

Attachment 8

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 callisthenic exercises are grouped together. Cadets are encouraged 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. 1 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 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.

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 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.

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.

2016 PJOC PHYSICAL FITNESS EVALUATION FORM

DATE: _____

CADET NAME: _____

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

RECORDER NAME: _____

INSTRUCTOR NAME: _____

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

1. 1 Mile Run: (9:00 M/10:00 F) TIME: _____ **PASS / FAIL**

2. Pull Ups: 1min (3M / 1F) # REPS: _____ **PASS / FAIL**

3. Sit Ups: 2min (44 M/40 F) # REPS: _____ **PASS / FAIL**

4. Push Ups: 2 min (30M / 27F) # REPS: _____ **PASS / FAIL**

OVERALL **PASS / FAIL**

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

SIGNATURE OF
STUDENT: _____

SIGNATURE OF
INSTRUCTOR: _____

Comments:

****Note Students are only eligible for a reevaluation if this is their initial PFE**