

11D PAM 1-201
COMMAND INSPECTION CHECKLIST

FUNCTIONAL AREA: Training	CHAPTER: 9 SECTION: D	DATE OF REVISION: 1 SEP 02
PROPONENT/PHONE NO: G3 Training 350-6101	PROGRAM/ACTIVITY/TOPIC (PAT) Army Physical Fitness Test (APFT)	UNIT INSPECTED/DATE:

ITEM	GO	NO-GO
<p>1. Discussion: The Army Physical Fitness Test evaluates the physical readiness of individual soldiers.</p> <p>2. References:</p> <ul style="list-style-type: none"> a. AR 350-1 w/Ch 1, 01 AUG 83, Army Training. b. AR 350-41, 19 MAR 93, Training in Units. c. USAREUR Reg 350-1, 22 JUL 02, Training in USAREUR. d. USAREUR Pam 350-1-1, 24 MAY 96, USAREUR Guide to Training. e. FM 21-20 w/Ch 1-2, 30 Sep 92, Physical Fitness Training. f. V Corp Policy Letter # 10, Physical Training f. AR 600-9, Army Weight Control Program g. V Corps Policy Letter #17, Weight Control h. 11D Policy Letter #17, Weight Control <p>3. Specific Questions:</p> <ul style="list-style-type: none"> a. Are there a sufficient number of evaluators to administer the test? (FM 21-20, CH 14-8) b. Is the 2-mile run conducted on a level, measured course? (FM 21-20, CH 14-9) c. Is the proper equipment used? (FM 21-20, CH 14) d. Are grader/scorers fully knowledgeable on scoring the events? (FM 21-20, CH 14-8) e. Do grader/scorers read instructions before each event? (FM 21-20, CH 14-8) f. Are the graders using proper timing techniques? (FM 21-20, CH 14-13) g. Did 90% of the personnel taking the APFT meet the required score of 60 points per event and 180 points overall? (FM21-20, CH 14-8) h. Does the unit put soldiers who exceed their screening table weight and body fat standards IAW AR 600-9 on the overweight program? (AR 600-9, V Corps Policy #17, 11D Policy #17) i. Does the unit remove soldiers from the overweight program once they have achieved their body fat standards IAW AR 600-9? (AR 600-9, V Corps Policy #17, 11D Policy #17) j. Does the unit refer soldiers to a health care facility for evaluation or reevaluation after two consecutive weigh-ins without satisfactory progress? (AR 600-9, USAUER Reg 350-1-1, AR 350-41, AR 350-1) k. If soldiers fail to make satisfactory progress on the overweight program in 6-months (excepting a medical condition) does the unit process their separation? (AR 600-9, AR 350-41, AR 350-1) l. Do commanders/ supervisors provide educational and motivational programs to encourage soldiers to attain and maintain proper weight/ body fat? (AR 600-9, AR 350-1, AR 350-41) m. Is physical fitness training scheduled 4 days a week from 0630- 0730? Do all assigned soldiers participate in unit physical fitness training? (FM 21-20 USAUER Reg 350-1-1, AR 		

350-41, AR 350-1, V Corps Policy letter # 10)

- n. Does the unit physical fitness program cover cardio respiratory endurance, flexibility, aerobic conditioning, muscular strength and endurance? (FM 21-20, V Corp Policy #10)
- o. Does the physical fitness training session consist of:
 - Warm-up? (FM 21-20, CH 2-4)
 - Conditioning drills, to include push-ups and sit-ups? (FM 21-20, CH 2-3)
 - Run? (FM 21-20, CH 2-4)
 - Cool down? (FM 21-20, CH 2-4)
- p. Are all soldiers assigned to unit administered the APFT at least twice a year with a minimum of 4 months separating record tests? (FM 21-20, AR 350-1, AR 35-41, V Corps Policy letter #10)
- q. Are soldiers who fail a record APFT for the first time or fail to take the APFT within the required period flagged according to AR 600-8-2?
- r. Do soldiers who achieve an APFT score of 300 receive certificates? (V Corps Policy letter #10)
- t. Does the unit have a Master Fitness Trainer (MFT) assigned? (AR 350-1, USAEUR Reg 350-1, USAEUR Pam 350-1-1)
- u. Does the MFT design and maintain the unit physical fitness programs? (AR 350-1, USAEUR Reg 350-1, USAEUR Pam 350-1-1)
- v. Does the MFT prescribe exercise and fitness techniques to assist soldiers in determining, achieving, and maintaining an appropriate personal weight goal? (AR 600-9 AR 350-1, USAEUR Reg 350-1, USAEUR Pam 350-1-1)
- w. Does the unit have a special fitness program for soldiers who cannot participate in the unit physical fitness program because of a valid profile and who have difficulty meeting unit and Army standards? (AR 350-41, paragraph 9)
- x. Is there a unit special fitness program tailored to meet individual's needs to overcome specific physical weaknesses? (FM 21-20, AR 350-1, USAEUR Reg 350-1, USAEUR Pam 350-1-1)
- y. Is the special physical fitness program separate and distinct from the Weight Control Program? (AR 600-9 AR 350-1, USAEUR Reg 350-1, USAEUR Pam 350-1-1)
- z. Is the special fitness program non-punitive in nature? (FM 21-20, AR 600-9, AR 350-1, USAEUR Reg 350-1, USAEUR Pam 350-1-1)

ITEM	GO	NO GO
<p>Rating standard (Functional Area: Army Physical Fitness Test)</p> <ul style="list-style-type: none"> • Commendable – 90% of all items receive a “GO” rating. • Satisfactory – 75%-89% of all items receive a “GO” rating. • Needs Improvement – 74% and below of all items receive a “GO”. <hr/> <p><u>Inspector’s comments mandatory for all “NO GO” items. (Attach additional sheets if necessary.)</u></p>		

NOTES:

VERIFICATION

X _____
Unit POC's Signature, Name Rank, Date

X _____
Inspector's Signature, Name Rank, Date