



**DEPARTMENT OF THE AIR FORCE**  
**UNITED STATES AIR FORCES CENTRAL COMMAND**  
**AL UDEID AIR BASE, QATAR**

23 Aug 2010

**MEMORANDUM FOR ALL USAFCENT AOR PERSONNEL**

**FROM: COMUSAFCENT**  
**APO AE 09309**

**SUBJECT: Fitness Policy in the USCENTCOM AOR**

1. In order to maintain peak physical fitness for USAF personnel in the USCENTCOM AOR, as of 1 October 2010, deployed commanders will have a Physical Training (PT) Program, to include Fitness Assessments (FAs), as specific locations allow and in accordance with AFI 36-2905, *Fitness Program*, and below guidance.
2. All 365-day deployers and permanent party personnel assigned to USAFCENT will complete mandatory FAs as indicated in AFI 36-2905. Any personnel deployed for shorter duration (less than 1-year) may complete FAs on a volunteer basis only. Personnel whose current FA expires while in the AOR will not complete a FA if within 45 days of departure from the AOR. In accordance with AFI 36-2905, para 2.12.4, members must have a current fitness score on file prior to deployment.
3. In accordance with AFI 36-2905, commanders will adhere to the following guidelines while conducting their PT Program:
  - A. Air Expeditionary Wing Commanders or equivalent will:
    1. Execute and enforce the PT Program and ensure compliance with appropriate administrative action in cases of non-compliance.
    2. Determine if a safe and secure location exists for all components of the FA.
    3. If feasible at location, establish 1.5 mile run and 1.0 mile walk assessment courses. Conditions for testing, both course and weather, must be within the parameters established in Attachment 8, AFI 36-2905.
    4. Provide an environment that supports and motivates a healthy lifestyle through optimal fitness and nutrition.
  - B. Deployed Unit Commanders will:
    1. Appoint deployed personnel as the Unit Fitness Program Manager (UFP) and unit Physical Training Leader(s) (PTL). In accordance with AFI 36-2905, para 6.2.1.1., the UFP and/or PTL will fulfill the FA roles since no Fitness Assessment Center (FAC) is

available. Once on-line training is available, PTLs can be appointed/trained in the field (if he/she is not already certified at home station).

2. Ensure personnel enrolled in the Fitness Improvement Program, as defined in AFI 36-2905, Attachment 1, will continue to meet program requirements, as feasible.
3. If determined reasonable and safe, conduct official FAs with the necessary elements required to support the fitness program standards: trained PTL(s), health screening process, appropriate medical support (emergency response, access to advanced life support as needed).
4. May direct unofficial practice FAs to afford members the opportunity to assess their compliance with AF fitness standards and to minimize any surprise assessment failures at the time of official assessments.
5. Personnel scoring unsatisfactory on their FA will receive Healthy Living Program (HLP)/Healthy Living Program Reserves (HLPR) on-line since HAWCs are not available, IAW AFI 36-2905, para 5.2.4.

**C. Physical Training Leaders (PTL) will:**

1. Complete initial PTL certification prior to overseeing and conducting the unit FP. When it is not feasible to receive classroom training, complete the virtual training course on the AF Portal, when available. Since Fitness Assessment Cells (FACs) do not exist in the AOR, the PTL will fulfill the roles of the FAC. PTLs must maintain a minimum satisfactory score on their FA.
2. Lead Commander-approved unit PT program. Coordinate with their home station FAC, if needed, to establish appropriate fitness programs for the environment/unit needs.
3. Conduct all portions of the FA to include unofficial practice tests and review completed Fitness Screening Questionnaire (FSQ) prior to members performing the FA. Anyone who meets criteria per the screening questionnaire must receive medical clearance prior to testing OR any fitness program.
4. Document FA results on a hard copy score sheet, sign the score sheet, and obtain member's signature acknowledging each fitness component score and overall FA score. Provide a copy of the signed score sheet to member for their records and to the PERSCO or AFFOR/A1 staff for Air Force Fitness Management System (AFFMS) update (reference para 4 below).

**D. Medical Group will:**

1. Evaluate members who present with positive screenings indicating need for medical evaluation.
2. As an Exercise Physiologist (EP) is not available in the deployed environment to write prescriptive exercise program, the provider will note physical limitations in AHLTA,

write a note for member's UFPM of these restrictions, and refer for additional evaluation/treatment as needed.

4. Upon completion of an FA, the PTL will forward the signed score sheet to PERSCO to coordinate with the home station FAC (or UFPM at locations who do not have a FAC) to have the score(s) loaded into AFFMS. For permanent party personnel assigned in the AOR, PERSCO will forward the signed score sheet to AFFOR/A1 to update scores into AFFMS. AEWs may create unit specific score sheets; adding additional information needed to ensure scores have been sent to the home unit. The local Military Treatment Facility is the approval authority for all medical determinations related to FAs and fitness participation.
5. Questions regarding this policy may be addressed to USAFCENT/A1P, DSN: 965-3039, or e-mailed to [USAFCENTA1RP@afcent.af.mil](mailto:USAFCENTA1RP@afcent.af.mil).

  
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