

Spatz Fitness Test

March 2023

CAP updated physical fitness standards in 2018 to align with the Presidential Youth Fitness Program. With the prestigious heritage of the Spatz award, it was important to keep the fitness standards within the historical neighborhood of previous recipients. The USAF Academy admission physical fitness test goals were adopted as an objective measure with real-world bearing.

Test Administration

The Spatz fitness test is based on the United States Air Force Academy Candidate Fitness Assessment (CFA). The CFA has been abbreviated to align more closely with the fitness events cadet participate in in the cadet program. Cadets will be tested on the push-up, the sit-up and mile run. Cadets must pass all three events in a single session. If the cadet fails any event the entire CFA must be completed for the retest. Events may be done in any order. The entire event should be completed in less than half an hour.

Equipment	1-mile flat running surface Spatz Award Fitness Test		
		Males	Females
1 foam mat or soft surface for sit-ups	Sit-ups	81	78
1 stop watch	Push-ups	62	41
	Mile Run	6:29	7:30

Recording Results

To upload the scores the exam proctor must log in to eServices.

eServices > LMS > Proctors > [Results/Notes](#) > Select Cadet > Add/Edit Note

Enter date, number of sit-ups, number of push-ups and mile run time (min:sec). Submit.

Results are auto-emailed to cadet, proctor and National HQ.

Questions? cadets@capnhq.gov

Modified Sit-ups

The modified sit-ups event measures abdominal/core body muscular strength and endurance.

The cadet must:

- Assume a supine (back on floor), bent-knee position (approximately 90°) on a mat with arms crossed, fingers extended and touching the floor/mat.



- Upon the command “GO,” flex from the hip, raising the elbows so that they touch the front midpoint (or higher) of the thigh with the finger tips staying in contact with the top of the shoulders at all times; then recover by extending from the hip until the shoulder blades touch the floor/mat.



- Once the test begins, cadets may only rest in the “up” position with finger tips

in contact with the shoulders at all times.



The test administrator will:

- Monitor the “start position” to ensure the cadet’s shoulder blades are touching the mat, fingers are touching the shoulders, knees are bent approximately 90°, and an assistant is properly holding the cadet’s feet to be flat on the floor.
- Give the command “GO” and start the stopwatch for the 2-minute trial.
- Verbally count one repetition each time the cadet’s elbows touch the thigh. (e.g. 1...2...3...).
- Monitor body position making sure during each repetition the buttocks stay in contact with the mat, knees are bent approximately 90°, fingers remain in contact with shoulders, elbows make contact with the mid-thigh or higher, and shoulder blades touch the floor/mat.
- Repeat the previous score count for any repetition that does not meet the criteria listed above. (e.g. 51...52...52...52...53...54...)
- Terminate the modified sit-up event if the cadet continuously fails to attempt to execute a repetition or rests in the “down” position.
- At the 2-minute mark, give the command “STOP” and record the

number of correctly executed repetitions.

- If a cadet reaches the maximum number of repetitions in less than two-minutes (95 for men and women), end the event and record the maximum score. Otherwise, at the end of 2-minutes, give the command “STOP” and record the number of correctly executed repetitions.

Push-ups

Push-ups measure upper body muscular endurance.

The cadet must:

- Assume a prone (belly towards the ground) position supported on one knee on a mat or floor



- On the command “GET SET,” assume the front-leaning rest position (arms extended) by placing your hands just outside the shoulders with fingers facing forward; your feet may be together or up to 12 inches apart; when viewed from the side, your body will form a straight line from your shoulders to your ankles.



- On the command “GO,” begin the push-up event by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground (90 degrees); return to the starting position by extending your arms and raising your entire body as a single unit until your arms are fully extended.



- May rest in the “up” position, flexing or bowing the back as long as he/she does not lift a hand/foot off the floor, or touch any other body part on the floor. Must return to the straight body, front leaning rest position before attempting another repetition.

The test administrator will:

- Give the command “GO” and start the stopwatch for the 2-minute trial.
- Monitor each repetition making sure the body remains rigid in a generally straight line, moving as a single unit; the upper arm is parallel to the floor in the “down” position; and the arms come to full extension in the “up” position.
- Verbally count the repetition number each time the cadet returns to the “up” position. Repeat the previous score for any repetition that does not meet the criteria listed above. (e.g. 1..2..2..2..3..4..).
- Terminate the event if the cadet lifts a hand or foot off the ground or

- touches the ground with any body part other than hands and feet.
- If a cadet reaches the maximum number of repetitions in less than two-minutes (75 for men; 50 for women), end the event and record the maximum score. Otherwise, at the end of 2-minutes, give the command “STOP” and record the number of correctly executed repetitions.

- Give the command “GO” and start the stopwatch.
- Monitor the cadet to make sure he/she does not: - Receive physical help during the event (pushed, pulled, picked up, or carried). - Leave the designated running course for any reason.
- Not permit pacing by another person.
- Stop the watch as the cadet crosses the finish line and record the score in minutes/seconds. (e.g. 5:32).

1-Mile Run

The one-mile run measures aerobic capacity or the ability to use oxygen to do physical work.

The cadet must:

- Assume a starting position behind the one-mile start line (Figure 17).
- On the command “GO,” the cadet will run continuously for one-mile (walking is allowed although strongly discouraged).

The test administrator will:

- Start the event at “30” minutes.
- Certify the one-mile run distance.

