

Fitness Assessment Cell

All PFAs are scheduled through UFPMs

Hours of Operation

Fitness Assessment Cell
Mon - Fri: 0730-1600
Holidays & Down Days: Closed

October 2021

Phone: 687-2869

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|---|--|
| | | | | 1 FAC Testing: 0800 1000 1200 |
| 4 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) | 5 FAC Testing: 0800 1000 1200 1100 (Walk/Run exemptions Only) 1000 PTL-B Training 1500 Boot Camp | 6 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) | 7 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) 1500 Boot Camp | 8 FAC Testing: 0800 1000 1200 |
| 11 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) | 12 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) 1000 PTL-B Training 1500 Boot Camp | 13 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) | 14 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) 1500 Boot Camp | 15 FAC Testing: 0800 1000 1200 |
| 18 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) | 19 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) 1000 UFPM Training 1500 Boot Camp | 20 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) | 21 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) 1500 Boot Camp 1515 FTAC | 22 FAC Testing: 0800 1000 1200 |
| 25 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) | 26 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) 1500 Boot Camp | 27 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) | 28 FAC Testing: 0800 1000 1200 1100(Walk/Run exemptions Only) 1500 Boot Camp 1515 FTAC | 29 EOM |

Whiteman Fitness Assessment Cell

Running Clinic*

Strength Clinic*

BE FIT

Boot Camp

UFPM

PTL-B

PTL-A

CPR

All 2 classes are located in the Fitness Center

Running Clinic: By appointments only

Learn how to gain strength, speed, and flexibility to become a more efficient runner, geared towards FA.

Strength Clinic: By appointments only

Learn how to gain strength, endurance and stability to become more efficient in performing the strength components of the FA.

Mock Test: By TSgt Lin

A Mock PT test conducted just like the real deal, with waist measurement push-ups, sit-ups, and the 1.5 mile run.

Boot Camp: By TSgt Lin

Build strength and fitness through a variety of different exercises.

Instructor: TSgt Lin

Location: PDC RM 213

A class for those who wish to become a Point of Contact for their unit in regards towards Fitness Assessments and Physical Training (P.T.). All individuals are required to have completed the PTL A & B course and CPR training prior to arriving to this session. This session will go over the meaty details of how to process any individual's Fitness

Assessment so please come prepared. Note taking is recommended.

Instructor: TSgt Lin

Location: PDC RM 213

Are you wanting to become your squadron representative for Fitness Monitor? Is your squadron wanting to eventually commence Fitness Testing within their unit? By completing your Physical Training Leader Advanced (video on AETC gateway), Basic Life Support Training (CPR), and keeping a satisfactory Fitness Assessment score you are eligible for the qualifications! On arrival, please be prepared with your PTL A certificate and a scanned copy of your CPR card or 593 training roster so that you can begin your training!

Instructor: ONLINE

Location: YOUR OFFICE

UFPM'S email FAC at fac2@us.af.mil to request PTL-A training slides.

FAC SharePoint: <https://usaf.dps.mil/sites/whiteman/509bw/msg/fss/fsv/fsvs/fac/lists/calendar/allitems.aspx?InitialTabId=Ribbon%2ERead&VisibilityContext=WSSTabPersistence>

Instructor: MDG

Location: Medical

Bi-Annual Requirement-registration available via MDG Share Point

<https://usaf.dps.mil/sites/Whiteman/509BW/MSG/FSS/FSV/FSVS/FAC/SitePages/Home.aspx>

