

Dear Administrator,

Due to inclement weather the cadets in our Civil Air Patrol squadron are not always able to do the entire exam at our squadron meeting. Since the physical fitness test is required for promotion we are seeking the assistance of people in the community in administering this exam.

The following individuals may administer the exam:

1. Public/ private high school physical education teacher
2. A coach for a sports team in the community – public or private.
3. A physical education professor at the community college for students enrolled in PSEO.
4. A home education support group leader / teacher.

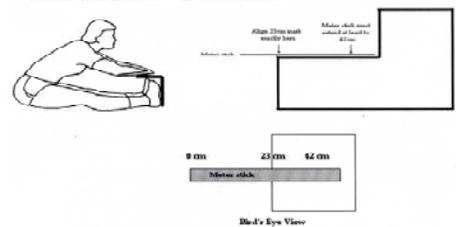
Please note that parents are not permitted to give the exam.

Listed below are instructions on how to prepare to administer each event, the proper techniques required to perform each exercise correctly, and the scoring criteria. Please administer the entire test within 1 hour. Record the scores on the reverse side of this form.

Thank you for your assistance.

Sincerely,

Flo McKinley
Deputy Commander for Cadets
Lorain County Composite Squadron



SIT & REACH

Equipment: Tape a meter to a stair step so that the 23cm mark is exactly in line with the vertical plane of the stair step. The lower numbers on the meter should hang over the edge of the stair step. Usually the meter will be too long for the stair; simply cut the meter to fit, but ensure it extends at least to 42cm, the maximum distance required for any cadet.

Testing:

1. Cadets remove their shoes and sit on the floor with their knees fully extended. Feet should be shoulder-width apart and the soles of the feet must be held flat against the stair step (or special box).
2. With hands on top of each other, palms down, and legs held flat, the cadet reaches along the meter as far as possible, without bouncing.

Scoring: After three practice reaches, the fourth reach is held for at least one second while the distance is recorded. Scores are recorded to the nearest centimeter.

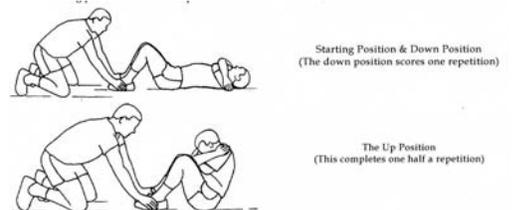
CURL-UPS (Also known as “sit-ups”)

Equipment: Stopwatch, or a wristwatch with a second hand.

Testing:

1. Conduct the test on a flat surface, preferably one that is clean and cushioned.
2. Have each cadet lie on their back, with their knees flexed and feet about 12 inches from their buttocks.
3. A partner must hold the feet of the cadet being tested.
4. Have the cadet cross their arms and place their hands on opposite shoulders, while holding their elbows close to their chest.
5. Keeping this arm position, the cadet raises their trunk by curling up to touch their thighs with their elbows. Then the cadet lowers back to the floor so that the shoulder blades touch the ground.
6. **This is a one minute test.** To start the test, a timer calls out, “Ready . . . GO!” The timer will call out when 30 seconds remain, and again when 10 seconds remain in the test. At precisely 60 seconds, the timer calls out “Stop!”

Scoring: A senior member or the cadet’s partner may keep score. Score one repetition every time the cadet correctly raises their trunk by curling up to touch their thighs with their elbows and returns to the starting position. Count the repetitions aloud.

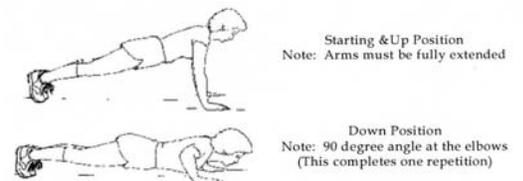


RIGHT ANGLE PUSH-UPS

Equipment: Metronome, drum, or someone to clap their hands or call cadence.

Testing:

1. **Test Surface.** Conduct the test on a flat surface, preferably one that is clean and cushioned.
2. **Stance.** The cadet lies face down, with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel and slightly apart (approximately 2-4 inches) with toes supporting the feet.
3. **Performing the Exercise.** To complete a push-up, the cadet must straighten their arms, keeping their back and knees straight. Then, the cadet must lower their body, while keeping their back and knees straight, until there is a 90-degree angle at the elbows, with their upper arms parallel to the floor.
4. **Judging Performance.** To judge if the cadet lowers their body enough, a partner holds out his or her own hands to a point such that when the cadet being tested touches their shoulders against the partner’s hands, a 90-degree angle is formed at the cadet’s elbows.



5. **Cadence.** The push-ups are done to an audible cadence (clapping, drum, metronome, oral command, etc.) with the cadet completing one (and only one) push-up every three seconds, and continuing until they can do no more in rhythm (having not done the last three in rhythm). The cadet may halt when he or she reaches the required number of repetitions for their achievement.
6. **Resting.** The cadet is free to take as long as they wish to reach the up position, and as long as they wish to reach the down position, provided they begin a new push-up every 3 seconds. The cadet may rest in the up or down position, but the President's Challenge recommends cadets remain in motion throughout the entire 3-second interval to achieve the best results.

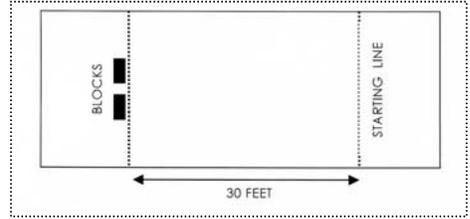
Scoring:

1. The test administrator controls the metronome, or marks cadence orally or by clapping their hands. Each cadet's partner should judge if the repetitions are being done in rhythm, and count them aloud.
2. Record only those push-ups done in proper form and rhythm.
3. Score one repetition for every instance when the cadet correctly straightens their arms and lowers their body until there is a 90 degree angle at the elbows.

SHUTTLE RUN

Equipment:

1. Two chalkboard erasers, blocks of wood, or any similar item measuring approximately 2"x2"x4".
2. Tape measure.
3. A digital stopwatch or wristwatch that measures time to the hundredth of a second.



Testing:

1. Mark two parallel lines 30 feet apart. Place two blocks (or similar objects) immediately behind one of the lines.
2. Have the cadet start behind the line opposite from where the blocks are.
3. Each timer may test only one cadet at a time.
4. On the signal, "Ready, GO!," the cadet runs to the opposite line, picks up one block, runs back and crosses the starting line, drops the block behind the starting line, and then repeats the process.

Scoring:

1. Blocks may not be thrown across the lines.
2. Start the stopwatch on the command "GO!" Stop timing when the cadet crosses the starting line with the second block. Record the time to the nearest tenth of a second.
3. Cadets may attempt this event twice during the test period. Record the fastest time.

Mile Run

Equipment:

1. Stopwatch or a wristwatch with a second hand.
2. An oval-shaped track is the preferred course for this event.
3. If a track is unavailable, a road course may be used if it is reasonably flat, has a wide shoulder, and does not require cadets to make numerous turns down different streets.

Testing:

1. Up to 25 cadets may be tested at the same time, provided that one senior member acts as the timer and another acts as the recorder. If only one senior member or CAP-USAF member is available, then no more than 10 cadets may be tested at the same time.
2. Have the cadets being tested ready themselves behind the starting line. Faster cadets should be positioned in the front of the pack.
3. At the command, "Ready, GO!," cadets start running and timing begins.
4. Supervisors should be stationed at the half-mile mark of road courses, or as the situation warrants, to ensure each cadet reaches the waypoint. Supervisors must remain alert to potential safety hazards and monitor cadets for potential injuries or exhaustion.
5. Cadets may run, jog, or walk during this event.

Scoring: The timer will call out the time when each cadet crosses the finish line for the recorder to log.

Cadet Physical Fitness Testing Record

Date: _____

Cadet Name: _____ **Age:** _____ **Achievement Level:** _____

Location: _____

Administrator: _____

Name (Print)

Position

Push ups: _____ **Sit ups:** _____ **Sit & Reach:** _____

Shuttle Run: _____ **Mile Run:** _____

Administrator's Signature