



DoW INSTRUCTION 1308.03

DoW PHYSICAL FITNESS/BODY COMPOSITION PROGRAM

Originating Component: Office of the Under Secretary of War for Personnel and Readiness

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Incorporates and Cancels: Under Secretary of War for Personnel and Readiness Memorandum, “Additional Guidance on Military Fitness Standards,” December 18, 2025
Secretary of Defense Memorandum, “Military Fitness Standards,” September 30, 2025, Fitness Testing Requirements, Fitness Testing Matrix, Body Composition, and Leadership and Enforcement

Approved 8/27/2026 by: Anthony J. Tata, Under Secretary of War for Personnel and Readiness

Purpose: In accordance with the authority in DoD Directive 5124.02, this issuance:

- Establishes policy, assigns responsibilities, and prescribes procedures governing Military Service physical fitness/body composition (PF/BC) standards for the Military Services.
- Establishes the Military Service PF/BC Program and directs the annual submission of the program report to the Assistant Secretary of War for Health Affairs (ASW(HA)), and the Assistant Secretary of War for Manpower and Reserve Affairs (ASW(M&RA)).
- Implements policy for pregnancy and postpartum physical fitness tests and body composition assessments, in accordance with Section 707(c) of Public Law 117-81 and Section 602 of Public Law 118-159.

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SECTION 1: GENERAL ISSUANCE INFORMATION

1.1. APPLICABILITY.

This issuance applies to OSW, the Military Departments, the Office of the Chairman of the Joint Chiefs of Staff and the Joint Staff, the Combatant Commands, the Office of Inspector General of the Department of War, the Defense Agencies, the DoW Field Activities, and all other organizational entities within the DoW.

1.2. POLICY.

- a. All Service members will maintain physical readiness by possessing the necessary body composition, aerobic, and anaerobic fitness (which includes components of cardiorespiratory endurance, muscular strength, and muscular endurance at a minimum) to successfully perform in accordance with their Service-specific requirements, missions, and military specialties.
- b. The Military Departments will implement and monitor physical fitness programs to ensure all Service members maintain a level of physical readiness necessary to successfully perform their duties in a manner that reduces the risk of fitness-related musculoskeletal (MSK) injuries.

SECTION 2: RESPONSIBILITIES

2.1. UNDER SECRETARY OF WAR FOR PERSONNEL AND READINESS (USW(P&R)).

The USW(P&R) oversees the DoW PF/BC Program.

2.2. ASW(M&RA).

Under the authority, direction, and control of the USW(P&R), the ASW(M&RA) monitors and oversees the personnel aspects of the DoW PF/BC Program to help meet military readiness requirements.

2.3. ASW(HA).

Under the authority, direction, and control of the USW(P&R), and in accordance with the authority in DoD Directive 5136.01, the ASW(HA) advises the Military Departments related to the DoW PF/BC Program, including provision of medical advice.

2.4. ASW(M&RA) AND ASW(HA).

Under the authority, direction, and control of the USW(P&R), and in addition to the responsibilities in Paragraphs 2.2. and 2.3., respectively, the ASW(M&RA) and the ASW(HA):

- a. Monitor the DoW PF/BC Program and coordinate it with health promotion, nutritional fitness, and injury prevention programs.
- b. Incorporate relevant findings into policy recommendations for the Military Service PF/BC programs.
- c. Convene meetings of Service representatives; Director, Defense Health Agency (DHA); or other stakeholders, as appropriate, to review performance outcomes and assessments of compliance associated with this issuance.

2.5. DEPUTY ASSISTANT SECRETARY OF WAR FOR HEALTH SERVICES POLICY AND OVERSIGHT.

Under the authority, direction, and control of the ASW(HA), the Deputy Assistant Secretary of War for Health Services Policy and Oversight:

- a. Serves as the health and health services focal point for the DoW PF/BC Program.
- b. Advises the ASW(HA) on DoW PF/BC policies related to health and health services issues.

2.6. DEPUTY ASSISTANT SECRETARY OF WAR FOR MILITARY PERSONNEL POLICY.

Under the authority, direction, and control of the ASW(M&RA), the Deputy Assistant Secretary of War for Military Personnel Policy:

- a. Serves as the manpower, personnel, and readiness focal point for the DoW PF/BC Program.
- b. Advises the ASW(M&RA) on DoW PF/BC policies related to personnel and readiness issues.

2.7. DIRECTOR, DHA.

Under the authority, direction, and control of the USW(P&R), through the ASW(HA), and in accordance with DoW policies and issuances, the Director, DHA:

- a. Supports the ASW(HA) with the implementation of this issuance, as applicable.
- b. Through the Armed Forces Health Surveillance Division, prepares the annual DoW MSK injury report for all Military Services using primary diagnoses from active-duty Service member medical records.

2.8. SECRETARIES OF THE MILITARY DEPARTMENTS.

The Secretaries of the Military Departments:

- a. Establish scientifically-justified, mission-applicable PF/BC programs for each Military Service to meet readiness needs, acknowledging the intrinsic relationship between physical fitness, body composition, tobacco use, and MSK injury.
- b. Determine Service fitness test, combat field test, and combat readiness test standards that meet the minimum DoW standards described in this issuance.
- c. Test all Service members, regardless of age, rank, or sex, using evidence-based, Service-appropriate tests and standards.
- d. Conduct physical fitness training.
- e. Ensure all commissioned and non-commissioned officers support and enforce requirements of Service fitness programs and associated programs or procedures to develop, maintain, and improve physical capabilities while minimizing injuries.
- f. Establish or enhance electronic training records for PF/BC.

g. Maintain a data repository that is compliant with DoD 5400.11-R and DoD Instruction 5400.11, which captures the PF/BC program for each Military Service, including the Service member's official PF/BC test results throughout their career.

h. Evaluate the electronic training records annually, to assess compliance with this issuance and evaluate Service member performance.

i. Provide an annual report to the Office of the ASW(HA), which assesses compliance with this issuance, assesses Service member performance, and identifies areas for improvement.

j. Designate a Service lead (DoW civilian employee or Service member) responsible for the recording and reporting requirements associated with this issuance.

SECTION 3: PROCEDURES

3.1. PHYSICAL FITNESS.

a. Objectives.

The Military Services will design PF/BC testing and fitness programs that:

- (1) Promote combat readiness by ensuring necessary physical capabilities.
- (2) Minimize injuries.
- (3) Meet combat arms and non-combat arms personnel mission requirements.

b. Program Design.

The Military Services will design, implement, supervise, and tailor PF/BC programs to suit the particular needs and mission of their respective Military Service, consistent with established scientific principles of physical training.

(1) The Military Services will provide evidence-based physical testing and training programs that enhance and maintain physical fitness required to:

(a) Maintain health and fitness for general duty, and to prevent negative consequences of sub-optimal fitness (e.g., injuries).

(b) Meet occupationally-specific, operationally-relevant physical requirements for physically demanding combat arms personnel for those career fields defined in Appendix 3.A. The Military Services will identify:

1. Specific physical capabilities required by the physically demanding occupational specialties (i.e., the occupation's mission critical operational physical tasks).

2. Combat arms personnel critical physical tasks, and indicate the specific physical fitness tests, standards, and results associated with combat arms personnel physical tasks.

(2) The Military Services will consider emerging training methodologies when designing the appropriate physical fitness training for combat arms and non-combat arms personnel.

(a) The development of physical fitness standards should include a risk assessment and risk management consistent with DoD Instruction 6055.01 for prevention of injuries and reflect levels of physical abilities necessary to meet duty demands of combat arms personnel and non-combat arms personnel, respectively.

(b) Physical training and exercise will be prescribed in a manner that minimizes risks of injury or other adverse health outcomes, by considering evidence-based risk factors such as poor nutrition fitness or fatigue.

(c) The Military Services will routinely monitor injury risk factors to prevent injuries.

(3) The Military Service policies and programs will assist in motivating Service members toward the achievement of high fitness standards. The Military Services will establish policies and procedures that prescribe:

(a) PF/BC programs scientifically shown to enhance physical capabilities needed for job performance while minimizing risk of adverse health outcomes.

(b) Aspects of the frequency, volume, and intensity of physical training and exercise activities that optimize performance in a context that minimizes MSK injuries, particularly those due to overuse.

(4) The Military Services may implement policies that exempt personnel from negative consequences of exceeding body composition standards, if high scores on physical fitness tests are attained.

(a) High performers on fitness tests may be granted allowances, but only within defined limits prescribed by each Military Service.

(b) High performance does not excuse non-compliance with the maximum allowable body composition standards provided in this issuance.

(5) Commanders and supervisors of Service members on active duty:

(a) Will allow such members to perform physical fitness training every duty day and may provide appropriate, limited exceptions when physical fitness training is not possible based on the demands of mission requirements or combat operations.

(b) Can post a physical fitness training activity on a unit training schedule or allot time for physical fitness training at their discretion.

(6) The Military Services will employ procedures to address waivers for injury and other temporary medical limitations.

(7) The Military Services will ensure programs and procedures are in place to address requirements for waivers and the unique needs of at-risk personnel.

(8) Service members on profile or medical waivers will be placed on a medically-approved exercise program only after consultation with medical authorities.

(9) Unless otherwise indicated by a healthcare provider, pregnant Service members will engage in unit or individual aerobic and anaerobic fitness activities or training throughout the

pregnancy and postpartum period to maintain a healthy gestational weight gain that is determined by their respective pre-gravid (before pregnancy) body mass index. Exercise regimens will consist of routines that include physical training and nutritional counseling.

(10) A Service member who gives birth or experiences perinatal loss (including miscarriage or stillbirth) is exempt from PF/BC testing for a minimum of 12 months after the pregnancy.

(a) Pregnant Service members will be considered non-participants in physical fitness testing and body composition.

(b) Postpartum Service members may be granted additional time beyond 12 months, recommended by a healthcare provider in accordance with Service regulations, due to unique medical circumstances after pregnancy.

(c) Postpartum Service members who are combat arms personnel defined in Appendix 3A will receive medical evaluation and clearance before participating in sex-neutral fitness testing in Paragraph 3.2.f.

(d) After pregnancy, a Service member on active duty may be required to meet body composition standards or pass a physical fitness test during the period of 12 months beginning on the date of such birth, loss of pregnancy, or stillbirth only with the approval of a healthcare provider employed at a military medical treatment facility and:

1. At the election of such member; or
2. In the interest of national security, determined by the Secretary of War.

(11) Service members who are not within Service-required fitness standards will be placed in remedial programs that prescribe physical training and exercise activities, as well as nutritional and behavioral counseling, in accordance with medical guidance.

3.2. EVALUATION.

With consideration to the lethality, readiness, physical fitness, and cardiovascular health, each Military Department will evaluate Service member's PF/BC biannually. The Military Services will:

a. At a minimum, prescribe Service-wide standards to measure body composition, aerobic fitness, and anaerobic fitness. These are considered generalized baseline fitness levels and are not intended to represent occupationally specific fitness demands for combat arms personnel. The Military Services may establish scientifically supported occupational-specific standards.

b. Develop evidence-based, Service-specific tests that address the primary physical fitness components of cardiorespiratory endurance, body composition, muscular strength, and muscular endurance for all Service applications, separate from tests and standards for combat arms personnel.

c. Develop evidence-based, occupationally-specific, and operationally-relevant sex-, age-, and rank-neutral tests and standards for high physically demanding combat arms personnel career fields.

d. Prescribe scientifically-supported metrics and associated standards to measure fitness components for combat arms personnel and non-combat arms personnel and formally document the scientific basis for their standards and procedures.

e. Formally test and record PF/BC results for all Service members regardless of sex, age, or grade.

f. Implement physical fitness requirements.

(1) Active Component Service members will execute two fitness tests annually, prescribed in Table 1.

(a) Service-specific fitness test.

(b) Combat field test or combat readiness test.

1. The combat field test will be applied to combat arms personnel defined in Appendix 3A.

2. The combat readiness test will be applied to non-combat arms personnel.

3. The combat readiness test can be supplemented with the Service fitness test.

Table 1. Fitness Testing Matrix

Test Type	Combat Arms Personnel	Non-Combat Arms Personnel
Service-Specific Fitness Test	- Sex-neutral. - Age-normed (simplified). - Male-standard. - Must achieve 70 percent average across all elements.	- Sex-normed. - Age-normed.
Combat Field Test	- Required. - Service-determined standards. - Must be executable in any environment, at any time, with combat equipment.	Not applicable.
Combat Readiness Test	Not applicable.	- Required. - May be substituted with the Service-specific fitness test. - Must be executable in any environment, at any time, with combat equipment, as appropriate.

(2) The National Guard and Reserve Component members will complete one fitness test annually, aligned to their combat or non-combat arms designation.

g. Implement body composition requirements.

(1) Each Military Department will evaluate Service members biannually.

(2) National Guard and Reserve Component members will complete the body composition in conjunction with the annual fitness assessment.

(3) Body composition evaluations will align with medically validated, streamlined approaches, using height and waist circumference methods (waist-to-height ratio (WHtR)) to promote consistency and fairness across the Military Services.

(4) Military Services will set a goal for all Service members for a WHtR of less than 0.55.

(5) The upper limit for allowable WHtR for Military Service body composition is less than 0.55. The Military Services may establish a WHtR less than or equal to the upper limit of 0.55.

(6) The WHtR is measured by dividing waist circumference by height.

(a) Waist circumference is measured at the midpoint between the lowest rib and the iliac crest (top of the hip bone), typically at or just above the level of the belly button, with the Service member standing and breathing normally. The measurement must be taken using a non-stretchable measuring tape positioned parallel to the floor.

(b) Height must be measured from the bottom of the soles of the feet to the apex of the skull.

(c) Measurements will be recorded in inches and rounded down to the nearest half inch.

(7) Service members who have a WHtR of 0.55 or above or who exceed Military Service-defined WHtR standards will be further evaluated by a body fat (BF) calculation. BF standards are outlined as not being more:

(a) Stringent than 18 percent for men and 26 percent for women.

(b) Liberal than 26 percent for men and 36 percent for women.

(8) Service members who exceed BF standards will be enrolled in the Military Service's established remedial fitness program described in Paragraph 3.2.i. BF standards are outlined as not being more than those described in Paragraph 3.2.g.(7).

h. Service members waived from testing for more than 18 months for the same condition or injury will be assessed for referral to the Disability Evaluation System.

i. Service members failing to meet Service-specific fitness standards or body composition standards will be placed in a Service-directed remedial fitness program.

(1) Failure to show progress in meeting Service-specific fitness standards, when there are no medically limiting circumstances, may be cause for comment on efficiency or fitness reports in accordance with Service regulations.

(2) Continued failure or those not demonstrating adequate progress will be subject to administrative measures, including processing for administrative separation, in accordance with Military Department or Service regulations.

(3) Service members will be referred to medical authorities for evaluation upon entry in remedial fitness training, in accordance with Military Department or Service regulations. The medical evaluation will recommend the Service member for continued physical training or specify medically limiting circumstances.

j. Failure to meet established fitness standards may result in the withholding of favorable personnel actions, including promotions.

3.3. LEADERSHIP AND ACCOUNTABILITY.

To uphold PF/BC standards across the Military Services, leadership must be both entrusted to lead and accountable for failure. These actions are required to promote consistent enforcement and transparency at every level:

a. Standards must be clearly communicated across the Military Services to set high expectations.

b. Leaders at all levels are expected and empowered to enforce standards consistently. Standards left unenforced are not truly standards.

c. Leaders will be held accountable if PF/BC standards are not enforced within their units.

d. Accountability for physical fitness training each duty day is a command responsibility. Leaders at all levels will enable Active Component Service members to perform physical fitness training every duty day.

e. The National Guard and Reserve Component members are accountable for maintaining an appropriate physical fitness regimen, regardless of duty status.

3.4. MSK INJURY REPORTING.

Using diagnoses in Active Component Service member medical records, the Armed Forces Health Surveillance Branch of the DHA will prepare an annual DoW MSK injury report for the Military Services.

a. The annual DoW MSK injury report will be for the prior calendar year (January 1 through December 31) and must be provided to the ASW(HA) by June 1 to ensure adequate time for inclusion with the annual Service fitness and body composition reporting requirement of this issuance.

b. MSK injuries will be identified using current international classification of diseases taxonomically-defined injury diagnoses categories that separate acute traumatic injuries and cumulative microtraumatic (overuse) injuries.

(1) Data will include basic demographics that are comparable across the Military Services such as rank, sex, and age.

(2) Data will reflect standardized body region or anatomical site and injury type categories.

(3) Additional data variables to be included will be approved by the ASW(HA) and requested by the Armed Forces Health Surveillance Branch of the DHA, in a timeframe compatible with the annual reporting requirement of this issuance.

3.5. PF/BC RECORDING AND REPORTING.

a. Records and information established and created in accordance with this issuance are retained in accordance with DoW Instruction 5015.02, DoD Manual 8180.01, and DoW Component records management disposition schedules.

b. The Military Services will establish or enhance electronic training records to:

(1) Document individual physical training requirements that are visible to each Service member.

(2) Report and record individual performance outcomes, including “pass or fail” and scores.

(3) Reflect performance outcomes in fitness reports and evaluations.

(4) Provide the information described in Paragraph 3.5.e.

c. The Office of the ASW(HA), in coordination with the Military Services and the DHA, will establish a reporting mechanism to assess compliance with this issuance and evaluate Service member performance.

d. The Office of the ASW(HA) will provide a template, as applicable, to facilitate report submission.

e. The Military Services will submit an annual Service PF/BC Program report to the ASW(HA) and the ASW(M&RA) no later than June 1 of each year.

(1) The reporting period will be January 1 through December 31.

(2) The first report is due June 1, 2027. The first reporting period will be January 1, 2026 through December 31, 2026.

f. The Military Services will provide:

(1) A description of policies, programs, and processes that implement this issuance including, but not limited to:

(a) Description of training, tests, standards, and scientific justification for the Service-specific fitness test, combat field test, combat readiness test, and body composition assessments.

(b) Remedial programs.

(c) Waiver processes.

(d) Separation processes.

(2) Data and analysis in a format designated by the ASW(HA) (e.g., roster data) that enables assessments of compliance and evaluation of performance including, but not limited to:

(a) Outcomes related to sex, age, race, ethnicity, military rank categories, military occupations, and other relevant demographic categories.

(b) Total number of Service members.

(c) Number of tests administered for each Service member.

(d) Type of tests the Military Service administered.

(e) “Pass or fail” results for each test.

(f) Individual scores for fitness tests and body composition assessments (e.g., WHtR and BF calculation).

(g) Enrollment in remedial fitness programs.

(h) Waiver granted.

(i) Number separations related to fitness or body composition.

(j) Other analysis determined necessary by the ASW(HA), the ASW(M&RA), or the USW(P&R).

(3) Lessons learned, emerging data, and policy recommendations.

APPENDIX 3A: COMBAT ARMS OCCUPATIONS

3A.1. U.S. ARMY COMBAT ARMS PERSONNEL.

These U.S. Army occupations are designated as combat arms personnel and must complete a combat field test described in Paragraph 3.2.:

- (a) 11A Infantry Officer.
- (b) 11B Infantry Soldier.
- (c) 11C Indirect Fire Infantry Soldier.
- (d) 11Z Senior Infantry Leader.
- (e) 12A Engineer Officer.
- (f) 12B Combat Engineer.
- (g) 12D Army Diver.
- (h) 13A Field Artillery Officer.
- (i) 13F Fire Support Specialist.
- (j) 180A Special Forces Warrant Officer.
- (k) 18A Special Forces Officer.
- (l) 18B Special Forces Weapons Sergeant.
- (m) 18C Special Forces Engineer Sergeant.
- (n) 18D Special Forces Medical Sergeant.
- (o) 18E Special Forces Communications Sergeant.
- (p) 18F Special Forces Assistant Operations and Intelligence Sergeant.
- (q) 18Z Special Forces Team Sergeant.
- (r) 19A Armor Officer.
- (s) 19C Bradley Fighting Vehicle Crewman.
- (t) 19D Cavalry Scout.
- (u) 19K M1 Armor Crewman.

- (v) 19Z Armor Senior Sergeant.
- (w) 89E Explosive Ordnance Disposal Officer.

3A.2. U.S. NAVY COMBAT ARMS PERSONNEL.

These U.S. Navy occupations are designated as combat arms personnel and must complete a combat field test described in Paragraph 3.2.:

- (a) 113X Sea, Air, Land Officer.
- (b) 114X Explosive Ordnance Disposal Officer.
- (c) 1190 Explosive Ordnance Disposal Candidate.
- (d) 6480 Explosive Ordnance Disposal Limited Duty Officer.
- (e) 715X Chief Warrant Officer Sea, Air, Land.
- (f) 717X Chief Warrant Officer Special Warfare Combat Crewman.
- (g) 720X Chief Warrant Officer Diving Officer.
- (h) M00A Explosive Ordnance Disposal Mobile Unit Apprentice.
- (i) M02A Basic Explosive Ordnance Disposal Technician.
- (j) M03A Senior Explosive Ordnance Disposal Technician.
- (k) M04X Master Explosive Ordnance Disposal Technician.
- (l) MIDV Diver First Class.
- (m) M2DV Diver Second Class.
- (n) MMDV Master Diver.
- (o) O20A Special Operator Candidate.
- (p) O23X Sea, Air, Land Delivery Vehicle Operator.
- (q) O26X Sea, Air, Land Operator.
- (r) O50A Special Warfare Boat Operator Candidate.
- (s) O52X Special Warfare Combat Crewman/Boat Operator.

3A.3. U.S. MARINE CORPS COMBAT ARMS PERSONNEL.

These U.S. Marine Corps occupations are designated as combat arms personnel and must complete a combat field test described in Paragraph 3.2.:

- (a) 0302 Infantry Officer.
- (b) 0306 Infantry Weapons Officer.
- (c) 0311 Rifleman.
- (d) 0313 Light-Armored Reconnaissance Marine.
- (e) 0321 Reconnaissance Marine.
- (f) 0331 Machine Gunner.
- (g) 0341 Mortarman.
- (h) 0352 Anti-tank Missile Gunner.
- (i) 0363 Light-Armored Reconnaissance Unit Leader.
- (j) 0369 Infantry Unit Leader.
- (k) 0370 Marine Raider Officer.
- (l) 0372 Marine Raider.
- (m) 0393 Light-Armored Reconnaissance Operations Chief.
- (n) 0399 Operations Chief.
- (o) 0802 Field Artillery Officer.
- (p) 0803 Target Acquisition Officer.
- (q) 0811 Field Artillery Cannoneer.
- (r) 0842 Field Artillery Radar Operator.
- (s) 0844 Field Artillery Fire Control Marine.
- (t) 0847 Field Artillery Sensor Support Marine.
- (u) 0848 Field Artillery Operations Chief.
- (v) 0861 Fire Support Marine.
- (w) 0869 Artillery Unit Leader.

- (x) 0871 Joint Fires and Effects Integrator.
- (y) 1302 Combat Engineer Officer.
- (z) 1371 Combat Engineer.
- (aa) 1803 Assault Amphibian Officer.
- (ab) 1833 Assault Amphibious Vehicle Crewmember.
- (ac) 1834 Amphibious Combat Vehicle Crewmember.
- (ad) 2305 Explosive Ordnance Disposal Officer.
- (ae) 2336 Explosive Ordnance Disposal Technician.
- (af) 2339 Marine Explosive Ordnance Disposal Diver.

3A.4. U.S. AIR FORCE COMBAT ARMS PERSONNEL.

These U.S. Air Force occupations are designated as combat arms personnel and must complete a combat field test described in Paragraph 3.2.:

- (a) 19ZXA Special Tactics Officer.
- (b) 19ZXB Tactical Air Control Party Officer.
- (c) 19ZXC Combat Rescue Officer.
- (d) 1Z1X1 Pararescue.
- (e) 1Z2X1 Combat Control.
- (f) 1Z3X1 Tactical Air Control Party.
- (g) 1Z4X1 Special Reconnaissance.
- (h) 3E8X1 Explosive Ordnance Disposal.

GLOSSARY

G.1. ACRONYMS.

ACRONYM	MEANING
ASW(HA)	Assistant Secretary of War for Health Affairs
ASW(M&RA)	Assistant Secretary of War for Manpower and Reserve Affairs
BF	body fat
DHA	Defense Health Agency
DoW	Department of War
DoWI	DoW instruction
MSK	musculoskeletal
OSW	Office of the Secretary of War
PF/BC	physical fitness/body composition
USW(P&R)	Under Secretary of War for Personnel and Readiness
WHtR	weight-to-height ratio

G.2. DEFINITIONS.

These terms and their definitions are for the purpose of this issuance.

TERM	DEFINITION
aerobic fitness or cardiorespiratory endurance	The functional capacity of the heart, lungs, and blood vessels to deliver oxygen to the working muscles, and its use by the muscles to oxidize energy sources to generate energy over sustained periods of time. Essentially, it is the body's capability to take and use oxygen and food to produce energy.
age-normed	Standards that provide benchmarks for typical performance for individuals of a specific age or age range.
BF	Total BF is expressed clinically as a BF percentage, calculated by dividing total fat mass by overall body weight. It is sub-divided into two separate biological categories based on its function: Essential and storage (non-essential) fat.

TERM	DEFINITION
body composition	The proportion of BF mass relative to fat-free or lean body mass, such as muscle, bone, water, and organs within the human body.
evidence-based	An approach to medicine that emphasizes the practice application of the findings of the best available current research.
injury	Damage caused by the transfer of an external mechanical, chemical, electrical, or radiological energy to the body. Most injuries are from mechanical energy transfer that results from either an abrupt high intensity force (acute traumatic injury) or a repetitive lower intensity force (cumulative microtraumatic injury, often referred to as an overuse injury). Most Service injuries are to the MSK system and the majority of those are cumulative microtraumatic injuries attributed to physical training activities.
Military Services	The Army, Navy, Air Force, Marine Corps, and Space Force.
muscular endurance	The ability of a skeletal muscle to perform repeated contractions for an extended period of time. It is measured as the number of submaximal contractions performed or submaximal sustained contraction time. Common muscular tests (e.g., push-ups and sit-ups) are measures of muscular endurance.
muscular strength	The maximal force that can be exerted in a single voluntary contraction of a skeletal muscle. The simplest measure of strength involves various one-repetition maximum weight-lifting test (the heaviest weight that can be lifted only once).
nutritional fitness	Having the nutrients needed to facilitate not only good health and readiness but also resilience against the physical and mental stressors associated with military service. It contributes to resilience by helping Service members maintain a healthy weight, protecting them against diet-related diseases that affect physical and cognitive functions, and reducing their vulnerability to stress and depression.
physical fitness	The capacity to perform physical activity, primarily characterized by the health-related components of cardiorespiratory endurance, muscular endurance, muscular strength, body composition, and flexibility.
physical readiness	The overall capacity to perform the physical duty of military service, including combat, consisting of the components of physical fitness.

TERM	DEFINITION
sex-normed	Standards that provide benchmarks for performance, differentiated by biological sex (male or female) rather than applying a single sex-neutral standard.
WHtR	A unitless ratio calculated by dividing waist circumference by height, with both measured in the same unit (e.g., inches). The result indicates the proportion of waist to height. WHtR of less than 0.55 is used to indicate the threshold for central obesity and increased health risks.

REFERENCES

- DoD 5400.11-R, “Department of Defense Privacy Program,” May 14, 2007
- DoD Directive 5124.02, “Under Secretary of Defense for Personnel and Readiness (USD(P&R)),” June 23, 2008, as amended
- DoD Directive 5136.01, “Assistant Secretary of Defense for Health Affairs (ASD(HA)),” September 30, 2013, as amended
- DoD Instruction 5400.11, “DoD Privacy and Civil Liberties Programs,” January 29, 2019, as amended
- DoD Instruction 6055.01, “DoD Safety and Occupational Health (SOH) Program,” October 14, 2014, as amended
- DoD Manual 8180.01, “Information Technology Planning for Electronic Records Management,” August 4, 2023
- DoW Instruction 5015.02, “DoW Records Management Program,” June 26, 2026
- Public Law 117-81, Section 707, “National Defense Authorization Act for Fiscal Year 2022,” December 27, 2021
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