

AFJROTC Physical Fitness Test (PFT) Instructions

(July 2020)

NOTE: Ensure cadet Parental Consent Forms have been completed prior to testing

Sit-ups

Objective - To measure abdominal strength/endurance by maximum number of curl-ups performed in 1 minute.

Testing - Have cadet lie on cushioned, clean surface with knees flexed and heels of feet about 12 inches from buttocks. Another (same sex) cadet holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, cadet raises the trunk to touch the outside of forearms and elbows to thighs and then lowers the back to the floor so that the scapula's (shoulder blades) touch the floor, for one sit-up. If a cadet must rest, they must rest in the up position. To start, a timer calls out the signal "Ready? Go!" and begins timing cadet for **1-minute**. The cadet stops on the word "stop."

Scoring - "Bouncing" off the floor is not permitted. The sit-up should be counted only if performed correctly.



One-Mile Run



Objective - To measure heart/lung endurance by fastest time to cover a one-mile distance. Due to the extreme heat in some regions it may be necessary to do this exercise indoors or early morning hours.

Testing - On a safe, one-mile distance, cadets begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the cadets should be encouraged to cover the distance in as short a time as possible.

Scoring - Before administering this test, cadets' health status should be reviewed. Also, cadets should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

Right Angle Push-ups

Objective - To measure upper body strength/endurance by maximum number of push-ups completed in one minute.



Testing - The cadet starts in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2–4 inches) with the toes supporting the feet. Keeping the back and knees straight, the cadet then lowers the body until there is a 90-degree angle formed at the elbows with upper arms parallel to the floor. Another (same sex) cadet holds her/his hands at the point of

the 90-degree angle so that the cadet being tested goes down only until he/she touches the partner's hand, then back up. If a cadet must rest, they must rest in the up position. To start, a timer calls out the signal "Ready? Go!" and begins timing cadet for **one minute**. The cadet stops on the word "stop."

Scoring - Record only those push-ups done with proper form. Right angle push-ups provide a good indicator of the range of strength/endurance found in youth, whereas some are unable to do any pull-ups.

