ABSTRACT

The Army Physical Fitness Test (APFT) is a biannual training requirement for all soldiers. The Army has made significant overall fitness gains by developing functional and comprehensive Physical Readiness Training (PRT) programs, but more emphasis on individualized physical fitness test taking technique is warranted in order to optimize performance. The purpose of this clinical commentary is to provide clinicians with several examples of APFT performance enhancement techniques that can potentially be applied not only in the Army, but throughout the military and in the sports community where general fitness assessments are routinely administered.

Keywords: Fitness assessments, Army Physical Fitness Test, human performance optimization

Level of Evidence: 5