



DEPARTMENT OF THE ARMY
UNITED STATES MILITARY ACADEMY
West Point, New York 10996

REPLY TO
ATTENTION OF

MACC-P

15 August 2008

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: AY 08-09 Department of Physical Education Testing Schedule

1. The APFT dates for AY 08-09 are as follows:

TEST	DATE	REPORT TIME	LOCATION
Fall Semester AY 08-09			
Fall Firstie APFT Make Ahead	25 AUG 08	1630	Gillis Field House
Fall Firstie APFT (1 st and 2 nd RGT)	8 SEP 08	1630	Gillis Field House
Fall Firstie APFT (3 rd and 4 th RGT)	9 SEP 08	1630	Gillis Field House
Fall Firstie Alternate Bike APFT*	8-9 DEC 08	1630	3 rd Floor Arvin
Fall Firstie Make-Up	12 DEC 08	1630	Gillis Field House
Spring Semester AY 08-09			
Spring Firstie APFT Make Ahead	9 JAN 09	1630	Gillis Field House
Spring Firstie APFT (3 rd and 4 th RGT)	7 APR 09	1630	Gillis Field House
Spring Firstie APFT (1 st and 2 nd RGT)	8 APR 09	1630	Gillis Field House
Spring Firstie Alternate Bike APFT*	4-5 MAY 09	1630	3 rd Floor Arvin
Spring Firstie Make-Up APFT	8 MAY 09	1630	Gillis Field House

2. The IOCT dates for AY 08-09 are as follows:

TEST	DATE	REPORT TIME	LOCATION
Corps Make ahead	10 DEC 08	1630	2nd Floor Gym
Corps IOCT (1 st and 2nd RGT)	10 FEB 09	1630	2nd Floor Gym
Corps IOCT (3 rd and 4 th RGT)	11 FEB 09	1630	2nd Floor Gym
IOCT Make-up #1**	27 MAR 09	1630	2nd Floor Gym
IOCT Make-up #2**	24 APR 09	1630	2nd Floor Gym

3. Coordinating Instructions:

* Cadets may only take a Make-Up APFT/IOCT if they have been scheduled to do so by the DPE Sports Medicine staff or have a pre-approved absence that has been coordinated with the Chief of Testing. Examples of pre-approved absences include mandatory academic trip sections and illness or injury at the time of the primary test. **Cadets who do not pre-coordinate an absence from a primary test will receive a "No Show" F for that Term APFT/IOCT.** Only cadets pre-approved by DPE Sports Medicine to take an Alternate Bike APFT will take this test. All alternate tests are scheduled via the DPE Testing Office, MAJ Fenske @ x0206.

** All cadets who fail to meet the minimum passing standard for the IOCT will attend remediation training and continue to attempt to pass the test for the remainder of the AY on scheduled make-up tests.

4. All scheduling problems must be resolved through the DPE Testing Office (x0206 or x5047) NLT two weeks prior to any test.

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- 5. See Annex A for fitness testing instructions for the APFT and IOCT.
- 6. The POC for this memorandum is MAJ Brad Fenske, DPE Chief of Testing @ x0206.

Annex A



GREGORY L. DANIELS

Colonel, Professor, USMA

Director, Department of Physical Education

DISTRIBUTION:

2 ea. Director, DPE

2 ea. Director, ODIA

1 ea. Co. PDO

1 ea. BTO

2 ea. Dean

1 ea. ODIA Facilities

1 ea. RTO, TAC

1 ea. Provost Marshal

2 ea. USCC S3

1 ea. Bde PDO

1 ea. Cdt. Health Clinic

1. APFT Instructions:

- A. Cadets will be seated at the APFT site with their card for an initial in-brief NLT 1630.
- B. The APFT is a three event, cumulative score test consisting of push-ups (two minute time limit), sit-ups (two minute time limit), and a two mile run. Cadets must obtain a minimum of 60 points in each event and a total of 180 points in order to pass the test. To obtain the Army Physical Fitness Badge (APFB) a cadet must score a minimum of 90 points on each event for a total of 270 points or above. For badge purposes only, those points above 100 on any event will not contribute to the overall total.
- C. Cadets who possess a valid medical excuse from the USMA Surgeon will inform their Company Physical Development Officer **and will report** in GYM A to the test site at the scheduled reporting time. DPE Personnel will evaluate all medical excusals at the test site and will re-schedule cadets to take the make-up APFT, an alternate test or other option in accordance with current testing policy. It is the responsibility of each cadet to call the Testing Office (x0206/x5047) to schedule a make-up if an emergency situation precludes their attendance. **Cadets on a medical excusal that requires the use of crutches may report to DPE Sports Medicine NET 2 days prior to the APFT date in order to verify their medical excusal.**
- D. The DPE Testing and Guidance Offices will prepare a by-name list of cadets who fail to show up for each AY08-09 Term APFT or fail to coordinate with the DPE Testing Office for an alternate/make-up test. The Master of the Sword will forward this list to the BTO with a recommendation for disciplinary action.
- E. The uniform for the APFT, to include cadets on medical excusal, is serviceable Gym Alpha with running shoes. ODIA equipment of any type (e.g., shirts, sweat shirts) is not authorized. The only jewelry authorized for wear during the APFT is a wristwatch.

2. IOCT Instructions:

- A. Minimum passing times for the IOCT are 3:30 for men and 5:29 for women. To obtain the IOCT TAB, men must complete the test in 2:38 while women must complete it in 3:35.
- B. All cadets must be seated in the 2nd floor gym with your card NLT 1630.
- C. The only authorized absences from the IOCT are those cadets who are on Corps Squad competition or academic trip section on the day of their test. These cadets must coordinate with the DPE Testing Office (x0206/x5047) two weeks prior to their test date. Cadets who possess a valid medical excusal from the USMA Surgeon will inform their Physical Development Officer **and will report in Gym Alpha**, to the test site at their scheduled reporting time. At that time, a DPE Trainer will determine whether the cadet will take the test that day or schedule that cadet to a Make-up IOCT. Cadets having conflicting duties (guard, etc.) during their scheduled test time must make arrangements for temporary substitutes so they can test during the published times. It is the individual cadet's responsibility to call the Testing Office to schedule a make-up if an emergency situation precludes their attendance at the test.
- D. All cadets will review the IOCT standards prior to attending the IOCT. The standards can be accessed on the DPE Website at: http://www-internal.dpe.usma.edu/testing/dpe_testing_office_Main.htm.
- E. The uniform for the IOCT, including cadets on medical excusal, is Gym Alpha with court/running shoes. ODIA equipment of any type (i.e., shorts, shirts, shoes, socks, etc.) is not authorized. Glasses will be worn with a safety strap. No jewelry of any type is permitted.
- F. All IOCT failures will attempt to pass the IOCT on a monthly basis until the completion of the Academic Year during each subsequent IOCT Make-Up Test. Cadets who fail to remediate their failure by the end of the Academic Year will attend DPE STAP (PE108) following Term End Exams and Graduation.
- G. Cadets who do not make their first attempt at the IOCT until the last regularly scheduled and subsequently fail that test will automatically attend PE108.