



Development and Field Testing of the Army Combat Fitness Test (ACFT)

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Agenda

- Previous Army Physical Fitness Test
- Development of the Army Combat Fitness Test
 - Baseline Soldier Readiness Study
- Results from the field testing the Army Combat Fitness Test
 - Before and after field testing the Army Combat Fitness Test



Previous Test of Record: Army Physical Fitness Test

- The Army Physical Fitness Test (APFT) was initiated in 1980.
 - 2-mile run for time
 - Maximum push-ups in 2 minutes
 - Maximum sit-ups in 2 minutes
- APFT concerns over the last couple of decades:
 - The ability to meet the APFT standards may not adequately measure a Soldier's physical capability to conduct critical military operations.



Baseline Soldier Physical Readiness Study

- In 2012, the Chief of Staff of the Army (CSA) directed the execution of a more comprehensive scientific study of physical assessments, with the Commanding General of the U.S. Army Training and Doctrine Command as the lead.
- Purpose: Develop a physical readiness test or tests that accurately predict Soldier performance on warrior tasks and battle drills (WTBD).



Baseline Soldier Physical Readiness Minimum Requirements

- To be successful, the minimum requirements of the Baseline Soldier Physical Readiness Test must identify:
 - The component physical demands of combat/WTBD.
 - Field-expedient events that replicate physical demands of Soldiers in combat and baseline Soldier skills required to perform WTBD.
 - Field-expedient events that accurately predict ability to execute relevant combat tasks in WTBD.
 - Minimum threshold of performance necessary to execute WTBD.



Five Phases of the Soldier Baseline Study

- Phase I: Study Plan Development
- Phase II: WTBD Physical Demands Analysis
- Phase III: Test Development
- Phase IV: Test Validation – transitioned to ACFT
- Phase V: Develop the Standards



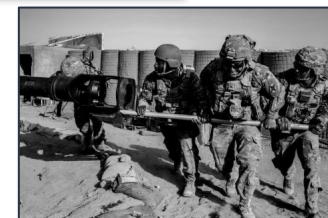
Phase II: WTBD Physical Demands Analysis (1 of 2)

- Purpose: To break down each WTBD into its component physical parts to identify, describe, and quantify those aspects of physical fitness relevant to performing WTBD.
 - Determine and analyze physical requirements of WTBD.
 - Conduct literature review of physical fitness and performance of military tasks.
 - Review these requirements.



Phase II: WTBD Physical Demands Analysis (2 of 2)

- Approximately 113 Warrior Skill Level Tasks were listed within 18 subject areas in the *Soldier's Manual of Common Tasks: Warrior Skills Level 1*, August 2015 (i.e., move under direct fire, navigate from one point on the ground to another point while dismounted, react to hand-to-hand combat...).
- Focus groups and electronic surveys inquiring about physically demanding, commonly occurring, and critical WTBD were administered to Soldiers.
- The 113 WTBD were delimited to 11 WTBD based on feedback from Soldiers and subject matter experts; from this, the research team established 5 common warrior task constructs.



Phase II WTBD Physical Demands Analysis: Five Warrior Task Constructs

- Five warrior task constructs:
 1. Move over long distances under heavy loads.
 2. Build a hasty fighting position.
 3. Move over/under/around/through obstacles on uneven/urban terrain.
 4. React to hand-to-hand contact (combatives).
 5. Extract and transport a casualty.



Example – Phase II WTBD Physical Demands Analysis: Five Warrior Task Constructs

- React to hand-to-hand contact (combative simulation)
 - Physical Capacity Characteristics:
 - Push power (upper/lower body)
 - Pull power (upper/lower body)
 - Grip strength
 - Speed
 - Lifting power
 - Rotational power
 - Possible Simulations:
 - 450-pound (lb), 55-gallon (gal.) barrel turn
 - Tire flip
 - Power throw
 - Weighted sled drag



Phase II WTBD Physical Demands Analysis: Systematic Review

- Identify and review existing data on the relationships between physical fitness tests and the performance of military-relevant tasks.
- Military-relevant tasks were defined as land-based operations and tasks most commonly expected of deployed U.S. Army Soldiers. These tasks are Army WTBD, which are fundamental combat skills in which all Soldiers must be proficient to fight and win on the battlefield.
- Four systematic review subject areas were identified:
 - Subject #1: Lab and field tests to assess physical fitness
 - Subject #2: Correlations between physical fitness tests and performance of military-relevant tasks
 - Subject #3: Association of military-relevant task performance and injury
 - Subject #4: Association of components of physical fitness and injury



Phase II WTBD Physical Demands Analysis: Systematic Review Summary

Articles/Studies	Subject 1 Task → Fitness	Subject 2 Fitness tests	Subject 3 Task → Injury	Subject 4 Fitness → Injury	TOTALS
# Literature search finds	17,404	31,566	6,001	2,513	57,484
# Duplicates removed	-3,472	-23,421	-1,063	-633	-28,589
# Title/Abstracts reviewed	13,932	8,145	4,938	1,880	28,895
# Exclusion removals	-13,473	-7,988	-4,708	-1,657	-27,826
# Full-text from literature	189	157	230	223	799
# Additional from SMEs	+84	na	+7	+5	+96
# Total full-text reviews	273	157	237	228	895
# Excluded after full review	-240		-213	-62	-515
# Studies selected (data extracted, quality scored)	33		24	166	223
# Removed (data limitation)	-6		na		-6
# Added (from references)	na		+5		5
# Total Studies (data used)	27	157	29	166	379



Example – Subject Area 1: Lab vs. Field Tests to Assess Physical Fitness (1 of 2)

- Aerobic Tests – Gold Standard: Measured VO_2 max performed on treadmill. Timed runs and multistage stage shuttle runs showed excellent reproducibility and good-to-excellent validity when correlated with VO_2 max.
- Anaerobic Tests – Gold Standard: Wingate Test. Sprints and shuttle runs showed excellent reproducibility and fair-to-good validity when correlated with VO_2 max.
- Muscular Strength and Endurance Tests – Gold Standard for Muscular Strength: one repetition maximum. There is no Gold Standard for muscular endurance.
 - One repetition maximum, horizontal jump, dips, hand grip strength, pull-ups and flexed arm hang, squats, push-ups, and rope climb showed excellent reproducibility.
 - Maximum repetitions and sit-ups had fair to good reproducibility.



Example – Subject Area 1: Lab vs. Field Tests to Assess Physical Fitness (2 of 2)

- Functional Tests – No Gold Standard.
 - Agility and hop tests showed excellent reproducibility.
 - Obstacle course:
 - No reproducibility measurements performed.
 - Performance was found to have fair-to-good validity when correlated with VO_2 max.
 - Equipment needed and more difficult to administer.



Phase III: Test Development

- Construct a WTBD functional proxy simulation test that reflects the physical demands of the five WTBD/common Soldier tasks constructs.



WTBD Course Layout

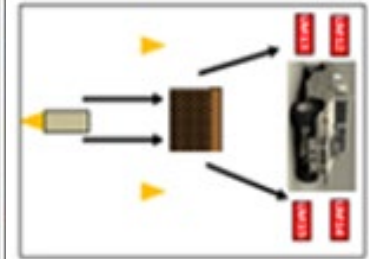
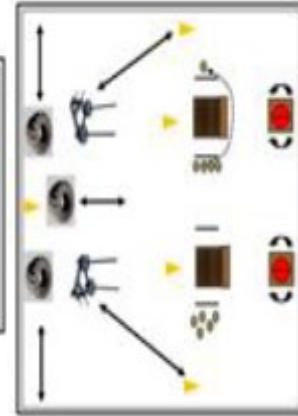
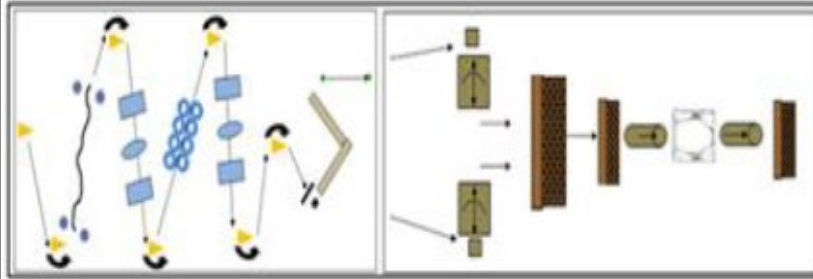
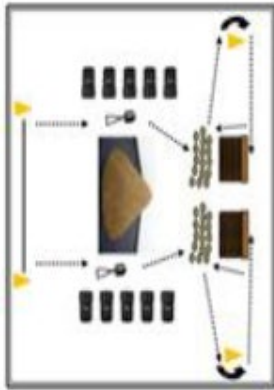
Prepare a Fighting Position

Move Over/Under/Around/Through Obstacles

Perform Combatives

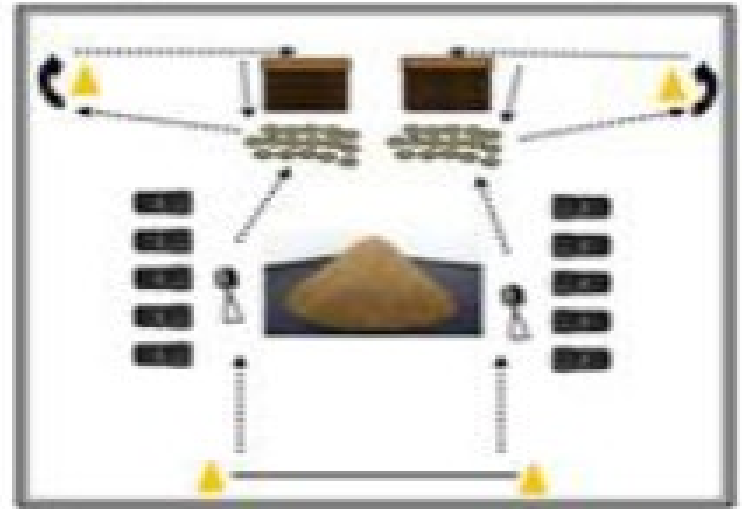
Casualty Extraction and Drag

S
T
A
R
T



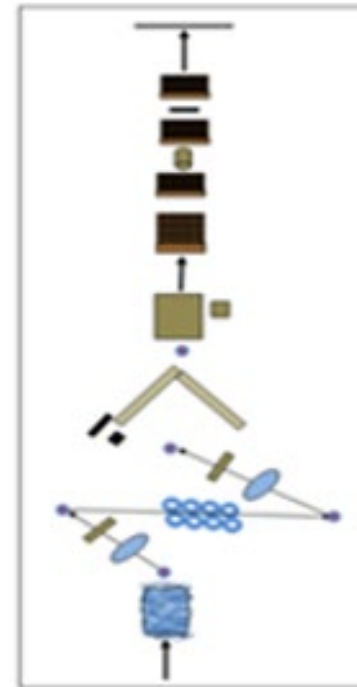
WTBD Course – Prepare a Fighting Position

- Fill 5, 5-gallon buckets with sand.
- Carry and stack 16, 40-pound sandbags from the ground to a platform 32 inches high located 10 meters away.



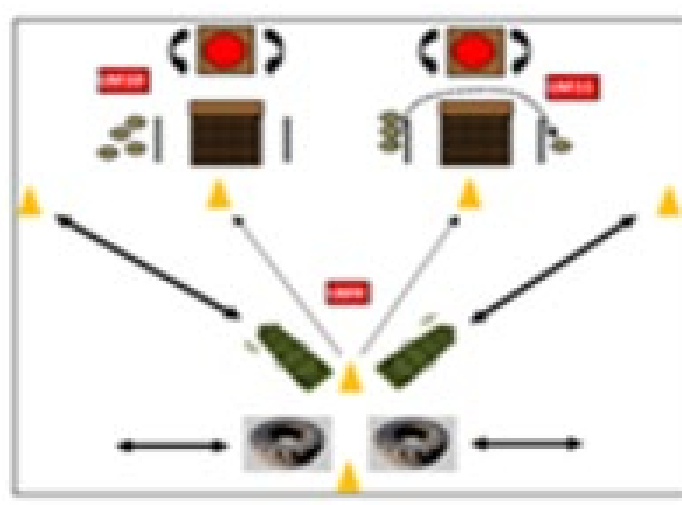
WTBD Course – Move Over/Under/Around/Through Obstacles

- 75 meters of obstacles:
 - Sprint 15 meters
 - High crawl 10 meters
 - Zigzag run 45 meters while jumping over 4 low obstacles, 2 simulated ditches, and negotiating 8 tires
 - Transverse a 24-foot, v-shaped balance beam while carrying an automatic weapon and ammo can (20 lbs. each)
 - Sprint 10 meters
 - Lift a 50-pound ruck sack onto a 4-foot platform and back down to the ground
 - Over and under barriers as well as through a tunnel and window



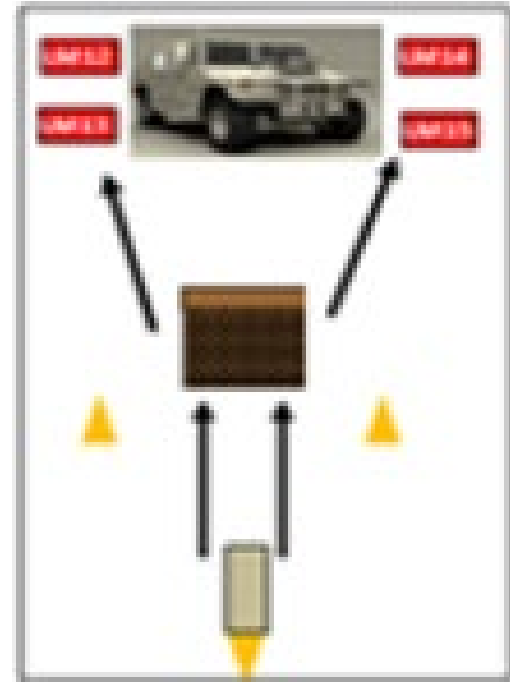
WTBD Course – Perform Combatives

- Flip a 107-pound tire 4 times.
- Drag a 163-pound weighted sled 5 meters.
- Lift and throw 5, 30-pound sandbags over a 54-inch wall behind a 1-meter restraining line.
- Barrel turn – Rotate or spin a 300-pound barrel 2 times to the right and 2 times to the left.



WTBD Course – Casualty Extraction and Drag

- Begin in a prone position
- 5-meter sprint to barrier, take a knee and look around barrier
- 5-meter crouch run to HUMVEE
- Extract training dummy (182 pounds) from HUMVEE
- Drag training dummy 20 meters
- Sprint 60 meters to complete course



Phase IV: Test Validation

- Predictive Validation – Administer the WTBD proxy simulation test and the 23 common physical fitness tests.
- The 23 common physical fitness tests were selected based on the results of the systematic review.



Phase IV Test Validation Field-Expedient Test Events (1 of 3)

- Measures of Muscular Strength:
 - Sumo squat
 - Bench press
 - Hexbar deadlift
 - Leg tuck
 - Pull-ups
- Measures of Explosive Power:
 - Standing long jump
 - Vertical jump
 - 20-pound power throw
 - 50-meter sled push
 - 50-meter power drag
- Measures of Muscular Endurance:
 - Dips
 - Bench press endurance
 - Push-ups
 - Kettlebell squat endurance
 - Modified sit-ups
 - Weighted trunk rotations
 - Modified ab rower
 - Sit-ups

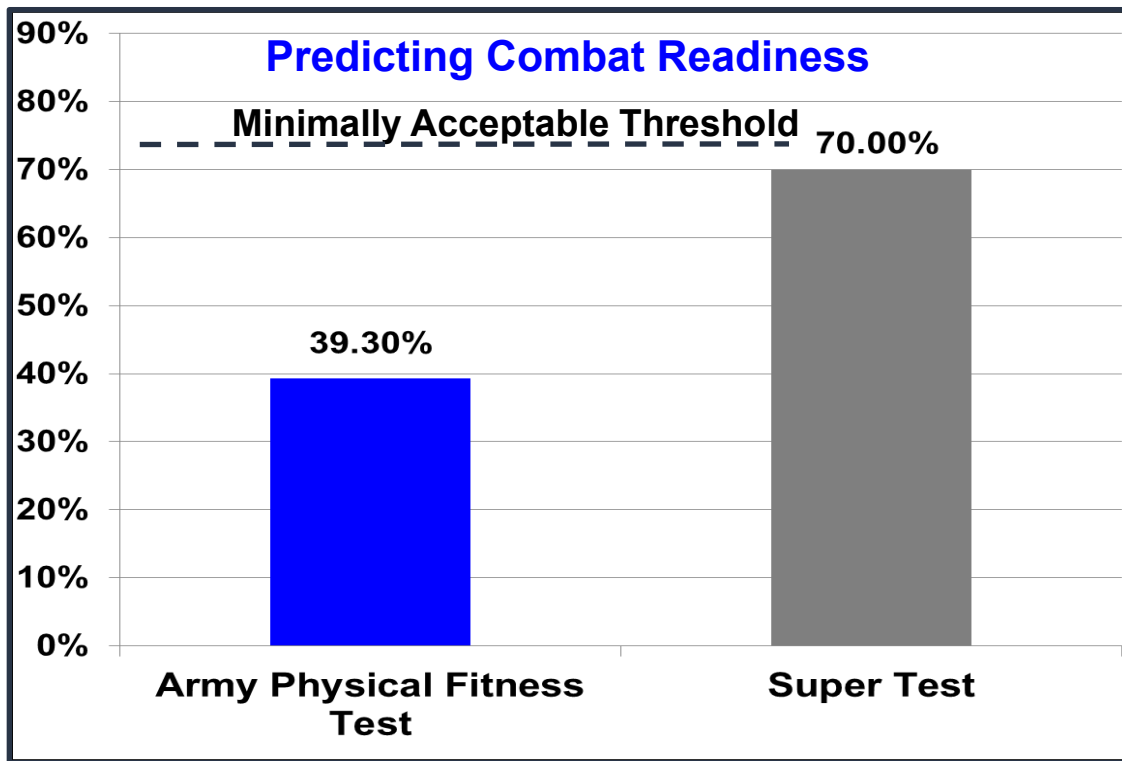


Phase IV Test Validation Field-Expedient Test Events (2 of 3)

- Measures of Cardiovascular Endurance:
 - 2-mile run
- Measures of Speed and Agility:
 - 21-pound loaded shuttle run
 - 300-meter shuttle run
 - Illinois agility test
 - 400-meter sprint



Phase IV Test Validation Field-Expedient Test Events (3 of 3)



Army Combat Fitness Test Events (1 of 2)



Improving Health and Building Readiness. Anytime, Anywhere — Always



Army Combat Fitness Test Events (2 of 2)

- ACFT assesses physical readiness

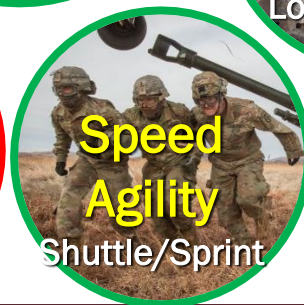
(across five components of physical fitness required for combat-specific physical task performance)

1980 Army Physical Fitness Test



2017 Army Combat Readiness Test

1980 APFT measures about **40%** of ability to perform WTBD



ACFT measures about **81%** of ability to perform WTBD

Phase V: Develop the Standards

- ACFT - First implemented as an age- and gender-neutral test
- ACFT - Current test is age- and gender-specific

ACFT 3.0							
6 Event standard							
Moderate level is the Army Minimum standard to be a Soldier							
Plank is added as an alternative event scaled from 0-100 points							
No requirement for MOS / AOC ACFT performance							
Points	MDL	SPT	HRP	SDC	LTK	Plank	2MR
100	340	12.5	60	1:33	20	4:20	13:30
99		12.4	59	1:36		4:17	13:39
98		12.2	58	1:39	19	4:14	13:48
97	330	12.1	57	1:41		4:11	13:57
96		11.9	56	1:43	18	4:07	14:06
95		11.8	55	1:45		4:04	14:15
94	320	11.6	54	1:46	17	4:01	14:24
93		11.5	53	1:47		3:58	14:33
92	310	11.3	52	1:48	16	3:54	14:42
91		11.2	51	1:49		3:51	14:51
90	300	11.0	50	1:50	15	3:48	15:00
89		10.9	49	1:51		3:44	15:09
88	290	10.7	48	1:52	14	3:41	15:18
87		10.6	47	1:53		3:38	15:27
86	280	10.4	46	1:54	13	3:35	15:36
85		10.3	45	1:55		3:31	15:45
84	270	10.1	44	1:56	12	3:28	15:54
83		10.0	43	1:57		3:25	16:03
82	260	9.8	42	1:58	11	3:21	16:12
81		9.7	41	1:59		3:18	16:21
80	250	9.5	40	2:00	10	3:15	16:30
79		9.4	39	2:01		3:12	16:39
78	240	9.2	38	2:02	9	3:08	16:48
77		9.1	37	2:03		3:05	16:57
76	230	8.9	36	2:04	8	3:02	17:06
75		8.8	35	2:05		2:58	17:15
74	220	8.6	34	2:06	7	2:55	17:24
73		8.5	33	2:07		2:52	17:33
72	210	8.3	32	2:08	6	2:49	17:42
71		8.2	31	2:09		2:45	17:51
70	200	8.0	30	2:10	5	2:42	18:00
69		7.8	28	2:14		2:39	18:12
68	190	7.5	26	2:18	4	2:35	18:24
67		7.1	24	2:22		2:32	18:36
66		6.8	22	2:26		2:29	18:48
65	180	6.5	20	2:30	3	2:26	19:00
64	170	6.2	18	2:35		2:22	19:24
63	160	5.8	16	2:40		2:19	19:48
62	150	5.4	14	2:45	2	2:16	20:12
61		4.9	12	2:50		2:12	20:36
60	140	4.5	10	3:00	1	2:09	21:00
59				3:01		2:06	21:01
58				3:02		2:03	21:03

Points	Max Deadlift (MDL) - Three-Repetitions (LBS)																Points			
	17-21	22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F		
100	340	210	340	230	340	230	340	230	340	210	340	210	330	180	290	150	230	170	230	100
99	330	200	330	220	330	220	330	220	330	200	320	200	320	180	280	140	220	160	220	99
98	320	190	320	210	320	210	320	210	320	190	310	190	310	170	270	130	210	150	210	98
97	310	180	310	200	310	200	310	200	310	180	300	180	300	160	260	120	200	140	200	97
96	300	170	300	190	300	190	300	180	300	170	290	170	290	150	250	110	190	130	190	96
95	290	160	290	180	290	180	290	170	280	160	280	160	280	140	240	100	180	120	180	95
94	280	150	280	170	280	170	280	160	270	150	270	150	270	130	230	90	170	110	170	94
93	270	140	270	160	270	160	270	150	260	140	260	140	260	120	220	80	160	100	160	93
92	260	130	260	150	260	150	260	140	250	130	250	130	250	110	210	70	150	90	150	92
91	250	120	250	140	250	140	250	130	240	120	240	120	240	100	200	60	140	80	140	91
90	240	110	240	130	240	130	240	120	230	110	230	110	230	90	190	50	130	70	130	90
89	230	100	230	120	230	120	230	110	220	100	220	100	220	80	180	40	120	60	120	89
88	220	90	220	110	220	110	220	100	210	90	210	90	210	70	170	30	110	50	110	88
87	210	80	210	100	210	100	210	90	200	80	200	80	200	60	160	20	100	40	100	87
86	200	70	200	90	200	90	200	80	190	70	190	70	190	50	150	10	90	30	90	86
85	190	60	190	80	190	80	190	70	180	60	180	60	180	40	140	0	80	20	80	85
84	180	50	180	70	180	70	180	60	170	50	170	50	170	30	130	0	70	10	70	84
83	170	40	170	60	170	60	170	50	160	40	160	40	160	20	120	0	60	0	60	83
82	160	30	160	50	160	50	160	40	150	30	150	30	150	10	110	0	50	0	50	82
81	150	20	150	40	150	40	150	30	140	20	140	20	140	0	100	0	40	0	40	81
80	140	10	140	30	140	30	140	20	130	10	130	10	130	0	90	0	30	0	30	80
79	130	0	130	20	130	20	130	10	120	0	120	0	120	0	80	0	20	0	20	79
78	120	0	120	10	120	10	120	0	110	0	110	0	110	0	70	0	10	0	10	78
77	110	0	110	0	110	0	110	0	100	0	100	0	100	0	60	0	0	0	0	77
76	100	0	100	0	100	0	100	0	90	0	90	0	90	0	50	0	0	0	0	76
75	90	0	90	0	90	0	90	0	80	0	80	0	80	0	40	0	0	0	0	75
74	80	0	80	0	80	0	80	0	70	0	70	0	70	0	30	0	0	0	0	74
73	70	0	70	0	70	0	70	0	60	0	60	0	60	0	20	0	0	0	0	73
72	60	0	60	0	60	0	60	0	50	0	50	0	50	0	10	0	0	0	0	72
71	50	0	50	0	50	0	50	0	40	0	40	0	40	0	0	0	0	0	0	71
70	40	0	40	0	40	0	40	0	30	0	30	0	30	0	0	0	0	0	0	70
69	30	0	30	0	30	0	30	0	20	0	20	0	20	0	0	0	0	0	0	69
68	20	0	20	0	20	0	20	0	10	0	10	0	10	0	0	0	0	0	0	68
67	10	0	10	0	10	0	10	0	0	0	0	0	0	0	0	0	0	0	0	67
66	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	66
65	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	65
64	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	64
63	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	63
62	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	62
61	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	61
60	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	60
59	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	59
58	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	58



Summary of Selected Results from the ACFT Evaluation

- The ACFT was initially field tested (1 October 2018 – September 2019) and consisted of the following events: deadlift, power throw, hand release push-ups, sprint-drag-carry, leg tuck, and 2-mile run.
- The following are selected results for men and women who completed both the baseline and follow-up survey.
- **Unit physical training after the ACFT implementation:**
 - Men spent more time performing cross-training and resistance training and less time performing calisthenics.
 - Women spent more time performing resistance training and less time running.



Unit Physical Training for Men After Field-Testing the ACFT

Unit PT (Men)	n	Before field-testing the ACFT	n	After field-testing the ACFT	p-value (t-test)
Run – Minutes per week	581	68.6±33.4	484	65.5±48.1	0.22
Sprinting – Minutes per week	578	44.5±37.2	484	42.1±35.1	0.28
Calisthenics – Minutes per week	575	51.8±49.6	484	44.4±45.0	0.01
Cross-Training – Minutes per week	571	42.6±42.1	484	50.9±49.8	<0.01
Agility Training – Minutes per week	574	30.1±36.0	484	31.6±35.6	0.50
Resistance – Minutes per week	574	43.1±47.8	484	53.3±57.5	<0.01
Total Exercise Time per week	581	281.1±130.5	484	294.0±130.5	0.11



Unit Physical Training for Women After Field-Testing the ACFT

Unit PT (Women)	n	Before field-testing the ACFT	n	After field-testing the ACFT	p-value (t-test)
Run – Minutes per week	146	65.7±35.3	110	56.5±35.3	0.04
Sprinting – Minutes per week	152	41.4±34.0	110	46.7±37.6	0.23
Calisthenics – Minutes per week	151	41.2±48.6	110	46.0±43.9	0.32
Cross-Training – Minutes per week	152	45.3±48.3	110	56.0±50.5	0.08
Agility Training – Minutes per week	151	25.7±35.3	110	29.8±36.2	0.36
Resistance – Minutes per week	153	38.7±46.7	110	63.5±59.4	<0.01
Total Exercise Time per week	154	256.3±132.1	110	300.8±129.0	<0.01



Summary of Selected Results – Injury

- Injury after the field-testing the ACFT:
 - Musculoskeletal injuries increased after field-testing the ACFT for 1 year.
 - For men, weight training injuries increased while running injuries decreased.
 - Low performance on five of the six ACFT events for men and two of the six ACFT events for women was associated with greater musculoskeletal injury risk when compared to high performers controlling for age and body mass index (BMI).
 - Men – deadlift; hand release push-up; sprint, drag and carry; leg tuck; 2-mile run
 - Women – sprint, drag, and carry; 2-mile run



Percent of Soldiers Injured Before and After Field-Testing the ACFT for 1 Year

Medical Record MSK Injury (1 year)	n	Before field-testing the ACFT	After field-testing the ACFT
Men	871	40.8%	47.6%*
Women	263	46.0%	55.9%*

MSK = musculoskeletal

*Chi-Square $p < 0.05$



Self-Reported Injury Activity for Men (Top 5) After Field-Testing the ACFT

Injury Activity (Men)	Before field-testing the ACFT		After field-testing the ACFT	
	n	% Injured	n	% Injured
Weightlifting	35	17.5	70	28.3*
Running	69	34.5	56	22.7*
Sports/Recreation	18	9.0	15	6.1
Occupational Injuries	11	5.5	15	6.1
Other Physical Training	7	3.5	12	4.9

*Chi-Square $p < 0.05$



Self-Reported Injury Activity for Women (Top 5) After Field-Testing the ACFT

Injury Activity (Women)	Before field-testing the ACFT		After field-testing the ACFT	
	n	%	n	%
Running	27	38.0	29	36.7
Weightlifting	14	19.7	16	20.3
Other Physical Training	4	5.6	6	7.6
Occupational Injuries	1	1.4	4	5.1
Foot Marching	5	7.0	2	2.5



Association of Each ACFT Event with Musculoskeletal Injury Risk, Controlling for Age and Body Mass Index (Men) (1 of 2)

Men				
	Performance Quartile	n	Odds Ratio (95%CI)	p-value
Deadlift (pounds)	≤190	433	1.51 (1.16–1.96)	<0.01
	191–235	516	1.20 (0.94–1.54)	0.15
	236–295	537	1.00	
	≥296	513	1.08 (0.84–1.39)	0.55
Standing Power Throw (meters)	≤8.20	484	1.16 (0.89–1.52)	0.27
	8.20–9.30	479	1.09 (0.84–1.42)	0.52
	9.31–10.50	525	0.95 (0.74–1.23)	0.70
	≥10.51	460	1.00	
Hand Release Push-Ups (reps)	≤29	464	1.55 (1.20–2.02)	<0.01
	30–35	576	1.20 (0.94–1.54)	0.15
	36–42	441	1.24 (0.95–1.62)	0.11
	≥43	474	1.00	



Association of Each ACFT Event with Musculoskeletal Injury Risk, Controlling for Age and Body Mass Index (Men) (2 of 2)

Men				
	Performance Quartile	n	Odds Ratio (95%CI)	p-value
Sprint-Drag-Carry (minutes)	≥2.06	473	1.38 (1.06–1.81)	0.02
	1.88–2.05	479	1.10 (0.84–1.43)	0.49
	1.69–1.87	523	1.10 (0.85–1.43)	0.47
	≤1.68	442	1.00	
Leg Tuck (repetitions)	≤3	456	1.51 (1.15–1.97)	<0.01
	4–6	522	1.06 (0.82–1.36)	0.68
	7–11	530	1.12 (0.87–1.43)	0.39
	≥12	502	1.00	
2-Mile Run ² (minutes)	≥18.04	459	1.31 (1.00–1.72)	0.05
	16.73–18.03	457	1.33 (1.02–1.74)	0.04
	15.43–16.72	462	1.05 (0.80–1.37)	0.73
	≤15.42	466	1.00	



Association of Each ACFT Event with Musculoskeletal Injury Risk, Controlling for Age and Body Mass Index (Women) (1 of 2)

Women				
	Performance Tertile	n	Odds Ratio (95%CI)	p-value
Deadlift (pounds)	≤140	105	0.96 (0.57–1.62)	0.87
	141–170	119	1.21 (0.74–2.00)	0.45
	≥171	138	1.00	
Standing Power Throw (meters)	≤5.10	135	1.25 (0.75–2.06)	0.39
	5.20–6.10	126	1.37 (0.82–2.27)	0.23
	≥6.2	122	1.00	
Hand Release Push-Ups (repetitions)	≤19	104	1.16 (0.69–1.98)	0.58
	20–28	142	1.50 (0.92–2.24)	0.10
	≥29	129	1.00	



Association of Each ACFT Event with Musculoskeletal Injury Risk, Controlling for Age and Body Mass Index (Women) (2 of 2)

Women				
	Performance Tertile	n	Odds Ratio (95%CI)	p-value
Sprint-Drag-Carry (minutes)	≥2.54	137	2.16 (1.29–3.62)	<0.01
	2.24–2.53	118	1.91 (1.12–3.25)	0.02
	≤2.23	110	1.00	
Leg Tuck (repetitions)	0	225	1.35 (0.81–2.25)	0.25
	1–3	79	1.18 (0.63–2.18)	0.61
	≥4	87	1.00	
2-Mile Run ² (minutes)	≥18.93	127	2.17 (1.26–3.75)	<0.01
	17.24–18.92	120	1.59 (0.92–2.75)	0.09
	≤17.23	99	1.00	



Summary of Selected Results – Human Performance

Human performance after field testing the ACFT:

Soldiers with a higher percentage of body fat had greater absolute strength but lower aerobic capacity compared to Soldiers with less body fat.



Body Weight Categories and Average Age, Physical Characteristics, 2-Mile Run Times, and Deadlift Performance (Men)

Men								
Weight Category (pounds)	Age (years)	Height (inches)	%Body Fat	Fat Mass (pounds)	Lean Mass (Body Weight–Fat Mass)	2-Mile Run Time (minutes)	Deadlift (pounds)	% Body Weight Deadlifted
≤ 150	25.4±5.5	67.2±2.6	14.4±3.3	20.4±5.3	120.2±7.0	16.4±2.3	204.5±44.3	1.46±0.31
151–160	26.0±6.9	68.0±2.3	17.6±2.5	27.6±4.0	129.2±4.6	16.5±2.1	221.0±48.2	1.41±0.31
161–170	27.4±7.6	69.1±2.4	18.8±2.7	31.3±4.6	135.6±4.6	16.5±2.2	233.0±55.3	1.40±0.33
171–180	28.4±7.6	69.4±2.3	20.4±2.5	36.1±4.6	140.6±4.6	16.5±1.9	242.7±57.7	1.37±0.32
181–190	29.9±7.8	69.9±2.3	21.9±2.4	40.7±4.6	145.6±4.5	16.7±2.1	250.8±56.9	1.35±0.31
191–200	30.2±7.4	70.6±2.3	22.8±2.2	44.9±4.5	151.5±4.9	17.2±2.2	251.4±61.6	1.28±0.31
201–210	30.6±8.3	71.3±2.3	23.7±2.2	49.0±4.7	157.4±4.6	17.3±2.4	265.6±63.2	1.29±0.31
≥ 211	32.0±7.4	72.1±2.3	26.0±2.3	59.8±8.1	169.2±9.0	17.9±2.4	267.8±63.4	1.17±0.28



Body Weight Categories and Average Age, Physical Characteristics, 2-Mile Run Times, and Deadlift Performance (Women)

Women								
Weight Category (pounds)	Age (years)	Height (inches)	%Body Fat	Fat Mass (pounds)	Lean Mass (Body Weight– Fat Mass)	2-Mile Run Time (minutes)	Deadlift (pounds)	% Body Weight Deadlifted
≤ 120	26.0±7.1	61.8±2.5	25.6±3.6	29.0±5.2	83.7±5.2	18.4±1.8	152.3±21.8	1.34±0.18
121–130	26.2±6.9	63.4±2.2	28.6±2.8	36.4±3.6	91.0±3.7	18.3±2.2	162.7±23.8	1.28±0.19
131–140	26.9±6.5	64.1±2.4	30.5±2.6	41.7±3.6	95.1±4.1	18.2±2.3	163.0±29.1	1.19±0.21
141–150	26.9±6.1	64.9±2.6	31.9±2.7	46.7±4.1	99.6±4.4	17.9±2.1	171.6±31.4	1.17±0.21
151–160	28.2±7.2	65.4±2.0	33.7±2.2	52.6±3.9	103.5±3.4	18.4±2.0	171.0±36.7	1.10±0.23
161–170	29.3±6.2	66.8±3.0	34.4±3.0	57.2±5.3	108.9±4.8	19.1±2.6	165.3±30.1	1.00±0.18
≥171	29.8±6.9	67.7±2.7	36.5±2.2	66.7±5.7	115.7±7.2	18.8±2.2	192.3±45.7	1.05±0.24



Overall Summary

- The previous Army Physical Fitness Test is a poor predictor of WTBD/CST performance $R^2=0.39$.
- The new Army Combat Physical Fitness Test is a relatively good predictor of WTBD/CST performance $R^2=0.81$.
- Physical fitness standards changed from an age- and gender-neutral test to an age- and gender-specific test.
- Injury rates, resistance training time, and resistance training injuries increased after ACFT implementation.



QUESTIONS



Improving Health and Building Readiness. Anytime, Anywhere — Always

