitness | | | |
|---|---|---|---|---|---|---|---|---|---|
| Run Time (mins:secs) | Health Risk Category | Points | AC (inches) | Health Risk Category | Points | Push-ups (reps/min) | Points | Sit-ups (reps/min) | Points |
| ≤ 9:12 | Low-Risk | 60.0 | ≤ 32.5 | Low-Risk | 20.0 | ≥ 67 | 10.0 | ≥ 58 | 10.0 |
| 9:13 - 9:34 | Low-Risk | 59.7 | 33.0 | Low-Risk | 20.0 | 62 | 9.5 | 55 | 9.5 |
| 9:35 - 9:45 | Low-Risk | 59.3 | 33.5 | Low-Risk | 20.0 | 61 | 9.4 | 54 | 9.4 |
| 9:46 - 9:58 | Low-Risk | 58.9 | 34.0 | Low-Risk | 20.0 | 60 | 9.3 | 53 | 9.2 |
| 9:59 - 10:10 | Low-Risk | 58.5 | 34.5 | Low-Risk | 20.0 | 59 | 9.2 | 52 | 9.0 |
| 10:11 - 10:23 | Low-Risk | 57.9 | 35.0 | Low-Risk | 20.0 | 58 | 9.1 | 51 | 8.8 |
| 10:24 - 10:37 | Low-Risk | 57.3 | 35.5 | Moderate Risk | 17.6 | 57 | 9.0 | 50 | 8.7 |
| 10:38 - 10:51 | Low-Risk | 56.6 | 36.0 | Moderate Risk | 17.0 | 56 | 8.9 | 49 | 8.5 |
| 10:52 - 11:06 | Low-Risk | 55.7 | 36.5 | Moderate Risk | 16.4 | 55 | 8.8 | 48 | 8.3 |
| 11:07 - 11:22 | Low-Risk | 54.8 | 37.0 | Moderate Risk | 15.8 | 54 | 8.8 | 47 | 8.0 |
| 11:23 - 11:38 | Low-Risk | 53.7 | 37.5 | Moderate Risk | 15.1 | 53 | 8.7 | 46 | 7.5 |
| 11:39 - 11:56 | Low-Risk | 52.4 | 38.0 | Moderate Risk | 14.4 | 52 | 8.6 | 45 | 7.0 |
| 11:57 - 12:14 | Low-Risk | 50.9 | 38.5 | Moderate Risk | 13.5 | 51 | 8.5 | 44 | 6.5 |
| 12:15 - 12:33 | Low-Risk | 49.2 | 39.0 * | Moderate Risk | 12.6 | 50 | 8.4 | 43 | 6.3 |
| 12:34 - 12:53 | Moderate Risk | 47.2 | 39.5 | High Risk | 11.7 | 49 | 8.3 | 42 * | 6.0 |
| 12:54 - 13:14 | Moderate Risk | 44.9 | 40.0 | High Risk | 10.6 | 48 | 8.1 | 41 | 5.5 |
| 13:15 - 13:36 * | Moderate Risk | 42.3 | 40.5 | High Risk | 9.4 | 47 | 8.0 | 40 | 5.0 |
| 13:37 - 14:00 | High Risk | 39.3 | 41.0 | High Risk | 8.2 | 46 | 7.8 | 39 | 4.5 |
| 14:01 - 14:25 | High Risk | 35.8 | 41.5 | High Risk | 6.8 | 45 | 7.7 | 38 | 4.0 |
| 14:26 - 14:52 | High Risk | 31.7 | 42.0 | High Risk | 5.3 | 44 | 7.5 | 37 | 3.5 |
| 14:53 - 15:20 | High Risk | 27.1 | 42.5 | High Risk | 3.7 | 43 | 7.3 | 36 | 3.3 |
| 15:21 - 15:50 | High Risk | 21.7 | 43.0 | High Risk | 1.9 | 42 | 7.2 | 35 | 3.0 |
| 15:51 - 16:22 | High Risk | 15.5 | ≥ 43.5 | High Risk | 0.0 | 41 | 7.0 | 34 | 2.5 |
| 16:23 - 16:57 | High Risk | 8.3 | | | | 40 | 6.8 | 33 | 2.0 |
| ≥ 16:58 | High Risk | 0.0 | | | | 39 | 6.5 | 32 | 1.5 |
| | | | | | | 38 | 6.3 | 31 | 1.3 |
| | | | | | | 37 | 6.0 | 30 | 1.0 |
| | | | | | | 36 | 5.8 | ≤ 29 | 0.0 |
| | | | | | | 35 | 5.5 | | |
| | | | | | | 34 | 5.3 | | |
| | | | | | | 33 * | 5.0 | | |
| | | | | | | 32 | 4.8 | | |
| | | | | | | 31 | 4.5 | | |
| | | | | | | 30 | 4.3 | | |
| **NOTES:** | | | | | | 29 | 4.0 | | |
| Health Risk Category = low, moderate or high risk for current and future | | | | | | 28 | 3.8 | | |
| cardiovascular disease, diabetes, certain cancers, and other health problems | | | | | | 27 | 3.5 | | |
| | | | | | | 26 | 3.0 | | |
| Passing Requirements - member ***must*** : 1) meet minimum value in each of | | | | | | 25 | 2.8 | | |
| the four components, ***and*** 2) achieve a composite point total ≥ 75 points | | | | | | 24 | 2.5 | | |
| | | | | | | 23 | 2.3 | | |
| * Minimum Component Values | | | | | | 22 | 2.0 | | |
| Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches | | | | | | 21 | 1.8 | | |
| Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute | | | | | | 20 | 1.7 | | |
| | | | | | | 19 | 1.5 | | |
| Composite Score Categories: | | | | | | 18 | 1.0 | | |
| Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0 | | | | | | ≤ 17 | 0.0 | | |

## FITNESS ASSESSMENT CHART – FEMALE: AGE: < 30

| Cardiorespiratory Endurance | | | Body Composition | | | Muscle Fitness | | | |
|---|---|---|---|---|---|---|---|---|---|
| Run Time (mins:secs) | Health Risk Category | Points | AC (inches) | Health Risk Category | Points | Push-ups (reps/min) | Points | Sit-ups (reps/min) | Points |
| ≤ 10:23 | Low-Risk | 60.0 | ≤ 29.0 | Low Risk | 20.0 | ≥ 47 | 10.0 | ≥ 54 | 10.0 |
| 10:24 - 10:51 | Low-Risk | 59.9 | 29.5 | Low Risk | 20.0 | 42 | 9.5 | 51 | 9.5 |
| 10:52 - 11:06 | Low-Risk | 59.5 | 30.0 | Low Risk | 20.0 | 41 | 9.4 | 50 | 9.4 |
| 11:07 - 11:22 | Low-Risk | 59.2 | 30.5 | Low Risk | 20.0 | 40 | 9.3 | 49 | 9.0 |
| 11:23 - 11:38 | Low-Risk | 58.9 | 31.0 | Low Risk | 20.0 | 39 | 9.2 | 48 | 8.9 |
| 11:39 - 11:56 | Low-Risk | 58.6 | 31.5 | Low Risk | 20.0 | 38 | 9.1 | 47 | 8.8 |
| 11:57 - 12:14 | Low-Risk | 58.1 | 32.0 | Moderate Risk | 17.6 | 37 | 9.0 | 46 | 8.6 |
| 12:15 - 12:33 | Low-Risk | 57.6 | 32.5 | Moderate Risk | 17.1 | 36 | 8.9 | 45 | 8.5 |
| 12:34 - 12:53 | Low-Risk | 57.0 | 33.0 | Moderate Risk | 16.5 | 35 | 8.8 | 44 | 8.0 |
| 12:54 - 13:14 | Low-Risk | 56.2 | 33.5 | Moderate Risk | 15.9 | 34 | 8.6 | 43 | 7.8 |
| 13:15 - 13:36 | Low-Risk | 55.3 | 34.0 | Moderate Risk | 15.2 | 33 | 8.5 | 42 | 7.5 |
| 13:37 - 14:00 | Low-Risk | 54.2 | 34.5 | Moderate Risk | 14.5 | 32 | 8.4 | 41 | 7.0 |
| 14:01 - 14:25 | Low-Risk | 52.8 | 35.0 | Moderate Risk | 13.7 | 31 | 8.3 | 40 | 6.8 |
| 14:26 - 14:52 | Low-Risk | 51.2 | 35.5 * | Moderate Risk | 12.8 | 30 | 8.2 | 39 | 6.5 |
| 14:53 - 15:20 | Moderate Risk | 49.3 | 36.0 | High Risk | 11.8 | 29 | 8.1 | 38 * | 6.0 |
| 15:21 - 15:50 | Moderate Risk | 46.9 | 36.5 | High Risk | 10.7 | 28 | 8.0 | 37 | 5.5 |
| 15:51 - 16:22 * | Moderate Risk | 44.1 | 37.0 | High Risk | 9.6 | 27 | 7.5 | 36 | 5.3 |
| 16:23 - 16:57 | High Risk | 40.8 | 37.5 | High Risk | 8.3 | 26 | 7.3 | 35 | 5.0 |
| 16:58 - 17:34 | High Risk | 36.7 | 38.0 | High Risk | 6.9 | 25 | 7.2 | 34 | 4.5 |
| 17:35 - 18:14 | High Risk | 31.8 | 38.5 | High Risk | 5.4 | 24 | 7.0 | 33 | 4.3 |
| 18:15 - 18:56 | High Risk | 25.9 | 39.0 | High Risk | 3.8 | 23 | 6.5 | 32 | 4.0 |
| 18:57 - 19:43 | High Risk | 18.8 | 39.5 | High Risk | 2.0 | 22 | 6.3 | 31 | 3.5 |
| 19:44 - 20:33 | High Risk | 10.3 | ≥ 40.0 | High Risk | 0.0 | 21 | 6.0 | 30 | 3.0 |
| ≥ 20:34 | High Risk | 0.0 | | | | 20 | 5.8 | 29 | 2.8 |
| | | | | | | 19 | 5.5 | 28 | 2.5 |
| | | | | | | 18 * | 5.0 | 27 | 2.0 |
| **NOTES:** | | | | | | 17 | 4.5 | 26 | 1.8 |
| Health Risk Category = low, moderate or high risk for current and future | | | | | | 16 | 4.3 | 25 | 1.7 |
| cardiovascular disease, diabetes, certain cancers, and other health problems | | | | | | 15 | 4.0 | 24 | 1.5 |
| | | | | | | 14 | 3.5 | 23 | 1.0 |
| Passing Requirements - member ***must*** : 1) meet minimum value in each of | | | | | | 13 | 3.0 | ≤ 22 | 0.0 |
| the four components, ***and*** 2) achieve a composite point total ≥ 75 points | | | | | | 12 | 2.8 | | |
| | | | | | | 11 | 2.5 | | |
| * Minimum Component Values | | | | | | 10 | 2.0 | | |
| Run time ≤ 16:22 mins:secs / Abd Circ ≤ 35.5 inches | | | | | | 9 | 1.5 | | |
| Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute | | | | | | 8 | 1.0 | | |
| | | | | | | ≤ 7 | 0.0 | | |
| Composite Score Categories: | | | | | | | | | |
| Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0 | | | | | | | | | |