

Fitness Assessment Cell

All PFAs are scheduled through UFPMs

Hours of Operation

Fitness Assessment Cell Mon
- Fri: 0730-1500
Holidays & Family Days: Closed

APRIL 2022

Phone: 687-2869

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 0600-Fitness Improvement Plan 0900 - Alt Component Training
4 0600-Fitness Improvement Plan FAC PFA -0800 -1000 -1200 1500-Fitness Improvement Plan	5 0900-PTL-B PDC Rm 203	6 0600-Fitness Improvement Plan FAC PFA -0800 -1000 -1200 1500-Fitness Improvement Plan	7 1500-PTL-B PDC Rm 203	8 0600-Fitness Improvement Plan 0900 - Alt Component Training
11 0600-Fitness Improvement Plan FAC PFA -0800 -1000 -1200 1500-Fitness Improvement Plan	12 0900-PTL-B PDC Rm 203	13 0600-Fitness Improvement Plan FAC PFA -0800 -1000 -1200 1500-Fitness Improvement Plan	14 1500-PTL-B PDC Rm 203	15 0600-Fitness Improvement Plan 0900 - Alt Component Training
18 0600-Fitness Improvement Plan FAC PFA -0800 -1000 -1200 1500-Fitness Improvement Plan	19 0900-PTL-B PDC Rm 203	20 0600-Fitness Improvement Plan FAC PFA -0800 -1000 -1200 1500-Fitness Improvement Plan	21 1500-PTL-B PDC Rm 203	22 0600-Fitness Improvement Plan 0900 - Alt Component Training
25 0600-Fitness Improvement Plan FAC PFA -0800 -1000 -1200 1500-Fitness Improvement Plan	26 0900-PTL-B PDC Rm 203	27 0600-Fitness Improvement Plan FAC PFA -0800 -1000 -1200 1500-Fitness Improvement Plan	28 1500-PTL-B PDC Rm 203	29 0600-Fitness Improvement Plan 0900 - Alt Component Training

Whiteman Fitness Assessment Cell

FITNESS IMPROVEMENT PLAN

Fitness Improvement Plan: By FAC Team

Physical conditioning program that highlights total fitness to include aerobic conditioning, strength and flexibility training to improve Physical Fitness Assessment performance

UFPM and UFAC

Instructor: FAC Team Location: PDC, Room 203

A class for those who wish to become a Point of Contact for their unit in regards towards maintaining unit PFA schedule, pulling unit fitness report, PTLs management, and providing PT-related knowledge . 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 handle and process unit PFA, and maintain FIP case file. It also teaches PFA input processes, creating PFA schedule through MyFitness, fitness assessment appealing processes, and other PFA management procedures.

PTL-B

Instructor: FAC Team Location: PDC, Room 203

Do you want to become your squadron representative for your unit's PFAs? Make sure you have your Physical Training Leader Advanced certificate, Cardiopulmonary resuscitation(CPR) certificate, and maintaining a minimum of satisfactory Fitness Assessment scores, to be eligible to become your unit's PTL! On PTL-B training day, please bring a copy of your CPR certificate or 593 training roster.

PTL-A

Instructor: ONLINE Location: YOUR OFFICE

Please contact your UFPM to request for PTL-A training slides. PTL-A slides are also available at: <https://usaf.dps.mil/sites/Whiteman/509BW/MSG/FSS/FSV/FSVS/FAC/Shared%20Documents/Forms/AllItems.aspx?View=%7BC3A74B8B%2DD625%2D49BC%2DB2F0%2D2E54426C21A4%7D&InitialTabId=Ribbon%2ERead&VisibilityContext=WSSTabPersistence>

