



FA Alternate Component Frequently Asked Questions

Current as of 14 Dec 2021

FA Alternate Component Frequently Asked QUESTIONS:

Q1: How long is the cool down for the HAMR assessment?

A1: IAW DAFMAN 36-2905, 3.2.9, *“A minimum three minute rest period is required between components.”* The same rest period is required for all new components.

Q2: What are the minimum number of PTL’s required for the HAMR?

A2: The image in the training slides that shows 4 PTLs, it is meant to show LINE JUDGES. Like all other components, only one PTL is required to be available; however, use local conditions to determine how many line judges/assessors are needed for each situation.

Q3: Are headphones allowed during the HAMR test?

A3: Testers can use ONE earbud at their own risk. If the tester cannot adequately hear the HAMR recording, it is their responsibility to remove the headphone/earbud.

Q4: During the Hand Release Push-up and Cross Leg Reverse Crunch how many warnings terminate the test?

A4: As with all counting & monitoring, *“If the Airman breaks correct form, the counter or monitor repeats the last correct number.”* (DAFMAN 3.7.1.4) There is no limit to warnings, but if it is done incorrectly the rep simply doesn’t count.

Q5: What is the resting position for the Cross Leg Reverse crunch?

A5: The start position is the official resting position: *The member will lie on their back on a flat, level surface, legs straight, and feet on the ground. Arms are crossed over the chest with open hands or fingers touching the shoulders or upper chest. Hands can’t grab the shirt.*

Q6: While performing the Cross Leg Reverse Crunch, if the member repeats the same repetition on the same side? Does this count?

A6: No. This would be an incorrect form per DAFMAN 3.7.1.4 and not count.

Q7: During the Plank, can the member adjust their arms 1 to 2 inches without having their test terminated?

A7: So long as the primary plank position is maintained, adjustments are allowed.

Q8: During the Plank Can members use elbow pads or cushions besides the mat?

A8: So long as the pad/cushion does not impact the form of the plank, they are allowed, however, they will NOT be provided by the FAC.

Q9: Is there an order for testing or can they do whichever component first?

A9: IAW DAFMAN 36-2905, *3.2.7 *“Official PFA test component order: muscular fitness components must precede the aerobic fitness components.*



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Q10: Can the WG/CC push back the start time if needed for the new components?

A10: Air Force-wide implementation of these components is 1 January 2022.

Q11: How can HAMR courses get approved?

A11: All Basketball Courts in good repair are authorized for immediate use (to include civilian Fitness Centers for GSUs). No external agencies are required to validate or measure the 20 Meter line (if using tape to mark lines). Any location/surface that is not a Basketball Court (such as a parking lot, hanger, etc...) in good repair must be approved by the Installation Commander IAW DAFMAN 36-2905, 2.11.11, *“Implements certification and recertification of aerobic component tracks or courses. Certification and recertification must be in conjunction with local CES, FSS, and Wing Safety established procedures.”*

Q12: Will units/bases get additional manning to support new components?

A12: FAC manning based on the WG/CC augmentation program, and the number of augmnetees required should be determined at that level. However, the new components were designed in a manner that do not require any influx of manning

Q13: When will the training videos and be available for PTLs and UFMPs to review?

A13: All training aids are located here: <https://cs2.eis.af.mil/sites/10042/Pages/FitnessSports/FAC.aspx>

Q14: Can members do a diagnostic test with the new options?

A14: Yes, the Alternate Components can be done during a diagnostic after the January 1st release date.

Q15: Can a member be “forced” to take an alternative component? For example: If weather prohibits a 1.5 mile run outside and no indoor track is available, can members be forced to take the HAMR?

A15:

RegAF: No. These are meant to be options for the member. Weather cancellation will result in the member being able to reschedule and choose their cardio option.

ANG: No. These are meant to be options for the member. Weather cancellation will result in the member being able to reschedule no later than the next drill period.

Reserve: If weather prohibits outdoor assessments and no certified indoor track is available, they will have to take the HAMR assessment.

Example: A weather waiver no longer gives a 6-month exemption.

Q16: Can we get a breakdown of the times for the HAMR levels?

A16: Each level is approximately 1 minute. If you divide the number of shuttles on the level by 60 seconds, that will give you the approximate time allowance per shuttle.



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Q17: How should we handle profiles that do not mention the alternative components? Likewise, if a member is on a profile for a standard push-up, can they be forced to choose an alternative exercise?

A17: If the profile does not mention an alternative component for muscular/endurance/cardio then presume they CANNOT conduct the alternative component. HOWEVER, if the profile does mention a specific alternative component they CAN do, member MUST test with the component listed on their profile.

For example, if the profile states they are exempt from ANY muscular exercise (push-ups), and **does not** specifically state that an alternative (HRPU) is authorized, the member is exempt from ALL muscular components.

AF 469 verbiage examples:

Example 1

FITNESS RESTRICTIONS:

Member IS NOT cleared to test on 1.5 mile run
Member IS NOT cleared to test on 2 km walk
Member IS NOT cleared to test on push-ups
Member IS NOT cleared to test on situps.

Action: Member is fully exempt. Enter 6-month Composite exemption

Example 2

FITNESS RESTRICTIONS:

Member IS NOT cleared to test on 1.5 mile run
Member IS NOT cleared to test on 2 km walk
Member IS cleared to test on push-ups
Member IS cleared to test on situps.

Action: Member is exempt from all cardio (including HAMR), but may select HRPU or Push-ups for Muscular portion or CLRC/Timed Plank for the Endurance portion.

Example 3

FITNESS RESTRICTIONS:

Member IS NOT cleared to test on 1.5 mile run
Member IS NOT cleared to test on 2 km walk
Member IS NOT cleared to test on HRPU
Member IS cleared to test the 20M HAMR
Member IS cleared to test on push-ups
Member IS cleared to test on situps.

Action: Member MUST test HAMR for Cardio portion and MUST test Push-ups for Muscular portion. Member may select between Sit-ups/CLRC/Timed Plank for the Endurance portion.



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Q18: What are the alternate cardio and strength components? How did the AF determine these?

A18: The alternate components are the 20-meter High Aerobic Multi-shuttle Run (20M HAMR), hand release push-up, plank and cross-leg reverse crunch. Scientific and analytic outcomes were followed based on Air Force field testing to help inform decisions. Determining the new components was a Total Force effort, led by exercise science professionals.

Q19: Why did we announce the alternative options July 2021?

A19: Announcing the alternative options approximately six-months prior to January 2022 provided a heads-up to allow Airmen to explore these alternatives while we tested and refined the score tables. Unlike the other services, the Air Force did not have an adaption period; instead, from July 2021 to December 2021 was considered the adaptation or break-in period.

Q20: Why are we implementing these alternative components—was there an issue with the current PT test?

A20: The current PT test limits Airmen on what options they have available. Increasing the number of options is in response to Airmen's requests and the demands of today's operational environment.