

RECORD OF PROCEEDINGS  
AIR FORCE BOARD FOR CORRECTION OF MILITARY RECORDS

IN THE MATTER OF:

DOCKET NUMBER: BC-2012-01083

COUNSEL: NONE

HEARING DESIRED: NO

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APPLICANT REQUESTS THAT:

His fitness assessment, dated 29 November 2011, be removed from the Air Force Fitness Management System (AFFMS).

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APPLICANT CONTENDS THAT:

In April 2011, while repositioning a cart weighing approximately 8500 pounds, he strained himself trying to slow down a cart as it rolled down a slight decline. He reported to sick call and was diagnosed with right inguinal hernia. He returned to his home station and scheduled an appointment with his Primary Care Manager (PCM). He received a general surgery consult and was scheduled for surgery on 4 August 2011.

Following the surgery, he returned to duty on 22 August 2011. His profile stated no push ups, sit ups or running. He was told he could begin working out after 6 weeks. On 1 October 2011, he began a light workout. By the 6<sup>th</sup> week, he was up to 40 push ups and 40 sit ups per day. He continued slow paced runs and eventually decreased his run time to 14 minutes.

On 29 November 2011, he reported for testing. He completed 48 push ups and 37 sit ups within 40 seconds. On the 37<sup>th</sup> sit up, he felt some pain. He continued, but was only able to complete 2 more sit ups in the last 20 seconds. Knowing his waist, push ups and sit ups were not adequate for his 13 minute planned run, he pushed himself to complete a 7.5 minute mile and burnt himself out. When he started back up, he could not maintain the time and stopped to walk. He felt muscle fatigue and pain at the hernia repair location.

He crossed the finish line at 14 minutes completing the assessment with an overall score of 68.9, which was a failure. He was given instructions that he would have 90 days before his next assessment.

He was sore after the test and returned to his PCM. She reassessed the area and determined he had probably reinjured himself during the fitness assessment. The PCM requested he be exempt from the February assessment, but the request was turned down by the chief profiling officer. He also saw the surgeon who performed his hernia repair and she agreed he probably reinjured himself while performing the assessment. An abdominal scan later

showed a positive recurrence of the hernia which needs to be repaired.

He believes this fitness failure was the result of an injustice in the application of the fitness instruction and the undue pressure applied by his squadron leadership and supervisor.

In support of his request, the applicant provides a personal statement, physician's notes, DD Form 422, *Notification of Air Force Members Qualification Status*, and AF Form 469, *Duty Limiting Condition Report*.

The applicant's complete submission, with attachments, 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 senior master sergeant (E8). He was administered his fitness assessment on 29 November 2011. His overall composite score was 68.90; his fitness level was unsatisfactory.

The remaining relevant facts pertaining to this application are contained in the letter prepared by the appropriate office of the Air Force which is at Exhibit B.

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AIR FORCE EVALUATION:

AFPC/DPSIM recommends denial. The applicant was placed on AF IMT 422 on 18 May 2011 which expired on 1 October 2011. He was administered the fitness assessment on 29 November 2011, 59 days after the AF IMT 422 expired. The applicant was given 42 days reacclimation prior to testing. His fitness assessment was administered in accordance with AFI 36-2905, *Fitness Program*.

The complete DPSIM evaluation, with attachment, is at Exhibit B.

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APPLICANT'S REVIEW OF AIR FORCE EVALUATION:

A copy of the Air Force evaluation was forwarded to the applicant on 30 May 2012, for review and comment within 30 days (Exhibit C). As of this date, this office has received no response.

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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. Sufficient relevant evidence has been presented to demonstrate the existence of an injustice to warrant relief. We thoroughly considered the applicant's complete submission and the OPR's recommendation not to remove the fitness assessment score. However, based on the physician's statement that the applicant's medical condition may have contributed to him failing the fitness assessment, we believe reasonable doubt has been established that his medical condition precluded him from passing the fitness assessment. Accordingly, we believe any doubt in this matter should be resolved in the applicant's favor and recommend his records be corrected as indicated below.

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THE BOARD RECOMMENDS THAT:

The pertinent military records of the Department of the Air Force relating to APPLICANT, be corrected to show that the fitness assessment score dated 29 November 2011, be, and hereby is removed from the Air Force Fitness Management System.

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The following members of the Board considered AFBCMR Docket Number BC-2012-01083 in Executive Session on 31 July 2012 under the provisions of AFI 36-2603:

Panel Chair  
Member  
Member

All members voted to correct the record, as recommended. The following documentary evidence was considered:

- Exhibit A. DD Form 149, dated 13 Mar 12, w/atchs.
- Exhibit B. Letter, AFPC/DPSIM, dated 10 May 12, w/atch.
- Exhibit C. Letter, SAF/MRBR, dated 30 May 12.

Panel Chair