

**JOINT BASE SAN ANTONIO**

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## **Instruction 36-1802**

### **PHYSICAL FITNESS STANDARDS AND TESTING**

**Effective Date:** 1 April 2024

**Certified by:** Col Rebecca S. Hall, 502 FSS/CC

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#### **1. PURPOSE**

This instruction establishes local procedures for physical fitness assessment scheduling, preparation, and remedial fitness programs for military personnel assigned to Joint Base San Antonio. It supplements DAFI 36-2905, Air Force Physical Fitness Program.

#### **2. FITNESS ASSESSMENT SCHEDULING**

2.1. All military personnel must complete a Physical Fitness Assessment (PFA) at least once per calendar year. Members who score 90 or above may test once every 12 months. Members scoring below 90 test every 6 months.

2.2. Assessment scheduling is managed by the Fitness Assessment Cell (FAC). Members must schedule their assessment through the myFSS portal no later than 30 days prior to their due date.

#### **3. TESTING PROCEDURES**

3.1. Assessments consist of three components: aerobic (1.5-mile run or approved alternative), push-ups, and sit-ups. All components must be completed on the same day.

3.2. Testing is conducted at the Gillum Fitness Center track (primary) or Rambler Fitness Center (alternate). Outdoor testing will be canceled if the heat index exceeds 99°F or wind chill falls below 20°F.

#### **4. REMEDIAL FITNESS PROGRAM**

Members who fail a PFA component are enrolled in the Be Well program for 90 days. The program includes mandatory fitness sessions three times per week and nutritional counseling. Members must pass a retest upon completion.

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**REBECCA S. HALL, Col, USAF**

Colonel, USAF

Commander, 502d Force Support Squadron

Date: 1 April 2024