



Air Force Instruction AFI 36-2905 Fitness Program Including 3 January 2013 Changes (Paperback)

By United States Government Us Air Force

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The United States Air Force USAF Physical Fitness Program is fully detailed in AFI 36-2905 including: Chapter 1: Responsibilities Chapter 2: Fitness Assessment Chapter 3: Fitness Assessment Waivers Chapter 4: Exemptions Chapter 5: Physical Fitness Education/Intervention Chapter 6: Special Populations Chapter 7: Program Management Chapter 8: Fitness Metrics Chapter 9: Administrative and Personnel Actions Attachment 1: Glossary of References and Supporting Information Attachment 2: Physical Fitness Guidelines Attachment 3: Sample Unit Physical Fitness Programs Attachment 4: Fitness Screening Questionnaire Attachment 5: ARC Fitness Test Deferral Guidance Attachment 6: ARC Fitness Deferral Follow Up Questionnaire Attachment 7: Muscle Fitness Assessment Procedures Attachment 8: 1.5 Mile Run and 1.0 Mile Walk Course Requirements Attachment 9: DOD Waiver From Body Fat Methodology Attachment 10: REGAF Sample Memorandum for Medical Clearance Attachment 11: ARC Sample Memorandum for Medical Clearance Attachment 12: Sample Memo for TDY/PME Attachment 13: Medications Affecting Fitness Program Participation Attachment 14: Fitness Assessment Score Charts Attachment 15: 1.0 Mile Timed Walk Instructions Attachment 16: Alternate Aerobic Test Standards; 1.0 Mile Walk Test Minimum Component Values Attachment 17: Alternate

Reviews

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It is fantastic and great. It is really simplified but unexpected situations from the 50 % in the ebook. I discovered this ebook from my dad and i suggested this book to learn.

-- **Dr. Luna Skiles**