



DIRECTIONS FOR EACH PHYSICAL FITNESS EVENT

1. 1 Minute Sit Up

- A. This is a test of abdominal muscular endurance.
- B. Equipment: Two (2) stopwatches and floor mats.
- C. Read the protocols to the participants and demonstrate the event, pointing out common errors.
- D. Participants start by lying flat on their back on a floor mat. Their knees should be bent at approximately a 90° angle with the soles of their feet flat on the ground. Participant's hands should be placed behind their head with the fingers interlocked. The hands may not be on the top of the head or on the neck. To avoid pulling on the neck, the head should remain in a neutral position.
- E. Another individual will hold the cadet's feet down firmly. Cadets are permitted to hold each other's feet during the first and second PT assessments, but an instructor must hold the feet of any individual who has not previously achieved a 50% during their final PT assessment.
- F. Upon the command "Begin" by the event timer, participants will have one (1) minute to complete the required number of correct repetitions. For a repetition to count, the participant must curl their upper body until their elbows contact their knees, and then return down until their shoulder blades contact the floor mat. Breathing should remain normal throughout the exercise. Participants' buttocks shall remain flat on the ground to avoid "kipping" of the hips and the fingers must remain interlocked. All resting must be done in the "up" position, otherwise the test is terminated.
- G. An instructor who is not holding a participant's feet will count repetitions and time the event. The event timer will verbally announce the "30 seconds" mark, the "45 seconds" mark, and then count down the final five (5) seconds of the event.
- H. The event can be ended by the completion of the required number of correct repetitions, by the event timer with the elapsing of one (1) minute, or by the participants' inability to complete the required number of correct repetitions.
- I. The total number of correct sit-ups in one minute is recorded as the score.

2. 300 Meter Run

- A. This is a test of anaerobic power.
- B. Equipment: Two (2) stopwatches and a flat measured surface. The timer will keep and operate an official stopwatch and a back-up stopwatch. The event is measured in seconds.
- C. Read the protocols to the participants and demonstrate the event, pointing out common errors. Participants should be given three (3) to five (5) minutes to warm-up.
- D. Establish start and finish lines. The starter should position participants at the starting line. The timer will take a position at the finish line.
- E. The timer will begin recording the event time on the command “Go” and continue until participants cross the finish line.
- F. To successfully complete this event, participants must finish the course at or under the required time for their age and gender.
- G. Conversion Data:
 - a. 300 Meters = 328 Yards = 984 Feet.
 - b. Yards X 0.9144 = Meters.
 - c. Meters X 1.0933 = Yards.
- H. The exact time to the nearest tenth of a second is recorded as the score.

3. One Minute Full Body Push–Up Test

- A. This test measures muscular endurance of the upper body (anterior deltoid, pectoralis major, and triceps)
- B. Equipment: Two (2) stopwatches

- C. Read the protocols to the participants and demonstrate the event, pointing out common errors.
- D. Participants shall place their hands slightly wider than shoulder width apart, with fingers pointing forward, palms of the hand touching the ground/floor/mat. (Knuckle or fingertip push-ups are not permitted for this test.) Participants start the event in the up position.
- E. One instructor will place a fist on the floor below the participant's chest. The following procedure shall be used if a male is testing a female, or a female is testing a male. Prior to administering the test, a three-inch sponge should be placed on the floor or ground where the sternum would touch.
- F. Starting from the up position (elbows extended), the participant must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist, or when the participant's elbows reach a 90-degree angle. The participant then returns to the up position. This completes one repetition. (The Cooper Institute does **NOT** recommend using the Modified Push-up Test.)
- G. Resting must only be done in the up position. Both hands and feet (toes) must remain in contact with the floor at all times. Participants must not arch their back during the test.
- H. One instructor should count the repetitions and ensure the test is being performed according to the protocol. The other instructor should time the event.
- I. The event can be ended by the completion of the required number of correct repetitions, by the event timer with the elapsing of one (1) minute, or by the participants' inability to complete the required number of correct repetitions.
- J. The total number of correct push-ups in one minute is recorded as the score.

4. 1.5 Mile Run

- A. This is a test of aerobic capacity or VO_2 max.

- B. Equipment: Two (2) stopwatches and a flat measured surface. The timer will keep and operate an official stopwatch and a back-up stopwatch. The event is measured in seconds.
- C. Read the protocols to the participants and demonstrate the event, pointing out common errors. Participants should not eat a heavy meal or smoke for at least two (2) to three (3) hours prior to the test. Participant should be given three (3) to five (5) minutes to warm-up.
- D. Establish start and finish lines. An instructor should position participants on the starting line. The timer will take a position at the finish line.
- E. The timer will begin recording the event time on the command “Go” and continue until participants cross the finish line.
- F. To successfully complete this event, participants must finish the course at or under the required time for their age and gender.
- G. During the event, participants may not be physically assisted by another runner or leave the running surface. Participants may not wear headsets or earphones.
- H. Recommendation: Running on a standard 440-yard oval track provides participants with the maximum advantage in that they are required to complete six equal laps. This allows the starter/timer to provide participants with lap times for each lap which makes it possible to accurately judge their progress throughout the run.
- I. Conversion Data:
 - a. 5,280 Feet = 1,760 Yards = 1,609.3 Meters = 1.0 Mile.
 - b. 7,920 Feet = 2,640 Yards = 2,414.0 Meters = 1.5 Miles.
- I. The exact time to the nearest second is recorded as the score.