

## PJOC 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 required to complete the test in its entirety prior to PJOC to determine weak/strong points in his/her physical condition. This test is comprised of four events; the member must pass every event. Failure of any event will result in the overall failure of the PFE. The PJOC PFE requirements are designed to test for a minimum fitness level for PJOC.

1. One Mile Run (**Males 9:00, Females 10:00**) 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 PJOC. Those repetitions done without proper form will not be counted.

2. Pull-ups: 1 Minute (**Male 3 repetitions, Females 1 repetitions**) Pull-ups are a two-count exercise. Starting position is hanging from a bar, palms facing away from the cadet 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 cadet falls off, stops, or releases the bar, the exercise is terminated.
3. Sit-ups: 2 Minutes (**Males 44 repetitions, Females 40 repetitions**) 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 cadet'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.
4. Push-ups: 2 Minutes (**Males 30 repetitions, Females 27 repetitions**) 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.

**PJOC PHYSICAL FITNESS EVALUATION AFFIDAVIT**

Name \_\_\_\_\_ Gender (M / F) CAPID \_\_\_\_\_ Test Date: \_\_\_\_\_

<b>EVENT</b>	<b>Time / Repetitions</b>	<b>Minimum Passing Reps / Time</b>	<b>Pass / Fail</b>
<b>1 Mile Run</b> Time in mm:ss	_____	F 10:00 / M 9:00	_____
<b>Push-ups</b> # completed in 2 minutes	_____	F 27 / M 30	_____
<b>Sit-ups</b> # completed in 2 minutes	_____	F 40 / M 44	_____
<b>Pull-ups</b> # completed in 1 minute	_____	F 1 / M 3	_____
<b>Final (Pass / Fail)</b>	_____		

**NOTE to Parent / Guardian / Financially Responsible Individual:** Your signature certifies that you understand you are responsible for any additional travel expenses if cadet must depart the activity early, for any reason, including poor physical training. If your cadet does not meet the minimum physical requirements to attend PJOC, the cadet is NOT ELIGIBLE to attend

NAME: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

CONTACT INFORMATION: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**NOTE to Squadron Commander or designated *senior member* representative** (this representative must not be a family member): Your signature certifies the cadet personally demonstrated the above performance according to the attached descriptions. If the cadet does not meet the minimum physical requirements to attend PJOC, the cadet is NOT ELIGIBLE to attend this activity.

NAME: \_\_\_\_\_ RANK: \_\_\_\_\_

Contact Information: \_\_\_\_\_

POSITION in Civil Air Patrol: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**NOTE to PJOC Cadet:** Your signature certifies you completed the above exercises according to the attached descriptions and monitored by your squadron representative. You also certify that you understand the need to be in excellent physical condition so that you can withstand the rigors of a high altitude, hot, desert environment; and you will work to maintain or improve your fitness level until PJOC is complete.

CADET'S NAME: \_\_\_\_\_ RANK: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

\*Any falsification on this form will lead to the cadet being sent home from the activity.

# Pararescue and Survival Orientation Course

## Physical Training Preparation Guide

PJOC is one of the most physically and mentally demanding activity in the Civil Air Patrol. This preparation guide is based off of an Indoctrination Preparation that can be found online. If you stick to this guide it should increase your chances of success at PJOC. Completing this training does increase your chances of success; however it does not guarantee success. This guide cannot give the mental fortitude necessary to push yourself farther than you ever have before, that is up to you. Good Luck!

Warming up prior to exercise is vitally important to prevent injury. We recommend a light jog or run in place for 5 minutes, moving all extremities to warm up prior to stretching; stretching cold muscles can lead to injury. Consult with your physician to determine your safest pre-workout routine.

Nutrition is also important. Protein is necessary for muscle building; carbohydrates are necessary for energy. Once you begin an exercise regimen, you will need to eat enough to fuel your body. Remember to stay hydrated and avoid soda (including zero calorie sodas) and desserts.

Weeks are to be in 5 day cycles if at all possible with 2 days rest between "workout weeks". Modify this however you need to, but if you stick to this you **will** see results.

Prior to beginning week 1 complete the entire PFE to see where you need to improve. Give yourself a break and a follow-on PFE in weeks 6, 10, & 12. At week 12 your results should far exceed the minimum PFE standards and you should be physically prepared for PJOC.

If you have questions on how to perform a certain exercise listed, use all available resources to find the proper technique.

***"Consult with a physician before beginning any exercise program. This is a suggested and voluntary program. It is the cadet's responsibility to ensure that he or she is physically able to begin and safely complete PJOC. It is the cadet's responsibility to take the appropriate steps to avoid injury. Civil Air Patrol is not liable for any injury, incapacity, or death that results from the cadets voluntarily undertaking this program."***

# Basic PJOC Physical Training Schedule

(Monday / Wednesday / Friday)

Week Number	Sets of Repetitions	Week Number	Sets of Repetitions
<b>Week #1:</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4x15 Push Ups 4x15 Air-Squats 4x20 Sit Ups 4x10 Lunges 3x3 Pull-ups 4x15 Jump-Squats 3x3 Chin Ups 3x10 4ct Flutter-Kicks	<b>Weeks #7, 8:</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	6x30 Push Ups 6x30 Air-Squats 6x30 Sit Ups 6x20 Lunges 2x10 Pull-ups 6x25 Jump-Squats 2x10 Chin Ups 4x30 4ct Flutter-Kicks
<b>Week #2:</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5x20 Push Ups 5x20 Air-Squats 5x20 Sit Ups 5x12 Lunges 3x3 Pull-ups 5x20 Jump-Squats 3x3 Chin Ups 4x10 4ct Flutter-Kicks	<b>Week #9:</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	6x35 Push Ups 6x35 Air-Squats 6x35 Sit Ups 6x24 Lunges 3x10 Pull-ups 6x30 Jump-Squats 3x10 Chin Ups 5x30 4ct Flutter-Kicks
<b>Weeks #3, 4:</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5x25 Push Ups 5x25 Air-Squats 5x25 Sit Ups 5x16 Lunges 3x4 Pull-ups 5x25 Jump-Squats 3x4 Chin Ups 2x20 4ct Flutter-Kicks	<b>Week #10:</b> <input type="checkbox"/> <input type="checkbox"/> <b>M F</b> <b>PFE on Wednesday</b>	<b>Mon &amp; Fri:</b> 10x20 Push Ups 10x20 Air-Squats 10x20 Sit Ups 10x20 Lunges 10x3 Pull-ups 10x20 Jump-Squats 10x3 Chin Ups 10x15 4ct Flutter-Kicks  <b>Wed:</b> PFE
<b>Week #5:</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	6x25 Push Ups 6x25 Air-Squats 6x25 Sit Ups 5x20 Lunges 2x8 Pull-ups 5x25 Jump-Squats 2x8 Chin Ups 3x30 4ct Flutter-Kicks	<b>Week #11:</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	6x35 Push Ups 6x35 Air-Squats 6x35 Sit Ups 6x30 Lunges 4x8 Pull-ups 6x30 Jump-Squats 4x8 Chin Ups 5x35 4ct Flutter-Kicks
<b>Week #6:</b>	No Cal Training  PFE Mid-Week	<b>Week #12:</b> <input type="checkbox"/> <input type="checkbox"/> <b>M F</b> <b>PFE on Wednesday</b>	<b>Mon &amp; Fri:</b> 5x20 Push Ups 5x20 Air-Squats 5x20 Sit Ups 5x20 Lunges 5x3 Pull-ups 5x20 Jump-Squats 5x3 Chin Ups 5x15 4ct Flutter-Kicks  <b>Wed:</b> PFE

# Basic PJOC Running Schedule

Weeks	Exercise (miles/pace)	Amount
<b>Week #1, 2:</b>	2 miles / day, 9:00 pace	M/W/F (6 miles)
<b>Week #3:</b>	No running, high risk of stress fractures	Off Week
<b>Week #4:</b>	2 miles / day, 8:00 pace	M/W/F (6 miles)
<b>Week #5:</b>	3 miles / day, 8:00 pace	M/W/F (9 miles)
<b>Week #6:</b>	No run training. PFE Mid-Week Only.	PFE Mid-week only
<b>Week #7:</b>	2 / 3 / 4 / 1 miles / day	M/T/R/F (10 miles)
<b>Week #8:</b>	2 / 3 / 4 / 2 miles / day	M/T/R/F (11 miles)
<b>Week #9:</b>	2 / 3 / 4 / 2 miles / day	M/T/R/F (11 miles)
<b>Week #10:</b>	3 / PFE / 2	M/W/F (6 miles)
<b>Week #11:</b>	3 miles / day, 7:21 pace	M/T/R/F (12 miles)
<b>Week #12:</b>	2 / PFE / 2	M/W/F (5 miles)

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