

Training test due once a year

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Remember when the annual physical fitness test was for record only once a year; the other semi annual was a “practice round?” The latter test was somewhat of an early warning sign of what a soldier really needed to work on for the real test.

There’s an old saying “The more things change; the more they stay the same”. Therefore, the policy on APFT has changed again.

Because of a United States Army Reserve Command policy released Jan. 19, 2001, the frequency of the record APFT as stated in regulations for USAR troop program unit (TPU) soldiers, changed from a semi-annual requirement back to an annual requirement.

Maj. Gen. John R. Tindall Jr., commanding general of the 100th Division (IT), in a letter to the eight brigades’ top command, reminded the leaders the test is their tool for measuring minimum physical fitness.

Tindall urged the use of this tool as often as necessary to ensure the thousands of 100th Division soldiers are maintaining standards that assure excellent health, both for their personal life and military readiness.

Under current regulations, all

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Training officer

commanders must administer a diagnostic and record APFT during each training year.

The commanders of the brigades in the four state area of the 100th Division must specify beforehand when the test is for record purposes.

According to the memo, received at Headquarters Company, 100th Division on Feb. 12, the Spring APFT, usually held in May, was to launch the new policy.

Capt. Angela Clark, training officer for Headquarters Company, gave her reaction to the change: “As a soldier, we all should be in good physical condition at all times because the purpose is for us as a unit to complete our war time mission.”

The new policy is actually a return to the one in place in 1998 when studies showed as we moved to a “seamless Army,” all active and reserve soldiers should be held to the same quality and quantity stan-

dards of physical fitness.

The new policy comes on the heels of growing controversy of the value of certain segments of the traditional PT test. Many letters have appeared in Army Times, a weekly non-official popular civilian publication concerning the inequity of invalid measurement criterion for upper body strength in sit ups and push ups.

According to studies released by Basic Non-Commissioned Officers Course and Primary Leadership Development Course training officials, 60 percent of incoming students were failing the mandatory APFT test, required as the first step to start the rigorous two weeks of studies and field maneuvers.

Consequently, changes were made to allow a retest within the first week of school. This increased the graduation rate of soldiers.

Soldiers can be released from their reserve obligation due to failing to meet the minimum standards of physical fitness. And, if a soldier doesn’t pass the test, that status precludes the awarding of medals, consideration for promotion and attending military schools — all variables critical to the career of a reservist.

Consequently, it behooves every enlisted soldier and officer soldier to keep fit for military and personal health reasons!

‘News of the Century’ is also on the Web

“News of the Century,” the magazine of the 100th Division (Institutional Training), is not only available in paper — like the one you’re holding — but is also available on the Internet.

Online, the magazine can be viewed at www.100thdivit.org.

That 100th Division Net site also contains links to the division’s eight brigades (six of those have Web sites, too.)

And that’s not all.

The division’s Web site contains stories and photos about soldiers in the 100th Division that are not

published in the paper version. It is updated at least monthly.

If you have an idea for a story for the Web site or the traditional magazine, please turn to page 2 of this edition for the address and telephone number for the 100th Division Public Affairs office.