

3.4. Extenuating Circumstances. If FAC/UFAC staff determine extenuating circumstances prevent completion of the PFA, (e.g., rapidly changing or severe weather conditions, emergencies, injury, or travel time needed to complete other components at alternate location) then all components must be rescheduled and completed at the earliest opportunity. **(T-2).** **Note:** Reserve members will be required to complete the indoor 20m HAMR when weather conditions prohibit outdoor assessments and no indoor running track is available for the 1.5 mile run. **(T-2).** For members on an AF Form 469 authorizing the 2 kilometer walk (exempting 1.5 mile run and 20-meter HAMR), member will be required to complete a reassessment no later than the next UTA. **(T-2).** ANG members will be required to complete a reassessment no later than the next UTA and when official fitness assessment are being conducted. **(T-2).**

3.5. Fitness Assessment Composite Score.

3.5.1. The categories of PFA scores are: Excellent (≥ 90), Satisfactory (75 - 89.9), Unsatisfactory (≤ 74.9 and/or any component minimum not met), and Composite Exempt. **Note:** Members must be exempt in all three components to be entered as composite exempt in myFitness. **(T-1).**

3.5.2. Scoring.

3.5.2.1. Members receive a composite score from 0 to 100 based on the following maximum component scores: 60 points for Cardiorespiratory, 20 points for Muscular Strength, and 20 points for Core Endurance.

3.5.2.2. The 2 kilometer walk is a pass or fail assessment. No points are awarded for successful completion. If a member passes the assessment, the member will have a composite score calculated based on the assessed components in the same way the score will be calculated if the member were exempt from the cardiorespiratory component in accordance with [paragraph 3.5.3.](#) **(T-1).**

Table 3.1. Walk Standards (2 Kilometer).

Male Standards		Female Standards	
Age (yrs)	Maximum Time (mins:secs)	Age (yrs)	Maximum Time (mins:secs)
< 30	16:16	<30	17:22
30-39	16:18	30-39	17:28
40-49	16:23	40-49	17:49
50-59	16:40	50-59	18:11
60+	16:58	60+	18:53

3.5.2.3. Completing the minimum exercise repetition/duration in all fitness assessment components does not generate enough points to earn a composite score of 75 or greater. Repetition/durations below the required minimum receive a component score of zero.

3.5.2.4. Composite scores are official when entered into myFitness. Any disagreements with results must be addressed in accordance with [paragraph 8.2](#) **(T-1).**