

## Command Fitness Leader Course Open Book Post-Test

1. What are the three components of the PFA according to OPNAVINST 6110.1 (Series)?
  - a. Medical screening, body composition assessment, and cardio
  - b. Body composition assessment, muscular strength, and cardio
  - c. Medical screening, physical readiness test, and body composition assessment
  - d. Height and weight screening, circumference measurement, and physical readiness test
  
2. How long are CFLs required to maintain original and official PFA and FEP documentation?
  - a. Until next PFA cycle
  - b. 3 years
  - c. 4 years
  - d. 5 years
  
3. When can a member be waived from participating in the BCA?
  - a. A valid BCA medical waiver signed by the CO
  - b. DEP/OP status approved by the ISIC for the entire command
  - c. Onboard less than 10 weeks
  - d. Both A and B
  
4. If a . . . . . is granted to a Sailor with 2 or more PFA failures in a 3-year period, the Sailor should be retained onboard the present command until the completion of obligated service or expiration of the waiver, whichever occurs first.
  - a. Progress Waiver
  - b. DOD BCA Exception
  - c. Medical Waiver
  - d. Readiness Waiver
  
5. Who has the authority to approve a transfer waiver for Sailors with 2 or more PFA failures in the most recent 3 year period?
  - a. CFL
  - b. NAVPERSCOM (PERS-4)
  - c. ISIC (ECH II or ECH III Command)
  - d. CO

6. An ADSEP board has elected to board-retain a member in the Navy with 2 or more PFA failures. Is the member eligible for PCS orders?
  - a. Yes, but only if the member has been granted a transfer waiver
  - b. No, the member must remain at the current command until EAOS
  - c. Yes, at the CO's discretion
  - d. No, the member must remain in the local area
  
7. If a member checks on board with a PFA failure from the most recent cycle and there is no documented page 13 in the member's Electronic Service Record (ESR), the CFL shall . . . . .
  - a. inform the previous command to complete the necessary paperwork.
  - b. immediately start the ADSEP process.
  - c. issue a Page 13 via NSIPS and enroll the member in FEP.
  - d. enroll the member in FEP only.
  
8. What must occur when an enlisted member fails the most recent PFA and it is the first failure in a three year period?
  - a. Frocking or advancement must be deferred and a page 13 entry must be made
  - b. Military Bearing mark must be set to 1.0 in the periodic evaluation
  - c. Nothing, action must only be taken once 3 or more PFA failures have occurred
  - d. Frocking or advancement must be deferred and a LON must be issued
  
9. What is the maximum allowable body fat percentage for male and female Sailors?
  - a. 24% for males and 35% for females
  - b. 23% for males and 34% for females
  - c. 22% for males and 33% for females
  - d. 26% for males and 36% for females
  
10. What must occur when an officer fails a PFA?
  - a. A Letter of Notification must be issued and forwarded to NAVPERSCOM Record Management/Policy Branch (PERS 834) for entry into the OMPF after each PFA failure
  - b. A Letter of Notification for the first and second PFA failure are to be forwarded to NAVPERSCOM, Records Management/Policy Branch (PERS-313) for entry into the OMPF.
  - c. Nothing, officers are not counseled on PFA failures
  - d. A Letter of Notification must be issued for all failures and filed in the local records only
  
11. Are one-on-one BCAs authorized?
  - a. Yes, if the CO authorizes.
  - b. Yes, if the member cannot attend any of the scheduled BCA dates.
  - c. Yes, if additional CFLs/ACFLs are not available to assist.
  - d. No, one-on-one BCAs are never authorized.

12. A command may conduct an official PFA anytime within each Navy PFA cycle providing there is a minimum of . . . . . months between PFAs and only . . . . . per Navy Cycle.
- a. 4 months, 1 PFA
  - b. 4 months, 2 PFAs
  - c. 6 months, 1 PFA
  - d. 24 hours, 1 PFA
13. BCA medical waivers . . . . .
- a. can be granted by an Independent Duty Corpsman.
  - b. can be granted for 2 cycles.
  - c. require a medical specialist signature and a medical supervisor signature.
  - d. do not have to be signed by the commanding officer.
14. According to NAVADMN 231/13, the PRT shall be completed within . . . . . days of the BCA, but not less than . . . . . hours after the BCA.
- a. 14 days, 36 hours
  - b. 30 days, 24 hours
  - c. 45 days, 24 hours
  - d. 60 days, 24 hours
15. All medical waivers are valid for . . . . .
- a. one PFA cycle only.
  - b. 8 weeks.
  - c. 3 months.
  - d. 6 months.
16. An individual must request a “Bad Day” within . . . . . hours of completing the initial PRT. If approved, the retest must be administered within . . . . . days of the initial PRT failure.
- a. 24 hours, 7 days
  - b. 24 hours, 45 days
  - c. 48 hours, 30 days
  - d. 96 hours, 45 days
17. When conducting the initial height-weight measurement, height will be rounded . . . . . to the nearest . . . . . inch.
- a. down, ½ inch
  - b. down, full inch
  - c. up, ½ inch
  - d. up, full inch

18. What are flutter kicks, standing hamstring stretches, and 8-count bodybuilders examples of?
- Approved Dynamic warm-up exercises
  - Contraindicated exercises
  - Exercises appropriate for all members
  - Exercises only approved for Command PT
19. (TRUE/FALSE) Active-Duty/Drilling Reservists with a PFA failure in the most recent 3-year period are prohibited from Individual Augmentee Manpower Mobilizations, unless the most recent PFA is passed.
- True
  - False
20. Male: 25 years old, BCA: 19%, Curl-ups: 86, Push-ups: 76, 1.5 mile run time: 9:30 minutes. What is his overall PRT score?
- Outstanding Low
  - Excellent Medium
  - Good High
  - Satisfactory Medium
21. Female: 36 years, BCA: 37%, Curl-ups: 80, Push-ups: 39, 1.5 mile run time: 13:51 minutes. What is her overall PFA score?
- Excellent Low
  - Good High
  - Satisfactory Medium
  - Failure
22. A female service member's pregnancy status expired (42 days convalescence leave and 6 month recovery period completed) on 1 November 2012. Her command's next PFA begins on 1 March 2013. When is she required to participate in a PFA cycle, assuming she has been cleared by a Health Care Provider?
- Cycle 2, 2012
  - Cycle 1, 2013
  - Cycle 2, 2013
  - Cycle 1, 2014
23. Qualifications of ACFL's include all of the following EXCEPT:
- Non-user of tobacco products
  - Current CPR qualification
  - Overall PRT score of good
  - Within Navy BCA standards

24. (TRUE/FALSE) If a member checks into the command after the most recent command PFA cycle without a current PFA in PRIMS, the member will not be expected to complete a PFA.

- a. True
- b. False

25. (TRUE/FALSE) If a member does not receive a PFA notification, then they do not have to perform a PFA.

- a. True
- b. False

You have completed the open book portion of this test. Please close your books and notes and remove them from your desk. Turn in this test with answer key to your instructor and begin the closed book portion of the test.