

HEADQUARTERS FOURTH AIR FORCE
Office of the Director of Physical Training
San Francisco, California

(X:hc)

353.8 (Phys. Trg.)

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FOURTH AIR FORCE PHYSICAL ACHIEVEMENT TEST

Manual for Administration

1. GENERAL:

The Fourth Air Force Physical Achievement Test will be used in all units of the Fourth Air Force. This is in compliance with A.A.F. Regulation No. 50-14 and Headquarters Fourth Air Force Memorandum No. 50-13.

2. PURPOSES AND USES OF THIS TEST:

a. To determine the physical condition of personnel at the time this test is first administered.

b. To measure progress or retrogression in the physical condition of individuals, and entire units, by repeating the tests at specified intervals.

c. To determine the type and amount of exercise to be prescribed for those individuals and units falling below the established standards.

d. To provide information to Commanding Officers, Flight Surgeons and Physical Training Officers that will be of value in planning an appropriate physical training program for officers and men.

e. To stimulate and maintain a keener interest on the part of both officers and enlisted men in their own physical condition and in the physical training program.

3. AUTHORIZATION:

The test will be conducted under the supervision of the Base or Group Physical Training Officer. It will be administered every 60 days to all flying officers below the rank of colonel and to all flying enlisted personnel of tactical groups and separate tactical squadrons. All other enlisted personnel will be given the test every 90 days. It is recommended that this test be administered to all other officers where practicable, as determined by Commanding Officers. Results of this test will be recorded as part of the permanent record of all personnel tested.

Doc Allen