

**NCO Leadership Center of Excellence  
Basic Leader Course**

**Lesson Plan for 400-B124 / 5.1  
Army Combat Fitness Test Certification**

**Advance Sheet**

**1. SCOPE:**

This 8-hour lesson will enable you to obtain certification as an Army Combat Fitness Test (ACFT) grader. This certification will provide you with another tool for developing your Soldiers and supporting unit and Army readiness. Obtaining an ACFT Certification is not a graduation requirement. However, it may reflect on your DA Form 1059.

**2. LEARNING OBJECTIVES:**

**TLO:** This lesson supports BLC Course TLO 400-BLC, Guide self, Soldiers, and Families to meet Army readiness standards.

**ELO:**

**Action:** Obtain certification as an ACFT grader.

**Condition:** As a learner, attending the BLC, using a direct level leadership perspective in new environments, given references including ATP 7-22.01, ACFT Certification rubric, activities, and classroom discussions.

**Standard:** Obtain certification as an ACFT grader by validating the testing equipment, setting up the ACFT testing lanes, grading the six ACFT events to standard, and grading four ACFT MOD events, with 100% GOs on the ACFT Certification rubric.

**3. ASSIGNED LEARNER REQUIREMENTS:**

**a. Read:**

- (1) ATP 7-22.01, *Holistic Health and Fitness Testing*, Chapter 2
- (2) Army Directive 2022-05 (Army Combat Fitness Test)

**b. Classroom Discussion:** Learners should be prepared to discuss the specific standards for grading the ACFT events.

**4. ASSESSMENT:**

Refer to B100 advance sheet for information on all assessments.