

Attachment 8

APJOC PHYSICAL FITNESS EVALUATION

This test must be conducted in a 3-hour time frame and may be given in any order as long as all calisthenic exercises are grouped together. Cadets are encouraged to complete the test in its entirety prior to APJOC to determine weak/strong points in his/her physical condition. This test is comprised of six events; the student **MUST PASS EACH EVENT**. Failure of any event will result in the overall failure of the PFE. The APJOC PFE requirements are designed to test for a minimum fitness level for APJOC. This is a go/no-go evaluation.

1. 2 x 20 Meter Underwater Swim: Provide the member 3-minutes of rest between underwater swims. If members surface or break the water surface during any portion of the swim, the test will be stopped and considered a failure. Swimsuits and swim goggles/scuba mask are the only equipment items allowed. After completion of the underwater allow a 10:00 rest before next event.

2. Surface Swim (**200 meters nonstop 10:00**) This swim is conducted using the freestyle, breaststroke or sidestroke. The swim is continuous (non-stop). If a member stops any time during the swim, the test will be stopped and considered a failure for the entire PFE. Swimsuit and goggles/scuba mask are the only equipment items allowed. After completion of the swim, allow a 30-minute rest prior to the next event.

3. 1.5 Mile Run (**Males 11:00, Females 11:30**) Physical training (PT) clothes and good running shoes are the only required items. The run must be continuous (non-stop). If a member stops anytime during this run, the test will be stopped and considered a failure. Members will be given a 10-minute break prior to the next event. Test should be conducted on a measured running track.

Calisthenics: Three calisthenics exercises are evaluated, each with specific time parameters and specific exercise form mechanics. All members will exercise to either muscle failure or time completion, whichever occurs first. The intent is to have members do as many "good form" repetitions in the time allotted or when muscle failure is reached. Allow a 3-minute rest between each calisthenics exercise. Exercise form is strictly enforced during the PFE and during APJOC. Those repetitions done without proper form will not be counted.

4. Pull-ups (**Male 6-repetitions in 1:00, Females 3-Repetitions in 1:00**) Pull-ups are a two-count exercise. Starting position is hanging from a bar, palms facing away from the candidate with no bend in elbows. Hand spread is approximately shoulder width apart. Count one; pull the body up until the Adam's apple clears the top of the bar. Count two; return to starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. If the candidate falls off, stops, or releases the bar, the exercise is terminated.

5. Sit-ups (**48-repetition minimum in 2:00**) Sit-ups are a two-count exercise. Starting position is back flat on the surface, fingers interlocked behind the head, head off the surface, and knees bent at approximately a 90-degree angle. Another individual may hold the individual's feet during the exercise. Count one; sit up so that the shoulders are directly above the hip/pelvis area or 90 degrees to surface. Count two; return to the starting position. The exercise is continuous. If the member stops, the exercise is terminated. If the member's buttocks rise from the surface or his fingers are not interlocked behind his head during the repetition, the repetition is not counted.

6. Push-ups (**48-repetition minimum in 2:00**) Push-ups are a two-count exercise. Starting position is hands, shoulder width apart, with arms straight and directly below the chest on the surface; the legs are extended, back and legs remain straight. Count one; lower the chest until the elbows are bent at a 90-degree or lower angle. Count two; return to the starting position. The only authorized rest position is the starting position. If the knees touch the ground the exercise is terminated. The member will not raise his buttocks in the air, sag his middle to the surface, or raise any hand or foot from their starting position. If a hand or foot is raised, the exercise is terminated.

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2015 APJOC PHYSICAL FITNESS EVALUATION FORM

DATE: _____

CADET NAME: _____

MALE / FEMALE (circle one) TEST: INITIAL / FINAL (circle one)

RECORDER NAME: _____

EVALUATOR NAME: _____

Record the cadet's time/number of repetitions where applicable. Circle whether the cadet is a PASS OR FAIL

1. 2x 20 METER UNDERWATERS 1____ 2____ **PASS / FAIL**

2. 200 M SURFACE SWIM (10:00) TIME: _____ **PASS / FAIL**

3. 1.5 MILE RUN (11:00 M/11:30 F) TIME: _____ **PASS / FAIL**

4. PULL UPS (6 M/3 F) IN 1:00 # REPS: _____ **PASS / FAIL**

5. SIT UPS 48 REPITIONS IN 2:00 # REPS: _____ **PASS / FAIL**

6. PUSH UPS 48 REPITIONS IN 2:00 # REPS: _____ **PASS / FAIL**

OVERALL: **PASS / FAIL** SCORE: _____

IF OVERALL FAILURE, RECOMMEND REEVALUATION **YES / NO**

SIGNATURE OF
STUDENT: _____

SIGNATURE OF
EVALUATOR: _____

Comments:

APJOC PFE SCORING SHEET

1.5 MILE RUN		
Male	Female	Score
8:26	8:56	15
8:37	9:07	14
8:48	9:18	13
8:59	9:29	12
9:10	9:40	11
9:21	9:51	10
9:32	10:02	9
9:43	10:13	8
9:54	10:24	7
10:05	10:35	6
10:16	10:46	5
10:27	10:57	4
10:38	11:08	3
10:49	11:19	2
11:00	11:30	1

PUSH-UPS	
Standard	Score
76	15
74	14
72	13
70	12
68	11
66	10
64	9
62	8
60	7
58	6
56	5
54	4
52	3
50	2
48	1

PULL-UP		
Male	Female	Score
20	17	15
19	16	14
18	15	13
17	14	12
16	13	11
15	12	10
14	11	9
13	10	8
12	9	7
11	8	6
10	7	5
9	6	4
8	5	3
7	4	2
6	3	1

SIT-UPS	
Standard	Score
76	15
74	14
72	13
70	12
68	11
66	10
64	9
62	8
60	7
58	6
56	5
54	4
52	3
50	2
48	1

20m UNDERWATERS	
Standard	Score
2	4
0 or 1	0

200m SWIM	
Standard	Score
5:20	15
5:40	14
6:00	13
6:20	12
6:40	11
7:00	10
7:20	9
7:40	8
8:00	7
8:20	6
8:40	5
9:00	4
9:20	3
9:40	2
10:00	1