

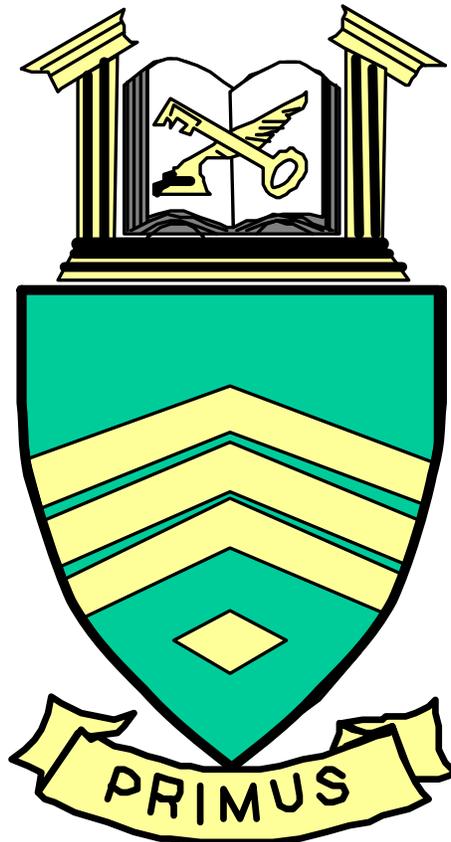
U.S. ARMY SERGEANTS MAJOR ACADEMY (FSC-TATS)

U659

OCT 03

WEIGHT CONTROL PROGRAM

STUDENT HANDOUT



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HANDOUTS FOR LESSON 1: U659 version 1

**This Appendix
Contains**

This appendix contains the items listed in this table--

Title/Synopsis	Pages
SH-1, Advance Sheet	SH-1-1
SH-2, Extract, DA Forms 5500-R and 5501-R, AR 600-9	SH-2-1 thru SH-2-3
SH-3, Interim change 1, AR 600-9	SH-3-1 to SH-3-8
SH-4, Student Notes	SH-4-1 to SH-4-3

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Student Handout 1

Advance Sheet

Lesson Hours This lesson consists of two hours of small group instruction.

Overview Physical fitness not only includes physical training, but proper weight maintenance. The Army has always fostered a neat and trim appearance for its members. It is an essential function of day-to-day effectiveness and combat readiness that all personnel are healthy and physically fit. Commanders, supervisors, and individuals are responsible for maintaining and enforcing proper weight and appearance standards. This lesson provides you with the doctrinal knowledge and hands-on proficiency to accomplish your responsibilities in analyzing the unit weight control program. This lesson consists of a before class reading assignment, a classroom discussion, and a practical exercise.

Learning Objective Terminal Learning Objective (TLO).

Action:	Interpret the unit weight control program.
Conditions:	As a first sergeant, in a classroom, given AR 600-9 and student handouts.
Standard:	Applied the unit weight control program in a unit, pass a 40 question written examination with a score of 70 percent or better, IAW AR 600-9.

- ELO A** Describe the Army's weight control objectives and responsibilities.
 - ELO B** Describe the policy and procedures for the weight control program.
 - ELO C** Interpret the standard methods for determining body fat.
 - ELO D** Explain the nutrition guide for the weight control program.
-

Assignment The student assignments for this lesson are:

- Study AR 600-9 and IO1 (SH-3).

Additional Subject Area Resources None.

Bring to Class

- Pen or pencil and writing paper.
- All reference material received for this lesson and Practical Exercise 1.

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Student Handout 2

Extract

This Student Handout contains DA Forms 5500-R and 5501-R of AR 600-9.

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BODY FAT CONTENT WORKSHEET (Female)

For use of this form, see AR 600-9; the proponent agency is DCSPER

NAME (Last, First, Middle Initial)	SSN	RANK		NOTE: ¼" = .25 ½" = .50 ¾" = .75
HEIGHT (to nearest 0.25 inch)	WEIGHT (to nearest pound)	AGE		
STEP	FIRST	SECOND	THIRD	

1. Find the soldier's weight in Table B-3 (*Weight Factor*). Enter factor in 11A below.2. Find soldier's height in Table B-4 (*Height Factor*). Enter factor in 11D below.3. Measure hips at point where the gluteus muscles (*buttocks*) protrude backward the most. Round off to nearest 0.25 inch. Repeat three times, then average.4. Measure forearm at its largest point (*with arm horizontal, palm up*) to nearest 0.25 inch. Repeat three times, then average.5. Measure neck just below level of larynx (*Adam's apple*) to nearest 0.25 inch. Repeat three times, then average.

6. Measure wrist between the bones of the hand and forearm to nearest 0.25 inch. Repeat three times, then average.

7. Find average hip measurement in Table B-5 (*Hip Factor*). Enter factor in 11B below.8. Find average forearm measurement in Table B-6 (*Forearm Factor*). Enter factor in 11E below.9. Find average neck measurement in Table B-7 (*Neck Factor*). Enter factor in 11F below.10. Find average wrist measurement in Table B-8 (*Wrist Factor*). Enter factor in 11G below.

11. CALCULATIONS			REMARKS
A. Weight Factor			
B. Hip Factor			
C. TOTAL (11A + 11B)			
D. Height Factor			
E. Forearm Factor			
F. Neck Factor			
G. Wrist Factor			
H. TOTAL (11D + E + F + G)			
I. SOLDIER'S PERCENT BODY FAT (Line 11C-11H)			

CHECK ONE

Individual is in compliance with Army standards; is not in compliance with the standards.
 Recommended monthly weight loss is 3-8 lbs.

PREPARED BY (Signature)

RANK

DATE

APPROVED BY SUPERVISOR
(Printed Name and Signature)

RANK

DATE

Student Handout 3

Extract

This Student Handout contains an extract of the changes to Physical Training Regulations downloaded from the Office of the Deputy Chief of Staff for Personnel Programs page.

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Changes to Physical Training Regulations

SUBJECT: THE ARMY WEIGHT CONTROL PROGRAM INTERIM CHANGE 1

Interim change one is in effect until interim change 2 is published.

SUBJECT: THE ARMY WEIGHT CONTROL PROGRAM INTERIM CHANGE 1

Maximum allowable body fat standards are as follows:

Age Group: 17-20 Male (% body fat): 20 Female (% body fat): 30

Age Group: 21-27 Male (% body fat): 22 Female (% body fat): 32

Age Group: 28-39 Male (% body fat): 24 Female (% body fat): 34

Age Group: 40+ Male (% body fat): 26 Female (% body fat): 36

Personnel who are overweight (including soldiers who become pregnant while on the weight control program):

- 1) Are nonpromotable (to the extent such nonpromotion is permitted by law).
- 2) Will not be assigned to command positions.
- 3) Are not authorized to attend professional military schooling. All soldiers scheduled for attendance at professional military schooling will be screened prior to departing their home station/losing command. Their height and weight will be recorded on their TDY orders (DD Form 1610, block 16) or on their PCS packet. Soldiers exceeding the screening table weight in table 1 will not be allowed to depart their commander has determined they meet body fat composition standards.
- 4) Personnel arriving at any DA board select school or those who PCS to a professional military school, who do not meet the body composition standards will be processed for disenrollment and, if applicable, removal from the DA board select list as follows:
 - a) The soldier will be notified in writing of the proposed action, the basis for the proposed action, and the consequences of denied enrollment and removal from the selection list.
 - b) The soldier will be afforded an opportunity to submit matters in rebuttal and a reasonable period of time (not to exceed five working days) in which to submit matters.
 - c) The approval authority is the soldier's general court-martial convening authority, who will take prompt action consistent with the best interests of the Army after review of all matters submitted. The approval authority must approve enrollment denial and removal from the DA

board select list if he finds that, in light of all the facts and circumstances, the soldiers failure to meet body fat standards was the result of a lack of that level of self discipline expected of a soldier of similar rank and experience.

5) Personnel arriving at professional military schools (other than a DA board select or PCS schools) who do not meet body fat composition standards will be denied enrollment without further process and reassigned IAW paragraph (6) below.

6) When enrollment has been denied IAW paragraph (4) or (5) above, the following policy applies:

a) For active component soldiers denied enrollment:

1. TDY and return. Soldiers will be immediately returned to home station.

2. TDY enroute. Soldiers will be attached to the installation pending clarification of assignment instructions for follow-on assignment. The school commandant will notify PERSCOM of the soldier's ineligibility for schooling and request clarification of assignment instructions.

3. PCS. Policy in para 20d(4) is followed. If enrollment is denied, soldiers will be immediately reported as available for assignment and attached to the installation pending assignment instructions from PERSCOM.

b) For the Army National Guard soldiers denied enrollment:

1. TDY and return. All M-Day, Title 32 AGR and Title 10 AGR ARNG personnel will return to home station. For M-Day and Title 32 AGR personnel, the school commandant will forward the memorandum to the Adjutant General of the State Concerned. For Title 10 AGR personnel, the school commandant will forward memorandum to Chief, National Guard Bureau, ATTN: NGB-ARZ.

2. TDY enroute. Title 32 AGR personnel will be immediately returned to home station. The memorandum from the school commandant will be forwarded to the Adjutant General of the state concerned. ARNG Title 10 personnel will be sent to their next permanent duty station. The memorandum will be forwarded to Chief, National Guard Bureau, ATTN: NGB-ARZ.

3. PCS. Policy in para 20d(4) is followed. Title 32 personnel will be immediately returned to home station. ARNG Title 10 personnel will be attached to the Office of the Senior ARNG Advisor at the installation pending receipt of permanent assignment instructions from NGB-ARP-CT.

c) U.S. Army Reserve soldiers denied enrollment:

1. TDY and return. All personnel will return to home station. For USAR Title 10 AGR personnel will be sent to their next permanent duty station. The memorandum will be forwarded to Commander, ARPERCEN (DARP-AR). For non-AGR soldiers, forward the memorandum to the first general officer in the soldier's chain of command.

2. TDY enroute. USAR Title 10 AGR personnel will be sent to their next permanent duty station. The memorandum will be forwarded to Commander, ARPERCEN (DARP-AR). The school commandant will immediately notify the gaining installation.

3. PCS. Policy in para 20d(4) is followed. The school commandant will immediately report the soldier to Commander, ARPERCEN (DARP-AR) as available for assignment. Pending clarification of further instructions, attach the soldier to the Office of the Senior USAR Advisor at the installation.

7) If the schooling for which enrollment has been denied is the result of local selection, the installation commander may determine the soldier's eligibility for subsequent attendance at the school.

- 8) If the schooling for which enrollment has been denied is the result of normal career assignment, the soldier is eligible for subsequent attendance at the school provided he meets the standards as defined in para 20c.
- 9) Soldiers reporting to a school as a result of a reenlistment option and found not to meet body composition standards will be reassigned IAW the needs of the Army (for active duty soldiers), or returned to home station as indicated above (for ARNG/USAR soldiers). No grounds will exist for the soldier to claim an unfulfilled reenlistment contract.
- 10) A memorandum will be sent to the first general officer in the sending/losing chain of command which addresses the soldier's failure to maintain standards and the possible failure of the unit commander to identify and enroll the soldier in the weight control program. In addition, for soldiers in a TDY enroute or PCS status, the school commandant will notify the gaining installation commander that the soldier reported to the school not meeting body composition standards. The receiving unit commander will screen the soldier upon arrival and enroll the soldier in the weight control program if the body composition standard is not met.
- 11) All enrollment denials and approved removal actions must be reported electronically to CDR, PERSCOM, 2461 Eisenhower Ave, Alexandria, VA 22331-0400. The following information will be forwarded:
 - a) Name
 - b) Social security number
 - c) Date of denial and/or removal
 - d) Brief synopsis of reasons for removal.

Paragraph 21g(2) is superceded as follows:

- 2) The unit commander will initiate a mandatory bar to reenlistment or administrative separation proceedings for soldiers who do not make satisfactory progress in the weight control program after a six month period and for whom no medical reason exists to cause the overweight condition. The appropriate regulations are indicated in j below.

Paragraph 21j is amended as follows:

j. The commander or supervisor will inform the individual in writing that a bar to reenlistment or initiation of separation proceedings is being initiated under the following regulations: AR 601-280; AR 635-200, chapter 5-15; AR 635-100, chapter 5; NGR 600-200, chapter 7; NGR 600-5; NGR 635-100; AR 135-175; or AR 135-178. These actions will be taken unless a medical reason is found to preclude the loss of weight or there is other good cause to justify additional time in the weight control program.

Paragraph 21k(1) and 21k(1)(a) are amended as follows:

- 1) If the unit commander determines that the individual exceeds the body fat standard--
 - a) Within 12 months from removal from the weight control program and no underlying or associated disease process is found as the cause of the condition, the unit commander will initiate separation proceedings per g and j above.

By Order of the Secretary of the Army

SUBJECT: IMPLEMENTATION OF NEW APFT STANDARDS

The Purpose of this Message is to provide clarity to the field regarding the implementation of the APFT standards. The new APFT standards went into effect 1 February 1999 for all components of the US Army. Soldiers that score 270 or above with a minimum of 90 points per event on the APFT and meet body fat standards will be awarded the physical fitness badge for physical fitness excellence. Soldiers are required to meet the above criteria each record test to continue to wear the badge. Units who have not received the new APFT card should notify the TRADOC POC, CPT Richardson, COMM (757) 728-5611 or DSN 680-5611, for assistance.

POC for this action is MAJ Hughes, DSN 227-1108 or SGM Schexnader, DSN 227-4651.

SUBJECT: THE ARMY WEIGHT CONTROL PROGRAM, AR 600-9

AR 600-9 has been revised and is currently pending publication. The name of the AR will change from "The Army Weight Control Program" to "The Army Body Composition Program." The revised edition will incorporate reference B as well as more specific guidance for ARNGUS and the USAR.

Reference B is extended until superseded by the newly revised AR 600-9. HQDA POC is LTC Francine Le Doux, DSN 227-2448.

SUBJECT: ORDERING BODY FAT MEASURING TAPE

The new stock number for ordering the measuring tape is 8315-01-238-8103.

SUBJECT: GUIDANCE FOR IMPLEMENTING THE NEW APFT STANDARDS

All soldiers in TRADOC units and courses will be evaluated by the new APFT standards beginning 1 FEB 1999. If soldiers complete an APFT for record to satisfy a graduation requirement prior to 1 FEB 1999, there is no additional requirement for a new APFT prior to graduation.

The new DA Form 705, Army Physical Fitness Test Scorecard, and the update to FM 21-20, Army Physical Fitness Training, should be available at your local publications distribution point. If you do not have these publications, please call CPT Richardson (ODCST) at DSN 680-5611. You can also access the DA Form 705 at the US Army Publications Agency web site. This address is <http://www.usapa.army.mil>.

SUBJECT: ESTABLISHMENT OF NEW APFT STANDARDS

FROM : Headquarters, Department of the Army

New age groups are established to include a 62+ year group.

PT Badge will be awarded to soldiers attaining a score of 270 points to continue to wear the badge.

CSA directs that commanders assess the new scoring standards and provide their assessments to Commander, U.S. Army Physical Fitness School, ATTN: ATSH-PF, Bldg 468, Ft. Benning, GA 31905.

FROM: USAPFS

Soldiers that score 270 or above, with a minimum of 90 points per event on the APFT and meet body fat standards will be awarded the Physical Fitness Badge for physical fitness excellence. Soldiers are required to meet the above criteria on each record test to continue to wear the badge. Changes are required in AR 350-41 and AR 672-5-1. A message will be put out correcting the error.

SUBJECT: PROMOTION POINTS FOR SOLDIERS ON PERMANENT PROFILES

See AR 600-8-19.

SUBJECT: POLICY CHANGE TO INSTITUTIONAL ARMY PHYSICAL FITNESS TESTING

The Purpose of this message is to announce CSA approval of a policy change pertaining to the APFT at institutional training courses. The new policy affects the following functional and professional development courses: PLDC, BNCOC, ANCOC (for RC BNCOC/ANCOC Phase I common leader training only), Battle Staff NCO Course, First Sergeant Course, Non-Resident SMC, WOCS, WOAC, WOSC, OCS (alternate APFT is not applicable to OCS and WOCS). The new policy mandates all soldiers for the above courses will take the APFT within 72 hours of enrollment. If the soldier fails the initial APFT, then the soldier will be provided one retest seven to fourteen days after failure of the initial APFT. If the soldier fails the retest, the soldier will receive an academic dismissal for failure to meet APFT standards. Reserve Component (RC) soldiers attending training during the Inactive Duty Training (IDT) phase will take the initial APFT within 72 hours of enrollment. If the soldier fails the initial APFT, then the soldier will be provided one retest not earlier than day six, but not later than day seven of the POI after the initial APFT. If the soldier fails the retest, then the soldier will receive an academic dismissal for failure to meet APFT standards. Soldiers attending other professional development courses not mentioned in paragraph 2, in either a PCS or TDY status, e.g., SMC, OAC, CGSC, AWC, and any other resident courses eight weeks or longer are still under the policy which requires the soldier to take and pass the APFT in order to graduate. This change does not affect soldiers reporting to Drill Sergeant, Airborne, Ranger School, Special Forces Assessment and Selection, OCS or WOCS. These soldiers must meet the APFT requirements for these courses as established by TRADOC and approved by ODCSOPS per AR350-41, PARA 9-8.B(13). The new policy applies to all affected classes beginning 1 February 1999, to coincide with the start of the new APFT standards.

POC for this action is SGM Schexnayder, DSN 227-4651 or COMM (703)697-4651, or MAJ Hughes, DSN 223-7110 or COMM (703) 693-7110.9. Disposition cannot be determined at this time.

SUBJECT: POST PARTUM SOLDIERS AND THE PHYSICAL FITNESS AND WEIGHT CONTROL PROGRAM

Female soldiers who meet the Army weight control standards and become pregnant will be exempt from the standards for the duration of the pregnancy plus 6 months following pregnancy termination. Such soldiers, even if exceeding the screening weight for height table or body fat standards of AR 600-9, 10 October 1986, will not be considered overweight and will not be flagged unless some other basis for a flag exists. Such soldiers, if on a promotion list, will be in a promotable status if otherwise qualified. If, after 6 months following pregnancy termination the soldier fails to meet the weight control standards, then she will be enrolled in the Army Weight Control Program (AWCP). A physician will medically clear female soldiers 6 months following pregnancy termination before they are enrolled in the AWCP.

A soldier who is currently on the Army Weight Control Program and becomes pregnant will remain flagged for the duration of the pregnancy and for a period of up to six months following pregnancy termination. If she does not meet the weight control standards by the end of the 6 months and a physician medically clears her, she will continue on the Army Weight Control Program. This is not considered a new enrollment, rather a continuation of her previous pre-pregnancy enrollment. When a soldier is continued in the AWCP, the provisions of paragraph 21E(2) and 21G, AR 600-9, do not apply for the period of time in the AWCP prior to continuation. A post partum soldier may be measured per ref C at her own request prior to 6 months, and if she meets the weight control standards, she will be removed from the Army Weight Control Program.

Pregnant soldiers, who are otherwise qualified for reenlistment, including those with approved waivers who were not in the AWCP prior to pregnancy, may reenlist or extend because such soldiers are not considered to be in the AWCP if their reenlistment date is during the period of pregnancy plus seven months. Pregnant soldiers who are otherwise qualified for reenlistment, including those with approved waivers but who were in the AWCP prior to pregnancy, will be extended for the minimum period that will allow for birth of the child plus seven months. If such a soldier meets the body composition standard of AR 600-9 during or at the end of the term of extension, then the soldier, if still otherwise qualified, will be allowed extension. The authority for extensions for active duty soldiers in this category, which will be cited on DA Form 1695 ("Oath of Extension of Enlistment") is AR 601-280, paragraph 4-9H. The authority for ARNGUS and USAR soldiers, which will be cited on DA Form 4836, is AR 140-111, table 3-1, rule O or NGB 600-200, table 7-1, rule K.

Upon diagnosis of pregnancy, the soldier is exempt from the regular physical training (PT) program of the unit and exempt from PT testing as outlined in Chapter 9, AR 350-41 for the duration of the pregnancy and up to 6 months past pregnancy termination.

It is recommended that installations offer pregnancy PT programs to assist pregnant and post partum soldiers in maintaining fitness throughout their pregnancy and to assist them in returning to pre-pregnancy fitness levels after pregnancy termination. Exercise programs must follow the guidelines of the American College of Obstetricians and Gynecologist, and women must be cleared to participate by the physician who confirms the pregnancy or by the nurse/midwife who issued the pregnancy profile (see paragraph 7-9B(2), AR 40-501). If that provider is uncertain as to her pregnancy risk factor, then clearance by an obstetric specialist is mandated.

Pregnancy PT programs also provide an ideal time for new expectant mothers to interact with experienced mothers. It provides an opportunity to educate new mothers-to-be on family care plans, parental responsibilities, nutrition, childcare, and other topics. Main installations already provide such programs and find that the combination of exercise and education is highly beneficial to pregnant soldiers.

Installations interested in starting pregnancy PT programs should contact the installation Fit-to-Win Coordinator, the Army Community Health Nurse, or the Army Physical Fitness School at DSN 835-6381.

The HQDA POC for this action is ODCSPER DAPE-HR-PR, LTC Francine Le Doux at DSN 227-2448.

SUBJECT: APFT CREDIT FOR SOLDIERS WITH PERMANENT PHYSICAL PROFILES

Change 1 to AR 600-8-19: Those soldiers with permanent physical profiles for the sit-up or push-up events will be granted 60 points for each event waived and use their actual score for each event taken and must qualify on the 2-mile run or approved alternate test according to FM 21-20. Soldiers taking an alternative event for the 2-mile and receiving a go will receive a score for that event equal to the average scores of the other 2 events.

<http://www-benning.army.mil/mil/usapfs/pages/changes/htm>

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Student Handout 4

Extract

This Student Handout contains copies of the Visual Aid slides for students to take notes.

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OVERWEIGHT PERSONNEL STATUS

- Non-promotable.
- Not assigned to command positions.
- Not authorized to attend professional or civilian schooling.
- Personnel overweight when they arrive at any DA board select school will be disenrolled.
- Personnel overweight when they arrive at a professional school (not DA or PCS) will be disenrolled and reassigned.

U659/OCT03/VGT-4

SCREENING

				1. Enter Wt Prg	
				2. Flag	
				3. Nutrition Coun.	
Meets Height/Weight Table	NO				NO
YES	Meets Body Fat Standard	NO	Medical Problem **		
NO				YES	
Appearance Satisfactory	YES		Medical** Treatment		
YES					
	No Action				

U659/OCT03/VGT-5

ACTIONS

Wt Loss in Any 2 Consecutive Mos	YES	Sat Progress in 6 months	YES	Meets Body Fat Std.	
A	NO	NO	A	NO	
NO	Medical Problem	YES	Medical Treatment	YES	
NO	Meets Body Fat Std	YES			
NO	Below Ht/Wt Table	YES	Remove From Wt Program		
Consider Separation	NO	A			
	A	Enroll/continue weight control			

U659/OCT03/VGT-6

PRACTICAL EXERCISE SHEET PE-1

Title	Weight Control Program		
Lesson Number/Title	U659 version 1 / Weight Control Program (FSC RESIDENT)		
Introduction	As a first sergeant, you need to know the Weight Control Program.		
Motivator	Early identification of individuals not meeting the requirements of AR 600-9 is essential in our ability to maintain a fighting force second to none. You need to know how to use AR 600-9 to manage your weight control program in an efficient manner.		
Learning Step/Activity	<p>NOTE: The instructor should inform the students of the following Learning Step/Activity requirements. (ELO C.2)</p> <p>At the completion of this lesson, you [the student] will:</p> <table border="1" style="width: 100%;"> <tr> <td style="width: 20%;">Action:</td> <td>Standard methods for determining body fat</td> </tr> </table>	Action:	Standard methods for determining body fat
Action:	Standard methods for determining body fat		
Safety Requirements	None		
Risk Assessment Level	Low		
Environmental Considerations	None		
Evaluation	This is a self-graded practical exercise. The instructor will use the solution sheet to lead the students in a discussion of the solution of the PE.		
Instructional Lead-In	None		
Resource Requirements	<p>Instructor Materials: Solution to PE-1.</p> <p>Student Materials:</p> <ul style="list-style-type: none"> • Pen or pencil and writing paper. • All reference material issued for this lesson. • AR 600-9. • Height/weight scale and authorized measuring body fat measuring tape. • DA Forms 5500-R and 5501-R. • SH-2. 		
Special Instructions	You have 30 minutes to complete the practical exercise and a review. Part I of the PE is an individual effort and part II is a group effort. Part I will help you identify your understanding of the regulatory guidance. Part II will allow you the opportunity for hands-on experience. You will need to know the order for measuring body fat and how to complete the worksheet IAW AR 600-9. Each group requires one tape measure and DA Forms 5500-R and 5501-R (SH-2).		

PART ONE

Situation:

You are the unit 1SG and have just completed a company weigh-in. You have several soldiers that exceed the maximum authorized weight for their height IAW AR 600-9. You are discussing procedures for determining body fat composition with your unit commander and the following questions came up.

ITEM 1:

When taking the measurements to determine body fat composition, how many times do you measure each area?

When taking the measurements to determine body fat composition, you measure each are:

- a. Once.
- b. Twice.
- c. Three times.
- d. Four times.

ITEM 2:

When taking measurements to determine body fat composition on a male soldier, what circumference sites and landmarks do you measure?

When taking measurements to determine body fat composition on a male soldier, you measure the following:

- a. Neck, abdomen and hip.
- b. Neck and abdomen.
- c. Neck, Abdomen and thigh.
- d. Hip, neck, wrist and forearm.

ITEM 3:

When taking measurements to determine body fat composition on a female soldier, what circumference sites and landmarks do you measure?

When taking measurements to determine body fat composition on a female soldier, you measure the following:

- a. Neck and abdomen.
- b. Hip, abdomen, neck, forearm.
- c. Hip, neck, wrist, forearm.
- d. Hip, abdomen, thigh, neck.

ITEM 4:

For a measurement of a specific landmark to be valid, how close must the result of each of the required measurements be to each other?

For a measurement of a specific landmark to be valid, the result of each measurement is:

- a. 1/8 of an inch.
- b. 1/4 of an inch.
- c. 1/2 of an inch.
- d. 3/4 of an inch.

ITEM 5:

When taking measurements to determine body fat composition, what gender should the soldier taking the measurement be?

When taking measurements to determine body fat composition, the soldier taking the measurement should be:

- a. The same gender.
- b. The opposite gender.
- c. This decision requires no consideration; we are all soldiers.
- d. At the discretion of the first sergeant.

PART TWO

NOTE: The instructor will divide the class into groups of three individuals per group when possible.

Each person in the group will perform a body fat measurement using either DA Form 5500-R (Male) or DA Form 5501-R (Female) (SH-2).

1. Perform a body fat measurement IAW AR 600-9.
2. Record the data in the appropriate blocks on the forms IAW AR 600-9, Appendix B, figures B-1 and B-3.
3. Observers must ensure that the tape placements are correct IAW figures B-2 and B-4 in Appendix B.

**Feedback
Requirements**

None