

Fitness Assessment Cell

All PFAs are scheduled through your UFPMs

Hours of Operation:
 Fitness Assessment Cell
 Monday-Friday: 0730-1630 (Winter)
 Holidays, Family, & Training Days: Closed

Phone: 687-5494

MARCH 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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| 3 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) | 4 0900 UFAC Training | 5 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) | 6 1400 UFAC Training | 7 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) |
| 10 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) | 11 0900 PTL Training 1100 Mock PFA | 12 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) 2000 FAC PFA (HAMR) | 13 1400 PTL Training | 14 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) Last Day of DPFA's |
| 17 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) | 18 0900 UFPM Training | 19 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) | 20 1400 UFPM Training | 21 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) |
| 24 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) | 25 0900 UFAC Training | 26 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) | 27 1400 PTL Training | 28 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) |
| 31 0800 FAC PFA (1.5) 1000 FAC PFA (HAMR) 1200 FAC PFA (HAMR) | | | | |

Skedda Reservation System



SCAN ME!

Whiteman Fitness Assessment Cell

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| <p>Mock PFA</p> | <p>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.</p> |
| <p>UFPM Training</p> | <p>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.</p> |
| <p>UFAC Training</p> | <p>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.</p> |
| <p>PTL Training</p> | <p>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.</p> |