

Fitness Assessment Cell

All PFAs are scheduled through UFPMs

Hours of Operation:

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

JUNE 2023

Phone: 687-2869

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 1500-UFAC PDC Rm 203	2 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000
5 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000	6 0900-UFPM PDC Rm 203	7 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000 FAC PFA - 2300 1500 – Fitness Improvement Program	8 1500-UFPM PDC Rm 203	9 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000
12 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000 1500 – Fitness Improvement Program	13 0900-PTL-B PDC Rm 203	14 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000 1500 – Fitness Improvement Program	15 1500-PTL-B PDC Rm 203	16 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000
19 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000 1500 – Fitness Improvement Program	20 0900-UFAC PDC Rm 203	21 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000 1500 – Fitness Improvement Program	22 1500-UFAC PDC Rm 203	23 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000
26 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000 1500 – Fitness Improvement Program	27 0900-UFPM PDC Rm 203 0830 – CPR/AED @FAC	28 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000 FAC PFA - 2300 1500 – Fitness Improvement Program	29 1500-UFPM PDC Rm 203	30 0600 – Fitness Improvement Program FAC PFA – 0600 FAC PFA – 0800 FAC PFA – 1000

Please Note FAC PFA Testing @2300 is Reservation Only

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 a 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 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.

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.