German Armed Forces Proficiency Badge 2015

**SUMMARY of ALL EVENTS**

**BFT = Basic Fitness Test** (3 events in 90 min)

<table>
<thead>
<tr>
<th>Event</th>
<th>Minimum pass Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 x 10 meter sprint test</td>
<td>max. 60 sec</td>
</tr>
<tr>
<td>Chin-up test (flexed-arm hang)</td>
<td>5 sec</td>
</tr>
<tr>
<td>1000 meter Run</td>
<td>max. 6 min 30 sec</td>
</tr>
</tbody>
</table>

Minimum test requirements have to be met, independently of age or gender. If the test does not meet the minimum pass requirements or one or more test events, the BFT will be deemed failed. No section retaking will take place on the same day.

**Military Training Section (5 events)**

<table>
<thead>
<tr>
<th>Event</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Swim in Uniform</td>
<td>4 min limit then disrobe in water</td>
</tr>
<tr>
<td>First Aid Test</td>
<td>GO or NO GO Current CLS NOT older than 3 years</td>
</tr>
<tr>
<td>NBC MOPP4 Test</td>
<td>GO or NO GO Current Event NOT older than 1 year</td>
</tr>
<tr>
<td>Pistol Qualification</td>
<td>6 Hits for Gold</td>
</tr>
<tr>
<td>Road March</td>
<td>7.5 miles Gold</td>
</tr>
</tbody>
</table>

**Regulation**

1. The testing for the German Armed Forces Proficiency Badge (GAFPB) must be administered by a qualified German Physical Training (PT) instructor.

2. The listed single events can be supervised and conducted by certified US military personnel:
   - First Aid Training or Test
   - NBC 9 sec Protection Mask and MOPP4 Test
   - Pistol Qualification
**German Armed Forces Proficiency Badge 2015**

**BFT = Basic Fitness Test (3 EVENTS in 90 min)**

- **11 x 10 meter sprint test**
  - Minimum pass Requirements: max. 60 sec

- **Chin-up test (flexed-arm hang)**
  - Minimum pass Requirements: 5 sec

- **1000 meter Run**
  - Minimum pass Requirements: max. 5 min 30 sec

Minimum test requirements have to be met, independently of age or gender. If tests do not meet the minimum pass requirements on one or more test events, the BFT will be deemed failed. No additional scoring will take place on the same day.

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**Sequence**

To provide a standardized test environment, events 1 to 3 are taken in sequence.

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**BFT = 11 x 10 meter sprint test**

**Event**

The testee starts from a prone position (head moving in the direction of the run) and negotiates, as fast as possible, a cone positioned 10 (ten) meters away.

As soon as testee gets back to the start point, he briefly assumes a prone position, cups his hands behind his back, jumps up onto his feet and sprints again.

The aim is to run five and a half laps in the fastest time possible.
General items required
- Stopwatch
- Two (2) gym mats
- Three (3) cones
- Measuring tape

Note
Before administering the test, make sure that all testees have enough time to warm up (running at a slower pace, stretching, etc.). To avoid injuries, the sprint corridor must be wide enough and behind the turning cone there must be a run-out area.
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Chin-up test (flexed-arm hang)

Event:
- The testee holds himself in the end position of a pull-up as long as possible.
- Testee’s evaluation will be based on the length of the time he can hold himself in this position.
- Testee steps off the squat box and the instructor pulls it back, testee will hold himself up with his chin above the bar (chin-up end position; elbow joints flexed to the maximum, shoulders at the height of the bar).
- Once testee’s feet step off the squat bar, timekeeping will start. Once the testee’s chin is below the bar, timekeeping will stop. Testee’s time will be recorded in seconds and tenths of a second.

General items required:
- Stopwatch
- Bar
- If more than one bar is available, all of them can be used allowing adjustments to individual body heights (height of bars at 180 cm or 190 cm);
- If no chin-up bar is available, any other suitable suspension system may be used.
- Two (2) gym mats
- Squat box, small
- Magnesia or chalk, paper towels
Event: 1000-Meter Run

Testee completes the 1000-meter run in the shortest time possible.

Test sequence:
For the 1000-meter (or 1-K) run, the track ideally should be 400 meters long. The runner starts at the 200-meter mark. So measured from the start/finish line, the runner must run two complete laps of the race. Once he has crossed the finish line, the tester records the runner’s time to the nearest second.
1000 Meter Run

General items required
- Stopwatch
- Measured, level track

Note
Before completing the 1000-meter run, testee should warm up as instructed by the tester (running at a slow pace, stretching, etc.).

As an exception to the rule (for instance, in case of non-existing infrastructure or under adverse weather conditions), the 1000-meter run may also be completed on a measured and level track in the terrain (if the terrain does not provide the perfectly level track, uphill and downhill stretches should not be too steep) or in a big indoor gym.
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Scoring after having met all single-event pass requirements

How to tally score points
Single-event results (individual test times) are translated into a graduated point-score system. Testees who meet the minimum pass requirements (100 points respectively) are awarded basic points per event. The better the testees' performance, the more points are awarded for the respective events.

For the event-specific basic point scores see the respective score tables 1 - 3 (11 x 70-meter sprint test, flexed-arm hang, 1000-meter run).

Providing "handicaps"
Equal chances
Based on age-grading and physical-ability considerations, a "handicap" is provided to soldiers, taking into account age and/or gender.

Age grading
Testees who are 35 years old or younger will not be age-graded. Those who are 36 years old or older will be age-graded. Basic score points will be increased by 0.5 percent per year of age.

The age-grading "handicap" is calculated based on the actual age reached by a testee in a given year.

Age-graded "handicap" (36 years or older) = basic score points X (actual age minus 35 years) X 0.005

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Scoring after having met all single-event pass requirements

Gender grading
BFT scores have been normalized to take into account the physical abilities of male soldiers. Therefore male soldiers will not be provided any other type of "handicap" besides age grading.

Each female (F) soldier will be provided an event-related "handicap". The "handicap" is:
- 15 percent for the sprint test
- 40 percent for the flexed-arm hang (chin-up)

For the 1000-meter run the "handicap" is:
- 15 percent for the event

Single-event score
You earn scores for each event plus, if applicable, age-graded and gender-graded points.

Points Rating:
100 – 199 Fair (4.49 - 3.5 range)
200 – 299 Satisfactory (3.49 - 2.5 range)
300 – 399 Good (2.49 - 1.5 range)
≥ 400 Very Good (1.49 - 1.0 range)

Overall rating
The BFT overall rating is the averaged value calculated from the single ratings. To provide better accuracy, calculate up to two (2) decimal points.
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Scoring after having met all single-event pass requirements

**Overall rating**
The BFT overall rating is the averaged value calculated from the single ratings. To provide better accuracy, calculate up to two (2) decimal points.

Example:
- sprint test / Event-score points = basic score points + age-graded points + gender-graded points = 405
- flexed-arm hang test / Event-score points = basic score points + age-graded points + gender-graded points = 500
- 1000-meter run / Event-score points = basic score points + age-graded points + gender-graded points = 300

Total = 1205

Averaged value from the 3 single ratings: \( \frac{1205}{3} = 401.66 \approx \text{GOLD} \)

**Points Rating**

<table>
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<tr>
<th>Points Range</th>
<th>Rating</th>
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<td>100 - 199</td>
<td>Fair</td>
</tr>
<tr>
<td>200 - 299</td>
<td>Satisfactory</td>
</tr>
<tr>
<td>300 - 399</td>
<td>Good</td>
</tr>
<tr>
<td>&gt;400</td>
<td>Very Good</td>
</tr>
</tbody>
</table>
