

RECORD OF PROCEEDINGS  
AIR FORCE BOARD FOR CORRECTION OF MILITARY RECORDS

IN THE MATTER OF:

DOCKET NUMBER: BC-2012-01022

COUNSEL: NONE

HEARING DESIRED: NO

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APPLICANT REQUESTS THAT:

Her fitness assessment (FA) score recorded on 13 Feb 12 be removed from the Air Force Fitness Management System (AFFMS).

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APPLICANT CONTENDS THAT:

She was not instructed properly on the sit-up portion of her FA. She believes she completed 45 sit ups; however, only 31 were recorded. After completing the FA, she declined to sign the score sheet because the sit-up count was not accurate. She was denied a demonstration of how she was doing her sit-ups.

In support of her request, the applicant provides an expanded statement.

The applicant's complete submission, with attachment, is at Exhibit A.

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STATEMENT OF FACTS:

The applicant is currently serving in the Regular Air Force in the grade of second lieutenant (O-1).

In accordance with AFI 36-2905, *Fitness Program*, to determine overall fitness the Air Force uses an overall composite fitness score and minimum scores per three component areas: Aerobic Fitness (1.5 mile run), Body Composition (abdominal circumference measurement), and Muscular Fitness (number of push-ups and sit-ups completed within one minute each). Military members receive a composite score on a 0 to 100 scale based on the following maximum component scores: 60 points for aerobic, 20 points for body composition, 10 points for push-ups and 10 points for sit-ups. To determine individual composite fitness scores the Air Force uses age and gender specific fitness score charts.

Attachment 7, Muscle Fitness Assessment Procedures, of the AFI states a complete sit-up is accomplished when the upper torso of

the member is raised off the floor/mat, the elbows touch the knees or thighs, and the upper torso is lowered back to the floor/mat until the shoulder blades touch the floor/mat. **Elbows must touch the knees or thighs at the top of the sit-up, and the shoulder blades must touch the floor/mat at the bottom of the sit-up. The hands must stay in contact with the shoulders/upper chest at all times.** Incorrect sit-ups (e.g., elbows do not touch the knees or thighs at the top of the sit-up, shoulder blades do not touch the floor/mat at the bottom of the sit-up, hands do not stay in contact with the shoulders/upper chest at all times, etc.) will not be counted. If an incorrect sit-up is performed, assessor will repeat the number of the last correct sit-up and explain what it is being done incorrectly. The member may only rest in the up position. If the member rests in the down position or holds onto their knees/legs while in the up position, the sit-up component of the assessment will be terminated.

On 13 Feb 12, the applicant participated in the contested FA, attaining a composite score of 79.00, where a score of 80.00 points constitutes a satisfactory assessment. The applicant was credited with 31 sit-ups and awarded 3.5 points out of a total of ten possible points in this category.

On 18 Apr 12, AFPC/DPSIMC requested the applicant provide documentation from her local Fitness Assessment Cell (FAC) staff to substantiate her claim.

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AIR FORCE EVALUATION:

AFPC/DPSIM recommends denial noting the applicant failed to respond to a request to provide additional documentation from her local FAC.

The complete AFPC/DPSIM evaluation, with attachment, is at Exhibit C.

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APPLICANT'S REVIEW OF AIR FORCE EVALUATION:

A copy of the Air Force evaluation was forwarded to the applicant on 26 Jul 12 for review and comment within 30 days (Exhibit D). As of this date, no response has been received by this office.

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THE BOARD CONCLUDES THAT:

1. The applicant has exhausted all remedies provided by existing law or regulations.
2. The application was timely filed.
3. Insufficient relevant evidence has been presented to demonstrate the existence of an error or injustice. The applicant contends that the sit-up portion of the contested fitness assessment was incorrectly administered, resulting in her not being credited with a sufficient number of sit-ups to obtain a passing score. However, after a thorough review of the evidence of record and the applicant's complete submission, we are not convinced the applicant is the victim of an error or injustice. Other than her own uncorroborated assertions, she has provided no evidence whatsoever for us to consider in evaluating the merits of her case. Therefore, in the absence of evidence to the contrary, we find no basis to recommend granting the relief sought in this application.

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THE BOARD DETERMINES THAT:

The applicant be notified the evidence presented did not demonstrate the existence of material error or injustice; the application was denied without a personal appearance; and the application will only be reconsidered upon the submission of newly discovered relevant evidence not considered with this application.

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The following members of the Board considered AFBCMR Docket Number BC-2012-01022 in Executive Session on 20 Nov 12, under the provisions of AFI 36-2603:

Chair  
Member  
Member

The following documentary evidence pertaining to AFBCMR Docket Number BC-2012-01022 was considered:

- Exhibit A. DD Form 149, dated 23 Feb 12, w/atchs.
- Exhibit B. Applicant's Military Personnel Records.
- Exhibit C. Letter, AF/DPSIM, dated 29 Jun 12.
- Exhibit D. Letter, SAF/MRBR, dated 26 Jul 12.

Chair