



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

By United States Government Us Air Force

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. 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 Aerobic...

Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- **Jamil Collins**

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- **Brian Bauch**