

**BY ORDER OF THE COMMANDER  
LUKE AIR FORCE BASE (AETC)**

**DEPARTMENT OF THE AIR FORCE  
MANUAL 36-2905**



**LUKE AIR FORCE BASE  
Supplement**

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**Personnel**

**DEPARTMENT OF THE AIR FORCE  
PHYSICAL FITNESS PROGRAM**

**COMPLIANCE WITH THIS PUBLICATION IS MANDATORY**

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This supplement implements and extends Department of the Air Force Manual (DAFMAN) 36-2905, *Department of the Air Force Physical Fitness Program*. It applies to all personnel attached or assigned to the 56th Fighter Wing (56 FW), including tenant units, Air Force Reserve and Air National Guard members who accomplish fitness assessments on Luke AFB. Refer recommended changes and questions about this publication to the OPR using the DAF Form 847, *Recommendation for Change of Publication*; route DAF Forms 847 from the field through the appropriate functional chain of command. Ensure all records generated as a result of processes prescribed in this publication adhere to Air Force Instruction (AFI) 33-322, *Records Management and Information Governance Program*, and are disposed in accordance with the Air Force Records Disposition Schedule, which is located in the Air Force Records Information Management System. The authorities to waive wing, unit, delta or garrison level requirements in this publication are identified with a Tier ("T-0, T-1, T-2, T-3") number following the compliance statement. Submit requests for waivers through the chain of command to the appropriate tier waiver approval authority or alternately to the publication OPR for non-tiered compliance items. See DAF Manual (DAFMAN) 90-161, *Publishing Processes and Procedures*, for a description of the authorities associated with the tier numbers. The use of the name or mark of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the Air Force.

### ***SUMMARY OF CHANGES***

**This publication has been revised to include the following changes.** The changes include: updated the reference used due to new DAFMAN 36-2905. Updated and added paragraphs 2.22.4; 2.22.5.; 2.22.6.; 2.22.7.; 2.22.8.; 2.24.13.; 2.25.8.; 2.25.9.; 3.5.2.5.3; 3.5.2.5.4.; 3.11.5.4.; 3.11.5.5.; and 3.11.5.6.

2.22.4. **(Added)** FAC PTL Augmentation Staffing. Military PTLs from units that utilize the FAC will augment the FAC and administer PFAs. For continuity purposes, the PTLs will be assigned to the FAC on a 30-day rotation. PTLs assigned to the 944 FW will augment their FAC and administer PFAs on a rotational basis as deemed appropriate by the 944 FW FAC Manager.

2.22.5. **(Added)** FAC PTL Group Quota. The FAC PTL quota is as follows: 56th Fighter Wing (FW) - 1 Male, 56th Mission Support Group (MSG) - 1 Male and 1 Female, 56th Operations Group (OG) - 1 Male, 56th Maintenance Group (MXG) - 3 Male and 1 Female, 56th Medical Group (MDG) - 1 Male.

2.22.6. **(Added)** FAC PTL Schedule 56 FW, 56 MSG, and 56 MDG provides the necessary personnel for months of January, March, May, July, September, and November. 56 MXG and 56 OG provide necessary personnel for the months of February, April, June, August, October, and December.

2.22.7. **(Added)** FAC PTL Augmentee Requirements. Minimum PFA score must be 75 points or above, maintains proper training (ensures tester can properly demonstrate each component IAW DAFMAN 36-2905), provides following documents to the FAC: Proof of PTL training, written order (Attachment 4), and current CPR training.

2.22.8. **(Added)** FAC PTL Augmentee Training. Will go over the proper assessment procedures as well as local assessment instructions prior to administering any PFAs with the FAC Manager.

2.24.13. **(Added)** Fitness Assessment Cell (FAC) Manager Responsibilities. Unit Fitness Program Managers (UFPMs), Unit Fitness Assessment Cell (UFACs), and Fitness Assessment Cell (FAC) Physical Training Leaders (PTLs) on Physical Fitness Assessment (PFA) policies and metrics. The 944th Fighter Wing (944 FW) will take on the FAC Manager responsibilities for their assigned traditional reservists on unit training assemblies.

2.25.8. **(Added)** Ensure every unit has a UFPM assigned and ensure compliance with DAFMAN 36- 2905. All new UFPMs are required to receive proper training through the FAC within 30 days of appointment letter.

2.25.9. **(Added)** Ensure their respective groups provide the required number of FAC PTLs.

3.5.2.5.3. **(Added)** Diagnostic Physical Fitness Assessments (DPFA)

3.5.2.5.4. **(Added)** Earliest a member may take a DPFA is any PFA administered before the 16<sup>th</sup> day of the calendar month the member is due that is listed in myFitness.

3.11.5.4. **(Added)** Runners. The order of PFA with individuals testing with the 1.5 mile run as their cardio assessment is as follows: check-in, height/weight, Muscular Strength, Core Endurance, and then Cardiorespiratory.

3.11.5.5. **(Added)** Walkers. The order of FA with individuals walking for the cardio assessment is as follows: check-in, height/weight, Muscular Strength, Core Endurance, and then Cardiorespiratory.

3.11.5.6. **(Added)** 20 Meter High Aerobic Multi-Shuttle Run (20m HAMR). The order of the PFA with individuals testing on the 20m HAMR as their cardio assessment is as follows: Check-in, height/wight, Muscular Strength, Core Endurance, and then Cardiorespiratory.

JASON M. RUESCHHOFF  
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**Attachment 1****GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References***

DAFMAN 36-2905, *Department of the Air Force Physical Fitness Program*, 21 April 2022

AFI 33-322, *Records Management and Information Governance Program*, 23 March 2020

***Adopted Form***

DAF Form 847, *Recommendation for Change of Publication*

***Abbreviations and Acronyms***

**AFB**—Air Force Base

**AFI**—Air Force Instruction

**AFRIMS**—Air Force Records Information Management System

**ANG**—Air National Guard

**CPR**—Cardiopulmonary Resuscitation

**DAFMAN**—Department of the Air Force Manual

**DPFA**—Diagnostic Physical Fitness Assessment

**FA**—Fitness Assessment

**FAC**—Fitness Assessment Cell

**FSS**—Force Support Squadron

**FW**—Fighter Wing

**MDG**—Medical Group

**MSG**—Mission Support Group

**MXG**—Maintenance Group

**OG**—Operations Group

**OPR**—Office of Primary Responsibility

**PFA**—Physical Fitness Assessment

**PTLs**—Physical Training Leaders

**RDS**—Records Disposition Schedule

**UFAC**—Unit Fitness Assessment Cell

**UFPM**—Unit Fitness Program Manager