



# **Cadet Candidate Physical Fitness Examination**

## **Instruction Manual and Scoring Table**

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For questions or interpretations of any material included in this manual contact:

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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 may be recommended for immediate disenrollment. 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 2021 PERFORMANCE

For your information and comparison, the following is a table of mean performances by the Class of 2021 from their initial Swab Summer Physical Fitness Examination in July 2017:

<u>Event</u>	<u>Men</u>	<u>Women</u>
1. Cadence Push-Ups	37	28
2. Two Minute Sit-Ups	81	78
3. 1.5 Mile Run	10:38	12:30

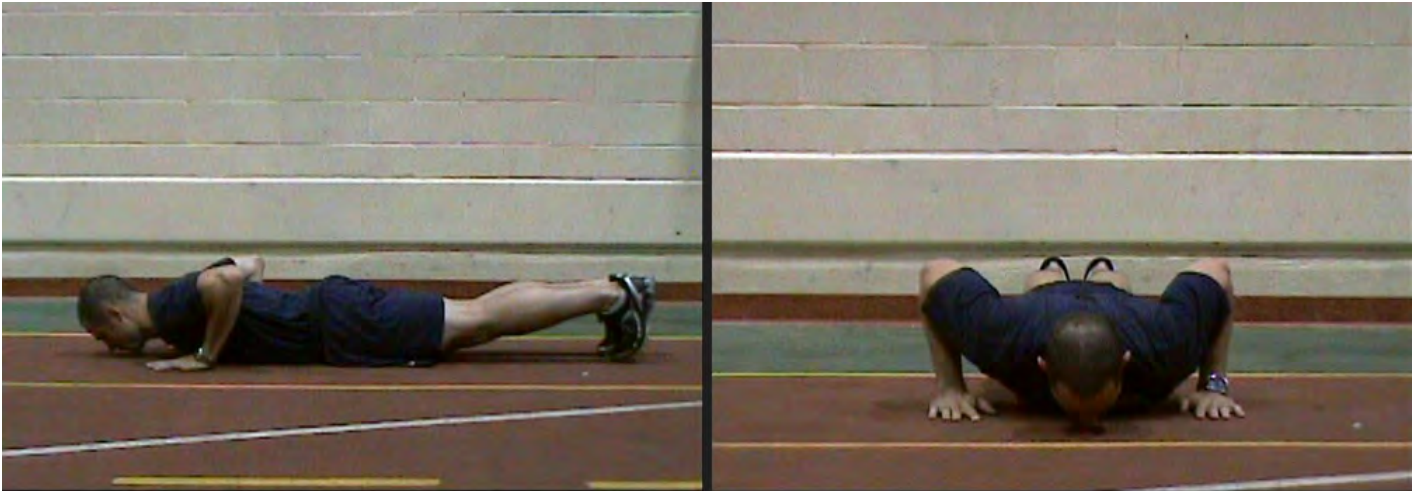
## EVENT 1 CADENCE PUSH-UPS

**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 (Starting Position). On the “up” command, elbows are locked, body straight, hips may not be flexed (Up Position). On the “down” command, back is straight with elbows bent to at least 90 degrees (Down Position). 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.

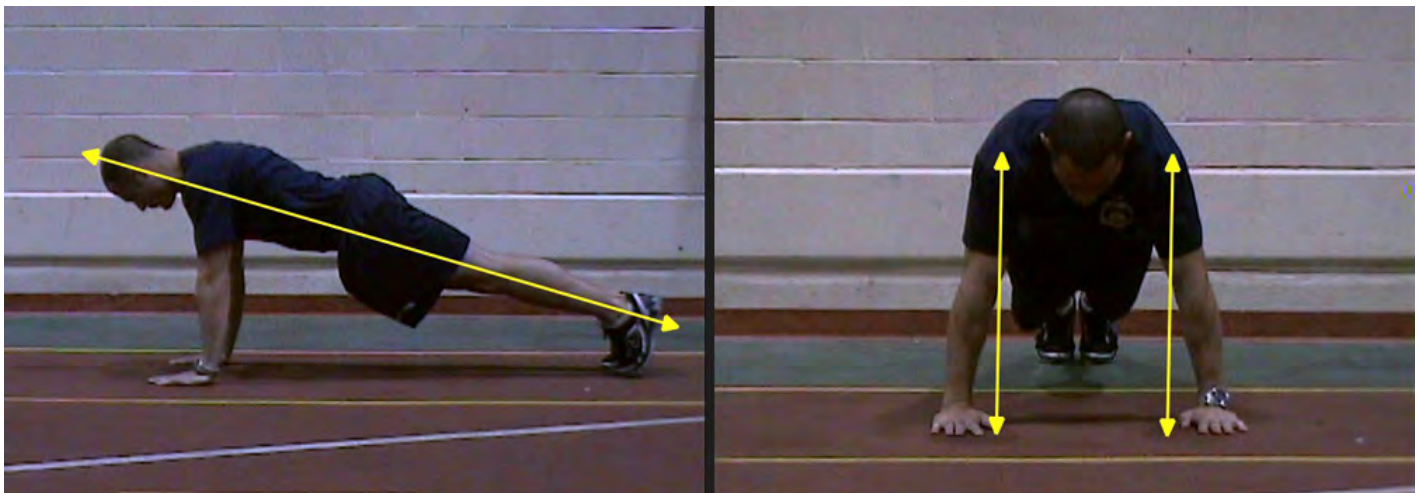
**Precautions:** Resting is not allowed; do not lift your hands off the ground or change hand position; keep your body straight at all times; hips may not flex and buttocks should remain in line with your back and legs.

**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.



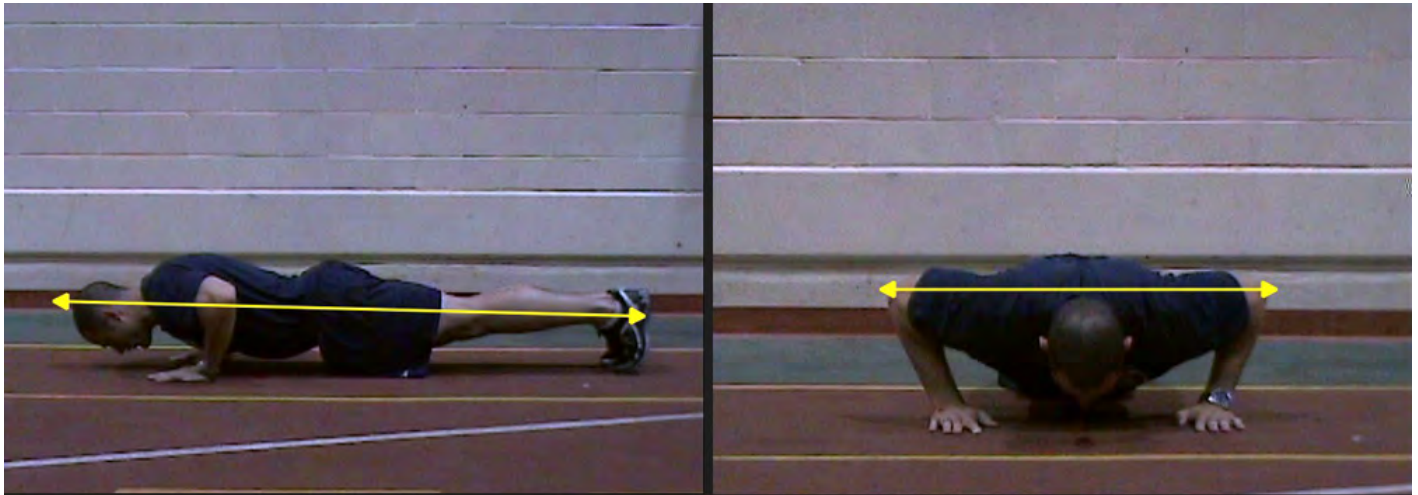
STARTING POSITION

LIE PRONE, READY TO PERFORM FULL PUSH-UP. HANDS SHOULD BE SHOULDER WIDTH APART AND JUST UNDER THE SHOULDERS. FINGERS SHOULD BE FACING FORWARD. ELBOWS ARE BENT. FEET ARE TOGETHER.



UP POSITION

THE CD WILL COUNT DOWN FROM 5 TO 1. THE NEXT COMMAND WILL BE “UP”. THE UP POSITION IS ELBOWS LOCKED, BODY STRAIGHT (BUTTOCKS IN LINE WITH BACK AND LEGS). HIPS MAY NOT BE FLEXED. THE HEAD AND NECK SHOULD BE IN LINE WITH THE BACK.



DOWN POSITION

THIS WILL BE FOLLOWED BY "DOWN". THE DOWN POSITION IS BACK STRAIGHT WITH ELBOWS BENT TO AT LEAST 90 DEGREES.

## 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 (Starting Position). When the examiner begins the event with the "go" command, curl your torso up so your arms touch your thighs (Up Position), then return to the start position (Down Position). Repeat as many times as possible in two minutes.

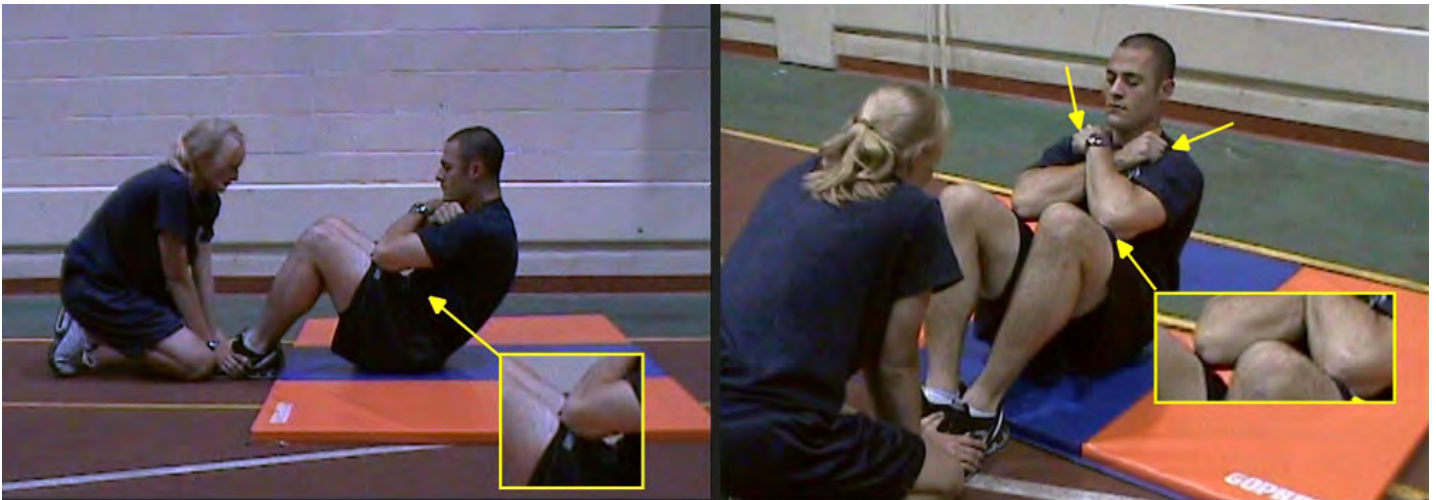
**Precautions:** A sit-up will not count if you do not maintain the above form or if you allow your arms to swing away from the body during the sit-up.

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



STARTING POSITION

ASSUME THE BACK LYING POSITION WITH THE KNEES FLEXED SO THAT THE FEET ARE FLAT ON THE FLOOR AND 8-12 INCHES FROM THE BUTTOCKS, AND THE ARMS ACROSS THE CHEST WITH THE HANDS GRASPING THE SHIRT AT THE SHOULDERS. THE FEET SHOULD BE SECURED BY HIS OR HER PARTNER'S HANDS ONLY (NO KNEES ON THE FEET).



UP POSITION

WHEN THE EXAMINER SAYS "GO" THE SIT-UP SHALL BE EXECUTED BY CURLING UP SO THAT THE ELBOWS TOUCH THE MID-THIGH IN THE UP POSITION.



DOWN POSITION

THIS IS FOLLOWED BY THE SHOULDER BLADES TOUCHING THE MAT IN THE DOWN POSITION. HIPS MUST STAY ON THE MAT AT ALL TIMES.

### 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.

PFE SCORING TABLE

# USCGA PFE STANDARDS

Push-Up Scores			Sit-Up Scores			1.5 Mile Run Scores		
WOMEN	Score	MEN	WOMEN	Score	MEN	WOMEN	Score	MEN
48+	100	60	100	100	100	9:59-10:01	100	8:04-8:06
47	99		99	99	99	10:02-10:05	99	8:07-8:10
	98	59	98	98	98	10:06-10:09	98	8:11-8:14
46	97	58	97	97	97	10:10-10:13	97	8:15-8:19
45	96	57	96	96	96	10:14-10:17	96	8:20-8:23
	95		95	95	95	10:18-10:22	95	8:24-8:27
44	94	56	94	94	94	10:23-10:26	94	8:28-8:32
43	93	55	93	93	93	10:27-10:30	93	8:33-8:36
42	92	54	92	92	92	10:31-10:34	92	8:37-8:40
	91		91	91	91	10:35-10:39	91	8:41-8:45
41	90	53	90	90	90	10:40-10:43	90	8:46-8:49
40	89	52	89	89	89	10:44-10:47	89	8:50-8:53
	88	51	88	88	88	10:48-10:51	88	8:54-8:58
39	87		87	87	87	10:52-10:55	87	8:59-9:02
38	86	50	86	86	86	10:56-11:00	86	9:03-9:06
	85	49	85	85	85	11:01-11:04	85	9:07-9:11
37	84	48	84	84	84	11:05-11:08	84	9:12-9:15

WOMEN	Score	MEN	WOMEN	Score	MEN	WOMEN	Score	MEN
36	83	47	83	83	83	11:09-11:12	83	9:16-9:20
35	82		82	82	82	11:13-11:17	82	9:21-9:24
	81	46	81	81	81	11:18-11:21	81	9:25-9:28
34	80	45	80	80	80	11:22-11:25	80	9:29-9:33
33	79	44	79	79	79	11:26-11:29	79	9:34-9:37
	78		78	78	78	11:30-11:33	78	9:38-9:42
32	77	43	77	77	77	11:34-11:38	77	9:42-9:46
31	76	42	76	76	76	11:39-11:42	76	9:47-9:50
	75	41	75	75	75	11:43-11:46	75	9:51-9:54
30	74		74	74	74	11:47-11:50	74	9:55-9:59
29	73	40	73	73	73	11:51-11:55	73	10:00-10:03
28	72	39	72	72	72	11:56-11:59	72	10:04-10:07
	71	38	71	71	71	12:00-12:03	71	10:08-10:12
27	70		70	70	70	12:04-12:07	70	10:13-10:16
26	69	37	69	69	69	12:08-12:11	69	10:17-10:20
	68	36	68	68	68	12:12-12:16	68	10:21-10:25
25	67	35	67	67	67	12:17-12:20	67	10:26-10:29
24	66		66	66	66	12:21-12:24	66	10:30-10:33
	65	34	65	65	65	12:25-12:28	65	10:34-10:38
23	64	33	64	64	64	12:29-12:33	64	10:39-10:42
22	63	32	63	63	63	12:34-12:37	63	10:43-10:46
21	62	31	62	62	62	12:38-12:41	62	10:47-10:51
	61		61	61	61	12:42-12:45	61	10:52-10:55
20	60	30	60	60	60	12:46-12:49	60	10:56-10:59
19	59	29	59	59	59	12:50-12:54	59	11:00-11:04
	58	28	58	58	58	12:55-12:58	58	11:05-11:08
18	57		57	57	57	12:59-13:02	57	11:09-11:12
17	56	27	56	56	56	13:03-13:06	56	11:13-11:17

WOMEN	Score	MEN	WOMEN	Score	MEN	WOMEN	Score	MEN
	55	26	55	55	55	13:07-13:11	55	11:18-11:21
16	54	25	54	54	54	13:12-13:15	54	11:22-11:25
15	53		53	53	53	13:16-13:19	53	11:26-11:30
14	52	24	52	52	52	13:20-13:23	52	11:31-11:34
	51	23	51	51	51	13:24-13:27	51	11:35-11:39
13	50	22	50	50	50	13:28-13:32	50	11:40-11:43
12	49		49	49	49	13:33-13:36	49	11:44-11:47
	48	21	48	48	48	13:37-13:40	48	11:48-11:52
11	47	20	47	47	47	13:41-13:44	47	11:53-11:56
10	46	19	46	46	46	13:45-13:49	46	11:57-12:00
	45	18	45	45	45	13:50-13:53	45	12:01-12:05
9	44		44	44	44	13:54-13:57	44	12:06-12:09
8	43	17	43	43	43	13:58-14:01	43	12:10-12:13
7	42	16	42	42	42	14:02-14:05	42	12:14-12:18
	41	15	41	41	41	14:06-14:10	41	12:19-12:22
6	40		40	40	40	14:11-14:14	40	12:23-12:26
5	39	14	39	39	39	14:15-14:18	39	12:27-12:31
	38	13	38	38	38	14:19-14:22	38	12:32-12:35
4	37	12	37	37	37	14:23-14:27	37	12:36-12:39
3	36		36	36	36	14:28-14:31	36	12:40-12:44
	35	11	35	35	35	14:32-14:35	35	12:45-12:48
2	34	10	34	34	34	14:36-14:39	34	12:49-12:52
1	33	9	33	33	33	14:40-14:43	33	12:53-12:57
	32		32	32	32	14:44-14:48	32	12:58-13:01
	31	8	31	31	31	14:49-14:52	31	13:02-13:05
	30	7	30	30	30	14:53-15:56	30	13:06-13:10
	29	6	29	29	29	14:57-15:00	29	13:11-13:14
	28	5	28	28	28	15:01-15:05	28	13:15-13:18



WOMEN	Score	MEN	WOMEN	Score	MEN	WOMEN	Score	MEN
	27		27	27	27	15:05-15:09	27	13:19-13:23
	26	4	26	26	26	15:10-15:13	26	13:24-13:27
	25	3	25	25	25	15:14-15:17	25	13:28-13:31
	24	2	24	24	24	15:18-15:21	24	13:32-13:36
	23		23	23	23	15:22-15:26	23	13:37-13:40
	22	1	22	22	22	15:27-15:30	22	13:41-13:44
	21		21	21	21	15:31-15:34	21	13:45-13:49
	20		20	20	20	15:35-15:38	20	13:50-13:53
	19		19	19	19	15:39-15:43	19	13:54-13:57
	18		18	18	18	15:44-15:47	18	13:58-14:02
	17		17	17	17	15:48-15:51	17	14:03-14:06
	16		16	16	16	15:52-15:55	16	14:07-14:11
	15		15	15	15	15:56-15:59	15	14:12-14:15
	14		14	14	14	16:00-16:04	14	14:16-14:19
	13		13	13	13	16:05-16:08	13	14:20-14:24
	12		12	12	12	16:09-16:12	12	14:25-14:28
	11		11	11	11	16:13-16:16	11	14:29-14:32
	10		10	10	10	16:17-16:21	10	14:33-14:37
	9		9	9	9	16:22-16:25	9	14:38-14:41
	8		8	8	8	16:26-16:29	8	14:42-14:45
	7		7	7	7	16:30-16:33	7	14:46-14:50
	6		6	6	6	16:34-16:37	6	14:51-14:54
	5		5	5	5	16:38-16:42	5	14:55-14:58
	4		4	4	4	16:43-16:46	4	14:59-15:03
	3		3	3	3	16:47-16:50	3	15:04-15:07
	2		2	2	2	16:51-16:54	2	15:08-15:11
	1		1	1	1	16:55-16:58	1	15:12-15:14
	0		0	0	0	16:59+	0	15:15 +