



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
UNITED STATES MILITARY ACADEMY
West Point, New York 10996

MACC-P

15 July 2003

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: The Fall Army Physical Fitness Test (APFT)

1. The Department of Physical Education (DPE) will administer the Fall Army Physical Fitness Test (APFT) to all Classes in Gillis Field House according to the following schedule:

<u>Class</u>	<u>Date</u>	<u>Report Time</u>	<u>Class</u>	<u>Date</u>	<u>Report Time</u>
First	22 September	1310, 1500	Second	24 September	1310, 1500
First	23 September	1310, 1500	Second	25 September	1310, 1500
Third	22 September	0740, 0950, 1310, 1500	Fourth	22 September	0845, 1050
Third	23 September	0740, 0950, 1310, 1500	Fourth	23 September	0845, 1050

Cadets will be seated at the APFT site for an initial in-brief NLT their designated PE Hour report time. Cadets without an assigned PE class period will report to the APFT test site for testing during any one of the four periods scheduled for their class. Cadets with legitimate conflicts (e.g., Guard Duty) may test at any one of the scheduled reporting times.

2. The APFT is a three event, cumulative score test consisting of push-ups (two minute time limit), sit-ups (two minute time limit), and a two mile run. Cadets must obtain a minimum of 60 points in each event and a total of 180 points in order to pass the test. To obtain the Army Physical Fitness Badge (APFB) a cadet must score a minimum of 90 points on each event for a total of 270 points or above. For badge purposes only, those points above 100 on any event will not contribute to the overall total.

3. Cadets who possess a valid medical excuse from the USMA Surgeon will inform their Company Physical Development Officer and will report in prescribed uniform with their medical excusal to the test site at the scheduled reporting time. DPE Personnel will evaluate all medical excusals at the test site and will re-schedule cadets to take the make-up APFT, an alternate test or other option in accordance with current testing policy. It is the responsibility of each cadet to call the Testing Office (3320) to schedule a make-up if an emergency situation precludes their attendance.

4. The uniform for the APFT, to include cadets on medical excusal, is serviceable Gym Alpha with running shoes. ODIA equipment of any type (e.g., shirts, sweat shirts) is not authorized. The only jewelry authorized for wear during the APFT is a wristwatch.

FOR THE MASTER OF THE SWORD:

GREGORY L. DANIELS
LTC, FA
Deputy Director, DPE

DISTRIBUTION:

2 ea. Director, DPE	1 ea. BTO	1 ea. RTO, TAC
2 ea. Director, ODIA	2 ea. Dean	1 ea. Provost Marshall