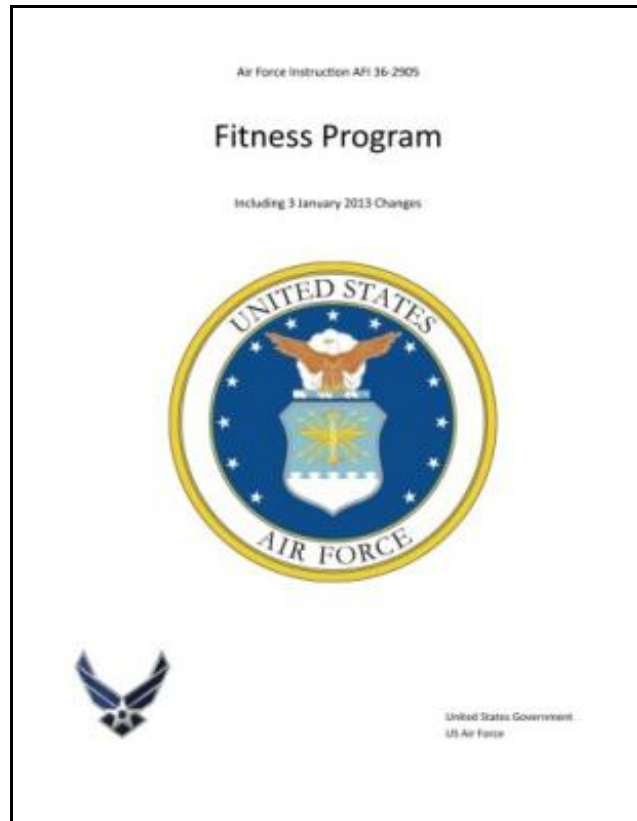


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Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The United States Air Force USAF Physical Fitness Program is fully detailed in AFI 36-2905 including: Chapter 1: Responsibilities Chapter 2: Fitness Assessment Chapter 3: Fitness Assessment Waivers Chapter 4: Exemptions Chapter 5: Physical Fitness Education/Intervention Chapter 6: Special Populations Chapter 7: Program Management Chapter 8: Fitness Metrics Chapter 9: Administrative and Personnel Actions Attachment 1: Glossary of References and Supporting Information Attachment 2: Physical Fitness Guidelines Attachment 3: Sample Unit Physical Fitness Programs Attachment 4: Fitness Screening Questionnaire Attachment 5: ARC Fitness Test Deferral Guidance Attachment 6: ARC Fitness Deferral Follow Up Questionnaire Attachment 7: Muscle Fitness Assessment Procedures Attachment 8: 1.5 Mile Run and 1.0 Mile Walk Course Requirements Attachment 9: DOD Waiver From Body Fat Methodology Attachment 10: REGAF Sample Memorandum for Medical Clearance Attachment 11: ARC Sample Memorandum for Medical Clearance Attachment 12: Sample Memo for TDY/PME Attachment 13: Medications Affecting Fitness Program Participation Attachment 14: Fitness Assessment Score Charts Attachment 15: 1.0 Mile Timed Walk Instructions Attachment 16: Alternate Aerobic Test Standards; 1.0 Mile Walk Test Minimum Component Values Attachment 17: Alternate Aerobic Test (1 Mile Walk Test) V02 Assessment Chart Attachment 18: Sample Fitness Assessment Score Charts Attachment 19: Administrative and Personnel Actions for Failing to Attain Physical Fitness Standards It is every Airman s responsibility to maintain the standards set forth in this AFI 365 days a year. Being physically fit allows you to properly support the Air Force mission. The goal of the Fitness Program (FP) is to motivate all members to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength/flexibility training, and healthy eating. Health benefits from an active lifestyle will...



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