

USAFAPS



Physical Fitness Testing Standards

*PSA PE Curriculum and Testing Staff
USAFAAPS*

Integrity - Service - Excellence



Role of the PS Staff (QC)

- **Assist PSA in test execution**
- **Ensure consistency in standards and fairness in execution**
- **Expert on PFT event standards**
- **Staff will brief tester and grader on standards prior to start of each PFT event (during transition prior to double whistle)**
- **PSA will assist graders in enforcement of standards**
 - **Make corrections...resolve grading issues...keeping test moving**



PFT Events

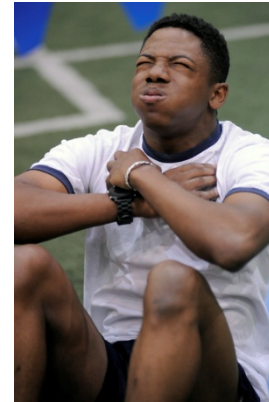
1. PULL-UPS



2. LONG JUMP



3. SIT-UPS



4. PUSH-UPS



5. 600 YD RUN



- Two minutes to perform each event
- 1 minute rest (transition)
- 100 pts max in Each Event
- 500 pts total to max the Test





PFT Standards: Pull-Ups

1. Start:

- a. From a complete “dead hang” bottom position on the pull-up bar:
- b. Palms facing away
- c. Shoulders completely relaxed
- d. Elbows locked out in the 180 degree position
- e. Verify the correct bottom position then issue the command, “Begin”

2. Count: *(Verbally count every correct repetition)*

- a. Repetitions count when (1) the chin is above the top of the bar and (2) the cadet returns to the correct bottom position
- b. Repetitions must be completed at a controlled pace where both performance measures can be easily verified

3. Corrections:

- a. Every pull-up must be initiated with the arms
- b. Initiating a pull-up by kipping the body or swinging the legs is not allowed
- c. Kicking or extending the legs in order to raise the chin above the bar is not allowed
- d. The command, “Stop and Hang” will be issued if the cadet fails to return to the correct bottom position or needs to stop themselves from swinging

4. Terminate test:

- a. Only when a cadet dismounts from the bar



PFT Standards: Long Jump

- 1. Start:**
 - a. Inform the Instructor whether or not you will be taking a practice jump**
 - b. The practice jump cannot count for their score under any circumstances**
 - c. Must start behind designated line**
 - d. Feet must be parallel to starting line and the cadets cannot jump prior to actual start of jump (No Baby Jumps)**
 - e. Once Practice jump complete the cadets will perform 2 jumps**
- 2. Count:**
 - a. Each cadet may perform 2 jumps, taking the better score of the 2 jumps**
 - b. The part of the cadets body that lands closest to the start line is the spot where the jump distance is measured**
- 3. Corrections:**
 - a. If a Cadet faults on both jumps, that cadet will receive a 0 for this exercise**
- 4. Terminate test:**
 - a. N/A**



PFT Standards: Sit-Ups

1. **Start :**
 - a. **Begin by laying face up with feet anchored, shoulder blades and buttocks in contact with the ground, knees bent at 90 degrees**
 - b. **Cross your arms over your chest with your open hands or fingers at your shoulders or resting on your upper chest**
 - c. **A toe hold bar may be used by hooking your feet/toes under the bar with the heels in contact with ground at all times**
2. **Count: (*Verbally count every repetition*)**
 - a. **Repetitions count when (1) the upper torso is raised off the mat (2) elbows touch thigh to knee (3) the upper torso is lowered back down until the shoulder blades touch the mat (4) buttocks are in contact with the ground at all times (5) keeping any part of your hands/fingers in contact with your shoulder/upper chest at all times**
 - b. **Repetitions must be completed at a controlled pace where all performance measures can be easily verified**
 - c. **The cadet may only rest in the up position without bracing**
3. **Corrections:**
 - a. **“Stop in up” position to verbalize corrections**
 - b. **Any sit-up repetition not executed properly shall not count (i.e. if your hands/fingers come completely away from the chest/shoulder, your shoulder blades fail to touch the mat, your elbows fail to touch thigh to knee or your buttocks or heels leave the ground)**
 - c. **You may not grab onto your shirt**
 - d. **Repeat the number of the last correctly performed sit-ups**
4. **Terminate test:**
 - a. **If the cadet rests in the down position**



PFT Standards: Push-Ups

1. **Start: Front Leaning Rest Position**
 - a. Place your hands or fists on the ground
 - b. Body in straight/rigid plank from heels to head with elbows fully extended
 - c. Hands just outside shoulders
 - d. Feet no more than 12 inches apart; no support, bracing or crossing
2. **Count: (*Verbally count every repetition*)**
 - a. Transition from up plank position to down position (upper arm is at least parallel to ground; 90 degrees),
return to full up position (elbows at 180 degrees)
 - a. In down position, your chest may touch but not rest or bounce on floor
 - b. Repetitions must be completed at a controlled pace where up/down positions can be easily verified
 - c. Rest only in the up position; you may move hands, feet, bridge and bow
 - d. After resting you must return to the start position before continuing
3. **Corrections:**
 - a. “Stop in up” position to verbalize corrections
 - b. Any push-up repetition not executed properly shall not count (i.e. not up to 180, down to parallel, failure to maintain a rigid plank position during push-up)
 - c. Repeat the number of the last correctly performed push-ups
4. **Terminate test:**
 - a. Immediately if any body part rests on the ground (except feet/hands)



PFT Standards: 600-Yard Run

- 1. Start:**
 - a. Cadets start the 600-yard run behind a designated line
 - b. Cadets begin to run on the command of the time keeper and not on the double whistle
- 2. Count:**
 - a. Cadets run 2 laps plus approximately 13 yards on the indoor track, as fast as they can
 - b. Cadets must stay on the track at all times, even while passing
 - c. Cadets must remember their time and immediately report their time to the card table
- 3. Corrections:**
 - a. Passing inside of lane one is not allowed, even on the straight-aways
 - b. Victory laps are discouraged; Lead by example!
- 4. Terminate:**
 - a. If the cadet leaves the running surface



Summary

- **Professional Development through Unity of Effort**
- **Consistency in Standards and Fairness in Execution**
- **Air Force Application**
 - **Lead by Example!**



Questions, Comments, Concerns?

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