

# Fitness Assessment Cell

All PFAs are scheduled through UFPMs

**Hours of Operation:** November 2024 **Phone: 687-5494**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 0800 FAC PFA (HAMR) 1000 FAC PFA (1.5) 1200 FAC PFA (HAMR)
<b>4</b> 0800 FAC PFA (HAMR) 1000 FAC PFA (1.5) 1200 FAC PFA (HAMR)	<b>5</b> 0900 UFAC Training 1100 CPR Class	<b>6</b> 0800 FAC PFA (1.5) 1000 FAC PFA (1.5) 1200 FAC PFA (HAMR)	<b>7</b> 1400 UFAC Training	<b>8</b> Family Day 24/7 Access Only
<b>11</b> Holiday	<b>12</b> 0900 PTL Training	<b>13</b> 0800 FAC PFA (1.5) 1000 FAC PFA (1.5) 1200 FAC PFA (HAMR) 2000 FAC PFA (HAMR)	<b>14</b> 1400 PTL Training	<b>15</b> 0800 FAC PFA (HAMR) 1000 FAC PFA (1.5) 1200 FAC PFA (HAMR)
<b>18</b> 0800 FAC PFA (HAMR) 1000 FAC PFA (1.5) 1200 FAC PFA (HAMR)	<b>19</b> 0900 UFPM Training 1100 CPR Class	<b>20</b> 0800 FAC PFA (1.5) 1000 FAC PFA (1.5) 1200 FAC PFA (HAMR)	<b>21</b> 1400 UFPM Training	<b>22</b> 0800 FAC PFA (HAMR) 1000 FAC PFA (1.5) 1200 FAC PFA (HAMR)
<b>25</b> 0800 FAC PFA (HAMR) 1000 FAC PFA (1.5) 1200 FAC PFA (HAMR)	<b>26</b> 0900 UFAC Training	<b>27</b> 0800 FAC PFA (1.5) 1000 FAC PFA (1.5) 1200 FAC PFA (HAMR)	<b>28</b> Holiday 24/7 Access Only	<b>29</b> Family Day 24/7 Access Only

## Skedda Reservation System



SCAN ME!

# Whiteman Fitness Assessment Cell

## Cardio Clinic

**Instructor: FAC Team /Location: Fitness Center Aerobics Room/Cardio Room/Track**

A group workout focused on improving participants' 1.5 mile run time and 20-meter shuttle run performance. Tracking participants' running times and shuttle completion and monitoring progress toward individual goals through regular assessments. Sign up through the Whiteman Fitness Assessment Cell [Sharepoint](#).

## Strength & Endurance Clinic

**Instructor: FAC Team /Location: Fitness Center Aerobics Room**

Participants can enhance performance in sit-ups, hand release push-ups, cross leg reverse crunches, and plank times—key components of the AF Physical Fitness Assessment (PFA). Throughout the class members will have repetitions completed in each exercise tracked and have regular assessments to measure progress. Sign up through the Whiteman Fitness Assessment Cell [Sharepoint](#).

## Mock PFA

**Instructor: FAC Team /Location: Fitness Center Aerobics Room/Track**

In this clinic, members will undergo a mock PFA, with the 1.5-mile cardio component, providing a realistic test of their fitness level. It's important to note that this clinic won't be considered an official PFA, but rather a valuable opportunity for members to gauge their performance and identify areas for improvement. Sign up through the Whiteman Fitness Assessment Cell [Sharepoint](#).

## UFPM Training

**Instructor: FAC Team /Location: Fitness Center Aerobics Room**

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. Sign up through the Whiteman Fitness Assessment Cell [Sharepoint](#).

## UFAC Training

**Instructor: FAC Team/Location: Fitness Center Aerobics Room**

A class for those appointed by their unit commander that opted to perform PFA's internally. All individuals must be an 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. Sign up through the Whiteman Fitness Assessment Cell [Sharepoint](#).

## PTL Training

**Instructor: FAC Team/Location: Fitness Center Aerobics Room**

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 maintain 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. Sign up through the Whiteman Fitness Assessment Cell [Sharepoint](#).

## CPR

**Location: Aerobics Room**

A class designed for those who wish to obtain their CPR certification. The purpose of the 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 EMS arrive and take over. Sign up through the Whiteman Fitness Assessment Cell [Sharepoint](#).