

CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS



ARMY ROTC

CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

Instruction to Applicant

In order to apply for the G2G Program, you must take The Candidate Fitness Assessment (CFA). You should remember that your score is a combination of your best efforts on each of the six events. Strive for excellence and the highest possible score. No scoring data other than event maximums will be provided. It is your responsibility to arrange for a qualified person to conduct your examination. Your test administrator must be a member of your Chain of Command or NCO Support Channel.

Overview

The CFA is a test of strength, agility, power, balance, speed and endurance. The assessment is used to indicate an applicant's level of physical fitness. The examination consists of the following events:

Basketball Throw

Cadence Pull-ups **

Shuttle Run

Modified Sit-ups

Pushups

1 - Mile Run

**Females who cannot do one pull-up may do Flexed Arm Hang

Who Can Administer the CFA?

- Member of Chain of Command
- Member of NCO Support Channel



ARMY ROTC

CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

These six physical-and motor-fitness events that are designed to measure muscular strength and endurance, cardio - respiratory endurance, power, speed, balance, and agility. The six test events of the CFA are administered consecutively with specified start, finish, and rest times. Applicants should attempt to do their best on all six events, keeping in mind that the events are sequenced to produce a cumulative loading effect. In other words, after completing the first five events, it is doubtful an applicant will score his/her personal best on the 1 - mile run. This has been considered in the development of the scoring standards, which will be used to evaluate performance in each of the six events. The 100 - point maximum scores, by event and gender, are listed below:

Events	BB Throw	Pull-Ups	Shuttle	Modified Sit-Ups	Push-Ups	1-Mile
Male	102 ft.	18	7.8	95	75	5:20
Female	68 ft.	7	8.6	95	50	6:00

Table 1.
Maximum
Performance
Scores

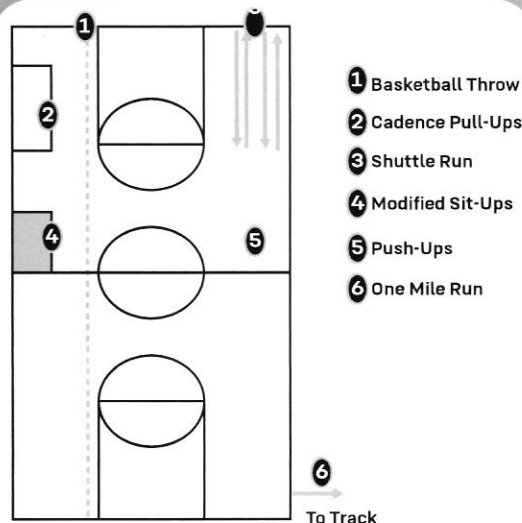


Figure 1. Example of Testing Layout

Testing Standard

The test must be administered properly and to standard in order to accurately reflect an applicant's physical and motor - fitness and to be fair to all applicants. The CFA must be administered according to the directions with strict adherence to the time schedule. At the completion of each event, the test administrator must record the event information (on the CFA Scorecard). By signing the scorecard, the test administrator is affirming the test was administered to standard and the scores accurately reflect the applicant's physical performance.

Testing Requirements

The test administrator will prepare the test site with the required equipment in advance of testing. Figure 1 shows an example of a testing site. The test administrator and assistant(s) must have a printed copy of the event order/ instructions. Administering the CFA requires full familiarity with all testing procedures and time limits. The test administrator will announce the event instructions immediately before each event is performed. The test administrator will also have a tape measure, stop watch, clipboard, and an ink pen to record the results on the applicant's scorecard and must enforce strict performance standards.



CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

Where can I find Event Procedures?

- Basketball Throw
http://youtu.be/9l7y_SdQm4
- Pull-Ups
<http://youtu.be/bB30Abi3dvM>
- Flexed Arm Hang
<http://youtu.be/TEwaaPiScbA>
- Shuttle Run
<http://youtu.be/uZmry2ulMrc>
- Modified Sit-Ups
<http://youtu.be/9-XTBLI-5FE>
- Push-Ups
<http://youtu.be/kanPCAKr9QI>

Uniform

Applicants should wear clothing and shoes that are appropriate for physical training, such as shorts, T - shirts, socks and running shoes. Any item that gives an applicant an unfair advantage is not permitted during the CFA (i.e. cleats). Wearing devices such as weight belts or elastic bandages may or may not provide an advantage; however, for standardization purposes, such additional equipment is not authorized unless prescribed by medical personnel.

Test Procedures

On test day, the applicant should be encouraged to spend 20 - 30 minutes in active warm - up and stretching prior to beginning the test. The test must be completed according to the timeline and instructions given. Once testing has begun, applicants are not permitted to conduct additional rest or practice other than what is prescribed within the test instructions. The test administrator will read these instructions aloud verbatim to begin the test:

YOU ARE ABOUT TO TAKE THE GREEN TO GOLD CANDIDATE FITNESS ASSESSMENT. THIS TEST WILL MEASURE YOUR MUSCULAR STRENGTH AND ENDURANCE, CARDIO - RESPIRATORY ENDURANCE AND MOTOR FITNESS. THE RESULTS OF THIS TEST WILL BE USED IN THE ADMISSIONS PROCESS TO EVALUTE YOUR LEVEL OF PHYSICAL AND MOTOR FITNESS. MAKE SURE YOU UNDERSTAND ALL INSTRUCTIONS FOR EACH EVENT BEFORE YOU BEGIN TESTING. DO YOUR BEST. YOU MAY CEASE WORK WHEN YOU HAVE SCORED THE MAXIMUM ON THE EVENT YOU ARE COMPLETING. YOU WILL THEN MOVE ON TO THE NEXT EVENT. AFTER YOU COMPLETE EACH EVENT, THE TEST ADMINISTRATOR WILL RECORD YOUR RAW SCORE. IF AT ANY TIME YOU CANNOT CONTINUE TO MEET THE TIMED REQUIREMENTS IN SEQUENCE, THE TEST WILL BE TERMINATED.

RED= RUNNING CLOCK



ARMY ROTC

EVENT	BEGIN TIME	DURATION	REST	END TIME
BB THROW	0:00	2:00	3:00	5:00
PULL-UPS	5:00	2:00	3:00	10:00
SHUTTLE RUN	10:00	2:00	3:00	15:00
CURL-UPS	15:00	2:00	3:00	20:00
PUSHUPS	20:00	2:00	8:00	30:00
1-MILE RUN	30:00	UNTIL RUN COMPLETE		

CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

EVENT PROCEDURES

EVENT 1: BASKETBALL THROW



The basketball throw measures ability to generate shoulder power, body coordination, and balance from a stationary position. The applicant must:

- 1) Keep knees parallel to and behind the baseline and on the floor during the event. May use a mat to cushion the knees.
- 2) In an overhand throwing motion, throw a men's basketball as far as possible. The non - throwing hand may be used to steady the ball before throwing, but only one hand can be used to throw the ball (e.g. no two - handed throws)
- 3) Not touch the floor beyond the baseline with any part of the body until the basketball has landed.
- 4) Execute three trials within a 2 - minute time period.

EVENT 2: CADENCE PULL-UP



Cadence pull - ups measure muscular strength and endurance of the shoulder and back. The applicant must:

- 1) Mount the bar with pronated grip (back of the hands facing the applicant) with arms fully extended in a "dead hang."
- 2) Not swing, kick, or bicycle legs during upward movement.
- 3) Raise the body until the jaw line is parallel to the ground and above the bar.
- 4) Return to a "dead hang" position to complete each repetition.
- 5) Execute each repetition in cadence (command) until you can no longer complete a successful repetition or dismount the bar.
- 6) Verbally count the repetition number each time the applicant returns to the down position (dead hang). Repeat the previous score for any repetition that does not meet the criteria listed above. (e.g. 1...2...2...2...2...3...4...)

**** **The flexed-arm hang** is an alternative measure of muscular strength and endurance for females who are unable to execute one correct cadence pull-up. If a female can successfully perform one correct cadence pull-up, it is to her advantage on the scoring scale to take the cadence pull-up test. The scale score (0-100) for one cadence pull-up is higher than any length of flexed-arm hang. The applicant must:

- 1) Climb steps, mount box/platform, or ladder (or may be boosted up to the bar by an assistant) until her chin is above the bar
- 2) Mount the bar with a pronated grip with chin parallel to the floor and above the bar.
- 3) On the command "GO" the applicant will step off the platform.
- 4) Not swing, kick, or bicycle legs during the event.
- 5) Maintain a flexed - arm position with chin above the bar and the jaw line parallel to the ground throughout the event



CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

EVENT 3: SHUTTLE RUN



The shuttle run measures the ability to move rapidly while changing directions, which is an indicator of anaerobic power, agility, and quickness. The applicant must:

- 1) Begin the test with their entire body behind the start/finish line.
- 2) On the command "GO," the applicant will sprint 30 feet to the turnaround line. Their foot and hand must simultaneously touch the floor on or beyond the turn - around line. Then applicant with then sprint back to the start/finish line, touch on or beyond the start/finish line and turn, sprinting back to the 30-foot line.
- 3) Execute two trials with a 1 - minute rest between trials and record the better of the two trials on the form.

EVENT 4: MODIFIED SIT-UP



The modified sit - ups event measures abdominal/core body muscular strength and endurance. The applicant must:

- 1) Assume a supine (back on floor), bent knee position (approx. 90 - degree angle) on a flat, preferably soft, surface with arms crossed, fingers extended and touching the top of the shoulder. The performer's shoulder blades must touch the flat surface.
- 2) Upon the command "GO", flex from the hip, raising elbows so they touch the front midpoint (or higher) of the thigh with the fingertips staying in contact with the top of the shoulders at all times; then recover by extending from the hip until the shoulder blades touch the flat surface.
- 3) Execute one 2 - minute trial and record the number of repetitions.
- 4) Once the test begins, applicants may only rest in the "up" position with fingertips in contact with the shoulders at all times. Feet must remain flat on the ground.
- 5) Verbally count one repetition each time the applicant's elbows touch the thigh (e.g. 1...2...3...)



CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

EVENT 5: PUSHUP



The push - up event measures upper body muscular endurance.
The applicant must:

- 1) Assume a prone (stomach toward the ground) position, supported by one knee on a flat surface.
- 2) On the command "GET SET," assume the front leaning rest position (arms extended) by placing your hands just outside the shoulders with fingers facing forward; your feet may be together or up to 12 inches apart. When viewed from the side, your body will form a straight line from your shoulders to your ankles
- 3) On the command "GO," begin the push - up event by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground; return to the starting position by extending your arms and raising your entire body as a single unit until your arms are fully extended.
- 4) Applicant may rest in the "up" position, flexing or bowing the back if he/she does not lift a hand/foot off the floor, or touch any other body part on the floor. Must return to the straight body, front - leaning rest position before attempting another repetition.
- 5) Execute one 2 - minute trial
- 6) Verbally count the repetition number each time the applicant returns to the "up" position. Repeat the previous score for any repetition that does not meet the criteria listed above. (e.g. 1...2...2... 2... 3... 4...)

EVENT 6: 1-MILE RUN



The 1 - mile run measures aerobic capacity to do physical work.
The applicant must:

- 1) Assume a starting position behind the one - mile start line.
- 2) On the command "GO," the applicant will run continuously for one mile (walking is allowed, although strongly discouraged).



CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

Applicant's Name

Applicant's HT

WT

GO ☐

NO GO ☐

**If HT/WT "NO GO"

Bodyfat%

GO ☐

NO GO ☐

Assessment Date

EVENTS

1. Basketball Throw (Only the best of the three throws will be scored)

1st Throw

2nd Throw

3rd Throw

feet

feet

feet

2. Pull-Ups OR Flexed-Arm Hang (Alternate for Female only) Number of Repetitions OR Seconds (to 0.1)

3. Shuttle Run (Only the better of two runs will be scored)

1st Run

(to 0.1)

2nd Run

(to 0.1)

4. Modified Sit Up Number of Repetitions

5. Pushups Number of Repetitions

6. 1-Mile Run Minutes Seconds

CFA Administrator's Name

Rank



ARMY ROTC

Commander's Name

Commander's Signature