



Cadet Candidate Physical Fitness Examination

Instruction Manual and Scoring Table

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FOREWORD

Life as a Coast Guard Academy cadet - and later as a junior officer - is physically demanding. In addition to being required to participate in sports each year, cadets are required to take a Physical Fitness Examination (PFE) each semester. Experience indicates that individuals who cannot meet, or struggle to meet, our physical fitness standards are more likely to leave the Academy during the first few weeks of Swab Summer. To ensure that we are enrolling physically fit young men and women, cadet candidates are required to take the PFE as part of the application process.

ADMINISTERING THE PFE TO CADET CANDIDATES

The PFE is a 300-point test consisting of three elements worth a maximum of 100 points each. It must be administered in the following sequence with a maximum rest period of five minutes in between the events.

1. Cadence Push-Ups
2. Two-Minute Sit-Ups
3. 1.5 Mile Run

The candidate should ask a coach, physical education instructor, personal trainer, or active duty military member to administer the PFE. Before scheduling the test, the candidate should practice each event and concentrate on improving any weaknesses. On the day of the test, the candidate should be dressed in comfortable work-out clothing and running shoes; the candidate should arrive early enough to complete a thorough and active warm-up routine.

The examiner should review this manual and the PFE Practice Form prior to the exam and have prepared an emergency action plan for medical assistance, if required. All necessary equipment for each event should be set-up before the test begins. All results should be marked on the PFE Practice Form and then transferred to the official online PFE Scoring Form. At the beginning of the exam, the examiner should measure the height and weight of the candidate in gym shorts and t-shirt (no shoes), recording these results at the bottom of the PFE Practice Form. After all events have been completed, use the scoring table contained in this manual to convert raw scores to points for each event; calculate and record the total score.

The examiner must follow instructions received via e-mail for submitting official PFE results and scores electronically to the Academy. By signing/submitting the form, the examiner is confirming that the exam was administered according to the instructions in this manual and that raw scores/points are accurate.

Scores must come from a single test session and cannot be pieced together from multiple sessions or practice tests.

CADET PFE STANDARDS

All cadets at the Coast Guard Academy are required to pass the PFE at the beginning of each semester. The standard for graduation and commissioning is 200 points and cadets should always strive to achieve this score. Any cadet who scores below 165 points will be recommended for suspended disenrollment and may be recommended for immediate disenrollment based on previous PFE performance. There is not a prescribed minimum performance for each individual event on the PFE; only total scores are assessed.

<u>Score</u>	<u>Letter Grade</u>	<u>Score</u>	<u>Letter Grade</u>
285-300	Max Club	200-221	C
258-284	A	165-199	D
222-257	B	0-164	F

New cadets take the PFE during the first week of Swab Summer. Cadets who score less than 130 points on this first test are normally disenrolled. By the end of Swab Summer, usually the third week in August, new cadets are expected to score at least 165 points. Cadets unable to achieve this score by the end of the first academic semester, usually the second week in December, are normally disenrolled. Consequently, an applicant who cannot attain a score of at least 130 points will not receive a full appointment. This standard may be raised based on the competitiveness of the applicant pool and the needs of the Coast Guard.

CLASS OF 2015 PERFORMANCE

For your information and comparison, the following is a table of mean performances by the Class of 2015 from their initial Swab Summer Physical Fitness Examination in July 2011:

<u>Event</u>	<u>Men</u>	<u>Women</u>
1. Cadence Push-Ups	36	22
2. Two Minute Sit-Ups	78	71
3. 1.5 Mile Run	10:17	12:00

EVENT 1 CADENCE PUSH-UPS

Equipment: A stopwatch.

Description: Push-Ups must be completed to cadence, with one push-up completed every two seconds for a maximum of 60 in two minutes. The examiner should give the “up” command at one second and “down” at the next. At the start of the event, lie on your stomach with your hands shoulder-width apart (directly under your shoulders); fingers should be facing forward; elbows are bent. On the “up” command, elbows are locked, body straight, hips may not be flexed (Figure 1). On the “down” command, back is straight with elbows bent to at least 90 degrees (Figure 2). Continue doing push-ups, staying on cadence, for as long as possible. No resting is permitted and your hand position cannot be changed. The event is finished when push-ups are not properly executed, you cannot stay with the cadence, or two minutes has passed.

Precautions: Resting is not allowed; do not lift your hands off the ground or change hand position; keep your body straight at all times; hips may not flex and buttocks should remain in line with your back and legs.

Scoring: Record the total number of properly executed push-ups. If the candidate is able to stay with cadence for two minutes, the maximum raw score is 60.



Figure 1
Proper Up Position



Figure 2
Proper Down Position

EVENT 2 TWO-MINUTE SIT-UPS

Equipment: Gymnasium mat and a stopwatch.

Description: Lie on your back with your knees flexed so that your feet are flat on the floor and eight to twelve inches from your buttocks. Have someone hold your feet firmly; cross your arms across your chest with your hands firmly grasping your t-shirt above your shoulders (Figure 3). When the examiner begins the event with the “go” command, curl your torso up so your arms touch your thighs (Figure 4), then return to the start position (Figure 3). Repeat as many times as possible in two minutes.

Precautions: A sit-up will not count if you do not maintain the above form or if you allow your arms to swing away from the body during the sit-up.

Scoring: Record the number of properly executed sit-ups performed in a two-minute period.



Figure 3
Start/Finish Position



Figure 4
Proper Sit-Up Position

EVENT 3 1.5 MILE RUN

Equipment: A measured 1.5 mile course and a stopwatch.

Description: You will cover the 1.5 mile course in the fastest possible time.

Precautions: You must be physically prepared for this event. If you become winded, or have a muscle cramp, you may walk; however, you must stay within the 1.5 mile course. This event may not be completed on a treadmill or other exercise machine.

Scoring: Record the time, to the nearest second, that it takes to complete the 1.5 mile course.

CADET CANDIDATE PFE SCORING TABLE

Points	Event 1 Push-Ups Number		Event 2 Sit-Ups Number		Event 3 1.5 Mile Run Min : Sec		Points
	Men	Women	Men	Women	Men	Women	
	100	60	48-60	100+	100+	<8:00-8:04	
99			99	99			99
98	59	47	98	98	8:05-8:09	10:00-10:04	98
97			97	97			97
96	58	46	96	96	8:10-8:14	10:05-10:09	96
95			95	95			95
94	57	45	94	94	8:15-8:19	10:10-10:14	94
93			93	93			93
92	56	44	92	92	8:20-8:24	10:15-10:19	92
91			91	91			91
90	55	43	90	90	8:25-8:29	10:20-10:24	90
89			89	89			89
88	54	42	88	88	8:30-8:34	10:25-10:29	88
87	53		87	87			87
86	52	41	86	86	8:35-8:39	10:30-10:34	86
85	51	40	85	85			85
84	50	39	84	84	8:40-8:44	10:35-10:39	84
83	49	38	83	83			83
82	48	37	82	82	8:45-8:49	10:40-10:44	82
81	47	36	81	81			81
80	46	35	80	80	8:50-8:54	10:45-10:49	80
79	45	34	79	79			79
78	44	33	78	78	8:55-8:59	10:50-10:54	78
77	43	32	77	77			77
76	42	31	76	76	9:00-9:04	10:55-10:59	76
75	41	30	75	75			75
74	40	29	74	74	9:05-9:10	11:00-11:04	74
73	39	28	73	73	9:10-9:14		73
72	38	27	72	72	9:15-9:19	11:05-11:09	72
71	37	26	71	71	9:20-9:24	11:10-11:14	71
70	36	25	70	70	9:25-9:29	11:15-11:19	70
69	35	24	69	69	9:30-9:34	11:20-11:24	69
68	34	23	68	68	9:35-9:39	11:25-11:29	68
67	33	22	67	67	9:40-9:44	11:30-11:34	67
66	32	21	66	66	9:45-9:49	11:35-11:39	66
65	31	20	65	65	9:50-9:54	11:40-11:44	65
64	30	19	64	64	9:55-9:59	11:45-11:49	64
63	29	18	63	63	10:00-10:04	11:50-11:54	63
62	28		62	62	10:05-10:09	11:55-11:59	62
61	27	17	61	61	10:10-10:14	12:00-12:04	61
60	26		60	60	10:15-10:19	12:05-12:09	60
59		16	59	59	10:20-10:24	12:10-12:14	59
58	25		58	58	10:25-10:29	12:15-12:19	58
57		15	57	57	10:30-10:34	12:20-12:24	57
56	24		56	56	10:35-10:39	12:25-12:29	56
55		14	55	55	10:40-10:44	12:30-12:34	55
54	23		54	54	10:45-10:49	12:35-12:39	54
53		13	53	53	10:50-10:54	12:40-12:44	53
52	22		52	52	10:55-10:59	12:45-12:49	52
51		12	51	51	11:00-11:04	12:50-12:54	51

Points	Event 1 Push-Ups Number		Event 2 Sit-Ups Number		Event 3 1.5 Mile Run Min : Sec		Points
	Men	Women	Men	Women	Men	Women	
	50	21		50	50	11:05-11:09	
49			49	49	11:10-11:14	13:00-13:04	49
48	20	11	48	48	11:15-11:19	13:05-13:09	48
47			47	47	11:20-11:24	13:10-13:14	47
46	19		46	46	11:25-11:29	13:15-13:19	46
45		10	45	45	11:30-11:34	13:20-13:24	45
44	18		44	44	11:35-11:39	13:25-13:29	44
43			43	43	11:40-11:44	13:30-13:34	43
42	17	9	42	42	11:45-11:49	13:35-13:39	42
41			41	41	11:50-11:54	13:40-13:44	41
40	16		40	40	11:55-11:59	13:45-13:49	40
39		8	39	39	12:00-12:04	13:50-13:54	39
38	15		38	38	12:05-12:09	13:55-13:59	38
37			37	37	12:10-12:14	14:00-14:04	37
36	14	7	36	36	12:15-12:19	14:05-14:09	36
35			35	35	12:20-12:24	14:10-14:14	35
34	13		34	34	12:25-12:29	14:15-14:19	34
33		6	33	33	12:30-12:34	14:20-14:24	33
32	12		32	32	12:35-12:39	14:25-14:29	32
31	11		31	31	12:40-12:44	14:30-14:34	31
30	10	5	30	30	12:45-12:49	14:35-14:39	30
29			29	29	12:50-12:54	14:40-14:44	29
28			28	28	12:55-12:59	14:45-14:49	28
27			27	27	13:00-13:04	14:50-14:54	27
26			26	26	13:05-13:09	14:55-14:59	26
25			25	25	13:10-13:14	15:00-15:04	25
24			24	24	13:15-13:19	15:05-15:09	24
23			23	23	13:20-13:24	15:10-15:14	23
22			22	22	13:25-13:29	15:15-15:19	22
21			21	21	13:30-13:34	15:20-15:24	21
20			20	20	13:35-13:39	15:25-15:29	20
19			19	19	13:40-13:44	15:30-15:34	19
18			18	18	13:45-13:49	15:35-15:39	18
17			17	17	13:50-13:54	15:40-15:44	17
16			16	16	13:55-13:59	15:45-15:49	16
15			15	15	14:00-14:04	15:50-15:54	15
14			14	14	14:05-14:09	15:55-15:59	14
13			13	13	14:10-14:14	16:00-16:04	13
12			12	12	14:15-14:19	16:05-16:09	12
11			11	11	14:20-14:24	16:10-16:14	11
10			10	10	14:25-14:29	16:15-16:19	10
9			9	9	14:30-14:34	16:20-16:24	9
8			8	8	14:35-14:39	16:25-16:29	8
7			7	7	14:40-14:44	16:30-16:34	7
6			6	6	14:45-14:49	16:35-16:39	6
5			5	5	14:50-14:54	16:40+	5
4			4	4	14:55-14:59		4
3			3	3	15:00-15:04		3
2			2	2	15:05-15:09		2
1			1	1	15:10-15:14		1
0			0	0	15:15+		0