

# Fitness Assessment Cell

All PFAs are scheduled through UFPMs

## Hours of Operation:

Fitness Assessment Cell  
Monday-Friday: 0600-1500  
Holidays & Family Days: Closed

# MARCH 2023

**Phone: 687-2869**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

		<b>1</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 FAC PFA - 2300 1500 – Fitness Improvement Program	<b>2</b> 1500-PTL-B PDC Rm 203 (Available for Augmentees)	<b>3</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200
<b>6</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program	<b>7</b> 0900-UFAC PDC Rm 203 (Available for Augmentees)	<b>8</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program	<b>9</b> 1500-UFAC PDC Rm 203 (Available for Augmentees)	<b>10</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200
<b>13</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program	<b>14</b> 0900-UFPM PDC Rm 203 (Available for Augmentees)	<b>15</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program	<b>16</b> 1500-UFPM PDC Rm 203 (Available for Augmentees)	<b>17</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200
<b>20</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program	<b>21</b> 0900-PTL-B PDC Rm 203 (Available for Augmentees)	<b>22</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 FAC PFA - 2300 1500 – Fitness Improvement Program	<b>23</b> 0900- CPR/AED Aerobics Room 1500-PTL-B PDC Rm 203 (Available for Augmentees)	<b>24</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200
<b>27</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 1500 – Fitness Improvement Program	<b>28</b> 0900-UFAC PDC Rm 203 (Available for Augmentees)	<b>29</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200 FAC PFA - 2300 1500 – Fitness Improvement Program	<b>30</b> 1500-UFAC PDC Rm 203 (Available for Augmentees)	<b>31</b> 0600 – Fitness Improvement Program FAC PFA – 0800 FAC PFA – 1000 FAC PFA – 1200

# Whiteman Fitness Assessment Cell

## FITNESS IMPROVEMENT PROGRAM

### **Fitness Improvement Program: 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

### **Instructor: FAC Team Location: PDC, Room 203**

A class for those who are appointed by their unit commander. Must be an NCO or above. Additional UFPM's may be a lower grade if they are working directly under the supervision of an NCO. This class will go over the requirements and responsibilities of what a UFPM will consist of to include ensuring members are scheduled for PFA's, informing members of FIP requirements, and serving as a liaison between the unit commander, UFAC and FAC.

## UFAC

### **Instructor: FAC Team Location: PDC, Room 203**

A class for those appointed by their unit commander that opted to perform PFA's internally. All individuals must be an NCO or above. This session will go over the duties and requirements of how to be a UFAC, oversee operations, and ensure all PFAs are administrated in accordance with DAFMAN36-2905.

## 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 maintain 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. (Available for augmentees)

## CPR/AED

### **Instructor: A1C Morgan Dey Location: FAC**

A class designed for those who wish to obtain there CPR certification. The purpose of the course First Aid/CPR/AED program is to help participants identify and respond appropriately to cardiac, breathing and first aid emergencies and to know how to give immediate care to a suddenly injured or ill person until more EMS arrive and take over. You will sign up by simply emailing A1C Dey @morgan.dey@us.af.mil The class is ONLY opened to the first 8 people who sign up.