

Physical Fitness Guidelines

1. All cadets will do all components of PT. unless they have been placed in Category 2, 3, or 4.
 - Cadets that are sick on the night of PT must complete a PT Excuse Form that will ask you to describe your physical limitations for that night. The form must be turned in by 1900 hours to the 1st Sergeant or Cadet Commander. The DCC/CC or designee will evaluate your request and you will be informed if your request has been granted. You may be required to participate in specific events but not the complete the entire PT test.
 - Category 2 - cadets that have a temporary condition or illness may submit a doctor's excuse to limit PT participation. Cadets temporarily restricted from a portion of the PT are still required to complete and pass the events they are not restricted from.
 - Cadets in Category 2 may not test for a milestone award
 - Category 3 – A cadet in this category is determined to be indefinitely or permanently restricted from a portion of PT due to a medical condition or injury chronic or permanent in nature as certified by a physician. Cadets are still required to complete and pass the CPFT events they are not restricted from.
 - Category 4 - A cadet in Category IV is determined to be indefinitely or permanently restricted from participation in the entire physical fitness program due to a medical condition or injury of a permanent nature as certified by a physician. Cadets in this category are exempt from all CPFT requirements indefinitely.
2. Cadets are authorized to wear PT clothing consisting of black t-shirt and shorts. Cadet must be able to put on BDU uniform over the PT clothing.
3. Only 1 PT score will be recorded in a given month.
4. Only PT conducted by the squadron or through authorized Individual PT Testing will be accepted.
5. Cadets will have a partner who will record in ink on the Individual Record Sheet the distance for sit & reach, number of pushups and number of sit-ups.
6. Mile run will be done by all cadets unless excused.
7. Shuttle run will only be done by those that do not pass mile run.
 - Mark two parallel lines 30 feet apart and 3 feet wide. Place two blocks (or similar objects, 2x2x4) immediately behind one of the lines. On the opposite side draw a line that is parallel to the 30 foot line at 33 feet.
 - Have the cadet start behind the line opposite from where the blocks are.
 - There should be two timers recording the time. The timers may test only one cadet at a time.
 - On the signal, "Ready, GO!," the cadet runs to the opposite line, picks up one block, runs back and crosses the starting line, drops (not throw) the block behind the starting line, and then repeats the process. They must be placed within three feet of the ending line.
 - If blocks are thrown time will be disqualified but still count as one of your testing opportunities.
 - Stop timing when the cadet crosses the starting line with the second block.

- The testing officer will write down the times from both timers to the nearest hundredth of a second. Scores will be averaged and final score will be to a tenth of a second.
 - Cadets may attempt this event twice during the test period. Record the fastest time.
8. Sit-ups
- Have each cadet lie on their back, with their knees flexed and feet about 12 inches from their buttocks.
 - A partner must hold the feet of the cadet being tested. Feet must be held by a cadet of the same sex, a sibling, or a senior member.
 - Have the cadet cross their arms and place their hands on opposite shoulders, while holding their elbows close to their chest. 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.
 - If at any time the cadet is not holding their shoulders, does not touch thighs, or fails to have shoulder touch the ground that repetition is not counted.
9. Pushups
- 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.
 - The partner will hold 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.
 - The cadet must complete one (and only one) push-up every three seconds, they begin a new push-up every 3 seconds.
 - Only those push-ups done in proper form and rhythm will be recorded.
 - 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.
10. Sit & Reach
- Cadets must 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 box.
 - 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.
 - 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.
11. At the conclusion of PT cadets will submit their individual score sheets to the officer-in-charge.
12. Individual PT Testing may be authorized in the winter months when:
- Inclement weather prohibits PT on the first week of the month and only if the cadet was present at that meeting when PT Testing was accomplished.
 - When either the mile run or shuttle is not offered as a part of that month's testing, and the individual does not pass the running event that is offered.
 - Authorization is granted only to cadets who have or will attempt to meet all other promotion requirements in that month.

- If you promoted the previous month you are not eligible to do Individual PT Testing the subsequent month since you still have one more PT testing day at a squadron meeting before the next promotion.
- You may utilize the Individual PT Testing form prior to passing all other promotion requirements for the next promotion, but the scores will only count if you complete all requirements in that month. (If you pass PT using the form, but fail to complete other requirements and are NOT promoted that month, the PT form will be destroyed and the passing score will NOT count, as you will then have another opportunity to pass PT at the squadron meeting the following month.)
- You may not utilize the form if you already have a passing PT for that promotion, because you have already met the PT requirement for that promotion.
- The PT form should be given to a teacher or coach so that they may administer the test. Please read the form before giving it to a teacher so that you are familiar with how the test should be conducted. Please make every effort to provide needed supplies – stopwatch etc. Any CAP Senior Member may also administer the test provided they are not related to the cadet. Note: the PT test may not be administered by a parent – even if they are a teacher or CAP Senior Member. If you cannot find someone in one of the categories of approved administrators inform the Deputy Commander for Cadets.
- The Individual PT Testing may be administered for all achievement levels 1-16, excluding milestone awards – Wright, Mitchell, Earhart, Eaker, by individuals listed above.
- Cadets attempting the Wright Award may utilize any CAP Senior Member that is not related. (Teachers who are NOT CAP Members may NOT administer the PT Test for the Wright Brothers Award.)
- Cadets that need Individual PT Testing for the General Billy Mitchell or higher awards must contact the Deputy Commander for Cadets who will arrange testing with an approved CAP Testing Officer, Deputy Commander for Cadets, or Squadron Commander.
- Completed Individual PT Testing forms should be turned in to your 1st Sergeant or Cadet Commander by the 3rd Tuesday's squadron meeting, so they can be forwarded to the Deputy Commander for Cadets and be subsequently considered for promotion at the end of the month.
- Category 2 cadets that are too sick or injured to attend the meeting may submit a request to do Individual PT Testing by e-mail prior to the start of the meeting to the Deputy Commander for Cadets at mckinleypatriots@yahoo.com. Cadets temporarily restricted from a portion of the PT are still required to complete and pass the events they are not restricted from. At the next meeting a doctor's note must be submitted with the Individual PT Testing Form. Cadets in Category 2 may not test for a milestone award