



## Physical Readiness Tests



A component of professionalism in a military residency is adherence to physical fitness standards. Not only does maintenance of physical fitness allow the military medical officer to be ready to perform their duties in strenuous environmental conditions, but it also demonstrates a commitment to health to a resident's patients and their families. The requirements for each service differ slightly:

### Army

Name: **Army Physical Fitness Test (APFT)** : phased out as of April 2020  
Frequency: twice yearly (spring and fall)  
Cardiovascular: 2 mile run  
Strength: 2 minute situps and 2 minute pushups  
Body-Size: Must meet height and weight requirements  
Uniform: black and yellow Army PT uniform with reflective belt

New Physical Fitness Test for the Army: **Army Combat Fitness Test (ACFT)**  
6 Components:  
3 repetition dead lift, standing power throw, hand release push-up, sprint-drag-carry, leg tuck, 2-mile run (minimum requirements determined by MOS)  
Some details are TBD, please see the latest at: <https://www.army.mil/acft/>  
Expected to be test of record: October 2020

### Navy

Name: **Physical Fitness Test (PFT)**  
Frequency: twice yearly (spring and fall); if score > outstanding, then annually 1.5 mile run,  
Cardiovascular: 500 m swim, or timed elliptical or treadmill  
Strength: 2 minute situps and 2 minute pushups  
Body-Size: Must meet weight and body fat requirements  
Uniform: blue and gold PT uniform

### Air Force

Name: **Physical Fitness Test (PFT)**  
Frequency: April and October; if score > 90, then annually  
Cardiovascular: 1.5 mile run  
Strength: 1 minute situps and 1 minute pushups  
Body-Size: Waist-measurement, height and weight  
Uniform: Air Force PT Uniform

Failure to pass the ACFT/PRT by the end of each academic year could result in the resident's placement on an administrative leave of absence (LOA) for 90 days or until the resident passes the ACFT/PRT. During this time, the resident cannot participate in any patient care duties and the resident's primary duty is physical readiness. This would result in an extension in training and could adversely effect duty assignments after graduation. Failure to meet weight standards or failure to pass the ACFT/PRT will jeopardize chances of future promotions and make you ineligible for various medical bonuses. Failure without a subsequent pass disqualifies a resident from participating in the match for fellowships. The services take ACFTs/PRTs very seriously. It is important that you know your service-specific requirements and that you take the responsibility of fulfilling those requirements. If you suspect that there will be problems passing the ACFT/PRT or meeting weight standards, please discuss the issue with your advisor or the program director so we can help you prepare for the ACFT/PRT. Please watch your email for notification about when physical readiness testing will be done. It is your responsibility to comply with physical readiness standards and testing.

*Updated May 2020*