

RECORD OF PROCEEDINGS
AIR FORCE BOARD FOR CORRECTION OF MILITARY RECORDS

IN THE MATTER OF:

DOCKET NUMBER: BC-2012-01179

COUNSEL: NONE

HEARING DESIRED: NO

APPLICANT REQUESTS THAT:

His fitness assessment (FA) score recorded on 1 February 2012 be removed from the Air Force Fitness Management System (AFFMS).

APPLICANT CONTENDS THAT:

Due to the medication he was prescribed his heart rate was elevated which resulted in him receiving an unsatisfactory score on his 1 February 2012 FA.

According to AFI 36-2903, *Fitness Program*, any medication that affects the heart rate or the heart's response to exercise may invalidate the aerobic components of the FA.

In support of his request, the applicant provides copies of AF Forms 469, *Duty Limiting Condition (DLC) Report*, AF Form 422, *Notification of Air Force Member's Qualification Status*.

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

STATEMENT OF FACTS:

The applicant is currently serving in the Regular Air Force in the grade of Major (Maj), O-4.

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 3 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 1 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. Furthermore, Attachment 13 of the governing instruction states any medication that affects the heart rate or the heart's

response to exercise may invalidate aerobic components of the FA.

The applicant was required to earn an overall composite score of 75 or greater. He received an overall score of 72.63 and received an unsatisfactory for the fitness test.

According to information on the AF Form 469 and AF Form 422 provided by the applicant, due to medication that alters his heart rate he was precluded from running, walking, sit-ups and push-ups.

AIR FORCE EVALUATION:

AFPC/DPSIM recommends updating the cardio component of the contested FA to reflect exempt, therefore, resulting in an overall satisfactory score of 79.00.

The complete AFPC/DPSIM evaluation is at Exhibit B.

APPLICANT'S REVIEW OF AIR FORCE EVALUATION:

A copy of the Air Force evaluation was forwarded to the applicant on 27 April 2012 for review and comment within 30 days. As of this date, no response has been received by this office.

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 error or injustice to warrant partial relief. In that regard, we note the opinion and recommendation of the Air Force office of primary responsibility (OPR) and adopt its rationale as the basis for our decision that the cardio portion of the applicant's fitness test should be updated to reflect exempt due to the medication he was taking at the time of his test. Therefore, to preclude the possibility of an injustice to the applicant, we recommend that his records be corrected as indicated below.

THE BOARD RECOMMENDS THAT:

The pertinent military records of the Department of the Air Force relating to the APPLICANT, be corrected to show that the cardio component of his Fitness Assessment score dated 1 February 2012, be updated to reflect "exempt" in the Air Force Fitness Management System (AFFMS).

The following members of the Board considered this application BC-2012-01179 in Executive Session on 28 Sep 12, under the provisions of AFI 36-2603:

Chair
Member
Member

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

- Exhibit A. DD Form 149, dated 22 Feb 12, w/atchs.
- Exhibit B. Letter, AFPC/DPSIM, dated 23 Apr 12, w/atch.
- Exhibit C. Letter, SAF/MRBR, dated 27 Apr 12.

Chair