

Army Body Composition Program (ABCP) - AR 600-9

What are the primary objectives of the Army Weight Control Program? -

ANSWER-The primary objective of the ABCP is to ensure all soldiers achieve and maintain optimal well-being and performance under all conditions

Name a secondary objective of ABCP - ANSWER--Assist in establishing and maintaining operational readiness, physical fitness, health, a professional military appearance in accordance with AR 670-1

-Establish body fat standards

-Provide procedures by which personnel are counseled to assist in meeting the standards prescribed in this regulation

Who is responsible for meeting the standards prescribed in AR 600-9? -

ANSWER-Every soldier is responsible. Self discipline to maintain proper weight distribution and high standards of appearance are essential to every individual in the Army.

What are three reasons why the Army is so concerned about excess body fat? -

ANSWER-Three reasons the Army is so concerned with excess body fat are it connotes a lack of personal discipline, detracts from military appearance, and may indicate a poor state of health, physical fitness, or stamina

How often will soldiers be screened to ensure compliance with this regulation? -

ANSWER-Soldiers will be screened every 6 months, at a minimum, to ensure compliance with this regulation; and at the commander's discretion when they determine a soldier does not present a soldierly appearance

What is the only authorized method of estimating body fat? - ANSWER-The only authorized method of estimating body fat is the circumference-based tape method outlined in appendix B

Abcp Study Guide

John Keith Watson



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