



U.S. Public Health Service Nursing - TIP OF THE MONTH

Protecting, promoting, and advancing the health and safety of the Nation

November 2015

Annual Physical Fitness Test



Learn more about the [Presidential Citation](#) awarded to USPHS Commissioned Corps Officers.



Revised Annual Physical Fitness Test ([APFT](#)) Overview

The revised APFT, which will take effect January 1, 2016 includes:

- New exercise options (in addition to the current exercises)
 - ◊ Three exercises (elliptical, stationary bike, plank)
 - ◊ Flexibility component (seated toe touch) added.
- Recognition for high achievement by:
 - ◊ Increasing level from “Good to Excellent”,
 - ◊ Achieving Maximum or Outstanding level;
 - ◊ Achieving Maximum or Outstanding level for 3 years consecutively
- Additional options for documentation:
 - ◊ An active-duty commissioned officer can observe and verify in person or via a video option
 - ◊ A federal employee non-officer adult can observe and verify in person
 - ◊ Use Form PHS-7044 and Direct Access
- More age bands in 5 year increments to age 65 plus
- Different criteria for age 20 to 24, 25 to 29, 30 to 34, etc.
- Evidence-based from Navy and Coast Guard standards and current literature

[Revised APFT Component Summary and Reference](#)

Similarity with other services for Overall APFT scoring and point values:

- ◊ Maximum = 100 points (i.e., scored maximum level on each exercise)
- ◊ Outstanding = 90-99 points
- ◊ Excellent = 75-89 points
- ◊ Good = 60-74 points
- ◊ Satisfactory = 45-59 points
- ◊ Failure = < 45 points

There are 4 overall components to the revised APFT:

Cardio-respiratory endurance exercises: 1.5 mile run; 450 meter/500 yard swim;

- ◊ 12 minute elliptical exercise; or 12 minute stationary bike exercise.
- ◊ Upper body strength: Push-ups
- ◊ Core Strength: Plank, Side Bridge, Sit-ups
- ◊ Flexibility: Seated Toe Touch

See [APFT Procedures & Instructions](#) for additional information.

Reminder TIP:

Review the [Promotion Year 2016 Checklist](#).

To access NPAC, click the following link: <http://phs-nurse.org/about-npac>.

If you are eligible for a permanent grade promotion, in addition to all the other information listed in the “Promotion Year 2016 checklist”, you must have a “Report of Medical History” (form DD-2807-1) and accompanying self-signed “Disclosure Statement” current within one year of the deadline (received by May 1, 2015 to April 30, 2016). And you must have a current 5-Year Physical Examination (expires May 1, 2016 or later). Click [Medical Forms](#) for required medical forms.

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PHS-NURSE LIST SERV

TO REQUEST A MENTOR