

U.S. COAST GUARD ACADEMY



PHYSICAL FITNESS EXAM Operations Manual

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General Overview

The life of a Coast Guard Academy cadet is physically demanding. As future officers, cadets must learn to safely perform a wide variety of physical activities while serving in the Coast Guard. The goal is to teach and instill fitness components that develop into habits that contribute to lifelong fitness. To ensure that the fitness and swimming performance standards are met and retained by all cadets, physical performance evaluations are administered regularly.

The Physical Fitness Examination (PFE) is used to determine the level of fitness of each cadet and is administered to all cadets at the beginning of the Fourth-Class Summer Program and during each administrative processing week prior to the start of each academic semester.

Test Components

Physical performance is defined as the degree to which a cadet meets the U.S. Coast Guard Academy's physical fitness and swimming standards. A cadet's general physical fitness is measured by the PFE. The Coast Guard Academy PFE is based upon the current service wide Coast Guard Boat Forces Test. The Official PFE is administered to the Corps of Cadets by Health Physical Education faculty and Department of Athletic coaching staff members. The PFE is comprised of three fitness components:

1. Cadence Push-Ups (2 min)
2. Forearm Plank
3. 1.5 Mile Run

For an official exam (all 3 test components) must be completed in one test session and in that prescribed order.

Physical Fitness Examination (PFE) Testing Cadence

Initial Swab Summer Physical Fitness Examination (PFE)

During Swab Summer, the score of 150 points is the minimum points threshold. Cadets who do not achieve a minimum score of 150 points on the initial PFE will be Notified and will be retested during week four of the Swab Summer Training period.

Cadets who fail to score at least 150 points during week four of the Swab Summer Training period may not be allowed to sail USCGC EAGLE or participate in Sea Trials.

Cadets unable to score at least 150 points before the final week of the Swab Summer may be recommended to a Suitability for Service Hearing for Fitness Deficiencies and/or recommended for disenrollment.

Cadets unable to take a PFE throughout Swab Summer and before the final week may be recommended for a Suitability for Service Hearing for Fitness Deficiencies and/or disenrollment.

Biannual Official PFE Testing

An official PFE test will be given by the HPE Department semiannually to the corps of cadets. The first official PFE will be given in during fall semester. The second official PFE will be given at the start of the spring semester.

PFE Makeup Tests

Official PFE Makeup Tests are given by HPE faculty and Department of Athletic coaching staff only. Official PFE Makeup Tests will be given monthly, only one test per month. The PFE makeup schedule will be published at the start of each semester. An Official PFE Makeup Test may be arranged by appointment for extenuating circumstances with permission from Department Head/Deputy Department Head HPE approval.

Unofficial PFE and unofficial PFE Makeup Tests may be given by the Charlie company Health and Wellness Section of cadets or other CGA staff members for the purpose of Remedial Training Program Level I (RPTI) testing, cadre screening or other unofficial purposes. Unofficial PFE Makeup Test scores will not be used to replace Official PFE Test Scores.

PFE Standards

Class Standards

To ensure that cadets are making progress toward the graduation and commissioning standard, he/she must achieve the following minimum score each year. If a cadet does not meet his/her class standard, the cadet will be placed in a Remedial Physical Fitness status.

Under-class standard 180 points:

Fourth-Class cadets
Third-Class cadets

Upper-class standard 200 Points:

Second-Class cadets
First-Class cadets

Commissioning and Graduation Standard

The commissioning and graduation standard for the PFE is 200 points. First-class cadets must achieve this standard on both (fall and spring) examinations of their First-class year. To ensure that cadets are making progress toward the graduation and commissioning standard, he/she must achieve the minimum class standard each year. If a cadet does not meet his/her class standard, the cadet will be placed in Remedial Physical Fitness status.

As per the Catalog of Courses, section - Academic Policies and General Regulations Degree and Graduation Requirements, part g: "The requirements for the degree of Bachelor of Science and a commission as an Ensign in the United States Coast Guard...Successfully complete all required portions of the physical education program including meeting minimum swimming and physical

fitness standards.” If a cadet does not achieve this standard by a spring mid-semester deadline imposed by the Commandant of Cadets, HPE will recommend that cadet does not graduate.

Graduation Waiver

A 1/c may petition the Department Head HPE, the Director of Athletics, and Commandant of Cadets for a PFE waiver due to extenuating circumstances for an inability to attain a PFE score of 200 in his/her spring semester (senior year) to fulfill the graduation requirement. To qualify for consideration for a graduation waiver, a cadet must have been in good PFE standing throughout his/her cadet career. This entails having never been on Remedial I or Remedial II status in four years. The cadet must have also taken and passed 6 of the 8 required PFE tests for an entire cadet career.

PFE Failure and Remedial Physical Fitness Programs

PFE Failure and Subsequent Procedure

PFE failure occurs when a cadet’s PFE score is below his/her Class standard. The cadet will have an opportunity to meet with the Department Head/Deputy Department Head HPE to discuss any extenuating circumstance which may have contributed to the substandard test score. Sickness and vomiting during the PFE is not considered an extenuating circumstance. The meeting is to be held within one week of the notification of the PFE test failure.

The outcome of the PFE failure meeting will be presented to the Fitness Review Board (FRB). The Fitness Review Board consists of the Director of Athletics, Department Head HPE, Deputy Department Head HPE, and Charlie Company Officer. The FRB will either grant a PFE re-test due to extenuating circumstances or decide not to offer a re-test and place the cadet into the appropriate Remedial Physical Training Program.

The cadet can decline a PFE failure meeting with the Department Head HPE if he/she does not have extenuating circumstances and chooses not to discuss the test performance. If the cadet declines the PFE failure meeting, the cadet will automatically be placed in a Remedial Physical Training Program.

Remedial Physical Fitness Programs

Remedial Physical Fitness Training I (RPTI) Overview

Cadets will be placed on RPTI if his/her PFE score falls below commissioning/graduation standard (200) but achieves his/her class standard. Official placement in RPTI will be recorded and will be counted as a “strike” towards PFE Fitness Probation Status. RPTI program will be run by Charlie Company and the Health and Wellness Section of appointed cadets. An HPE faculty advisor will be assigned to oversee the RPTI program and provide guidance with prescribed remedial workouts and fitness testing.

The RPTI program includes several morning workouts per week throughout the semester led by

the Health and Wellness section of Charlie Company. The remedial workouts will be focused on PFE improvement. RPTI cadets will be given makeup unofficial PFE tests administrated by the Health and Wellness section of Charlie Company.

The Health and Wellness section of cadets assigned to RPTI are responsible for all facets of the administration of the RPTI program including submitting all excusals/meal requests, cadet attendance, facility scheduling, PFE workout prescription, and HPE faculty advisor guidance meetings.

RPTI Placement Procedures

A memo from the Department Head HPE will be issued to the Commandant of Cadets listing all cadets who failed one fitness component of the PFE. Official placement on RPTI will be counted as a “strike” towards PFE Probation Status. The cadet will remain in RPTI until he/she tests out of the program.

RPTI cadets will be required to attend prescribed mandatory morning workouts and take makeup PFE tests administrated by the Health and Wellness section of Charlie Company. The RPTI PFE score will not be an “official” score since the test is not administered by HPE faculty/staff. The unofficial PFE score will not be officially recorded in REGIS as part of the cadet’s fitness record and will not be used for grading. However, the RPTI PFE score can be used for RPTI test out purposes. When a cadet scores above the commissioning standard of 200, the cadet will test out of the RPTI.

RPTI Removal Procedures

RPTI cadets test out of RPTI program when he/she achieves the minimum fitness score for all three fitness components for the PFE (unofficial or official test score will be accepted). Charlie company will update the RPTI list and excusals after each unofficial PFE makeup test. A list of cadets who have passed and tested out of RPTI should be sent to the Charlie Company Officer/Chief and RPTI HPE Faculty Advisor for awareness.

RPTI Waiver

In-Season Varsity Sport athletes and In-Season Chartered Club Sport athletes only, may request an RPTI Program waiver of participation. The waiver should be a memo from the cadet’s coach requesting permission for the cadet-athlete not to participate in the RPTI program. The memo should outline the physical requirements of the sport and why the cadet should be excused from the RPTI program. The memo should be routed to the HPE RPTI faculty advisor and then to the Charlie Company Officer. Only memos from cadets actively participating during in-season/traditional season as outlined by the Department of Athletics will be considered.

Remedial Physical Fitness Training II (RPTII) Overview

Cadets will be placed on RPTII if his/her PFE score falls below standard, score of 200 for 1/c and 2/c cadets and a score of 180 for 3/c and 4/c cadets. RPTII will result in automatic PFE Probation

and will be recorded in REGIS. Placement on RPTII and will be counted as a “strike” towards the cadet’s overall PFE Probation Status record. The RPTII program will be run by the Department of Health and Physical Education. HPE faculty advisors will be assigned to oversee the RPTII program and will prescribe remedial workouts. Attendance is mandatory for all prescribed workouts.

The RPTII program consists of a minimum of five mandatory workouts per week. The RPTII coaches conduct two remedial PFE workouts per week during the 1100 military training period. Cadets will also be assigned to one mandatory morning joint training session with the RPTI program, and two additional workouts to be completed and recorded on their own time. Any missed training due to RPTII workouts during the military training period must be made up by the cadet. If conflicts arise between the RPTII and the military training period, the cadet must communicate with the RPTII coaches and the military training instructor. If the issue cannot be resolved, the issue will be elevated to the Department Head HPE and Assistant Commandant of Cadets.

Cadets will be required to maintain fitness logs as a program requirement. The remedial workouts will be focused on PFE improvement. RPTII cadets will be given official makeup PFE tests, one makeup per month, given by HPE faculty and coaches. Official PFE test scores can be used to test out of the RPTII program, but these test scores will not replace the original PFE grade.

Remedial Physical Fitness Training II Documentation

RPTII Placement Procedures

A memo from Department Head HPE will be issued to the Commandant of Cadets listing each cadet for official placement onto RPTII. The cadet will receive notification of the PFE failure from the Department Head HPE. Cadets have a choice to accept or decline a Department Head HPE to discuss PFE failure. If a cadet chooses to decline a PFE failure meeting, the cadet will be automatically placed on RPTII and on PFE Probation. Any extenuating circumstances or pertinent information disclosed in the PFE failure meeting will be given to the Fitness Review Board for evaluation. Sickness and vomiting during the PFE is not considered an extenuating circumstance. The Fitness Review Board will make the final decision on cadet placement in the RPTII program or if a PFE re-test is granted. The cadet will remain in RPTII until he/she tests out of the program. Once placed in RPTII, the cadet will also be placed on PFE Fitness Probation. Official placement in RPTII will also count as a “strike” for a cadet’s overall PFE Fitness Probation record.

RPTII Removal Procedures

Cadets successfully test out of the RPTII Program by achieving their class standard on one official makeup PFE. Upon successful achievement of passing the PFE, the cadet will be released from Fitness Probation and its consequences. If cadets are released from RPTII, but have not yet met the commissioning standard, they will move into RPTI. The Charlie Company Officer/Chief

will remove the cadet from PFE Probation from REGIS.

RPTII Semester Carry Over

Cadets who do not test out of RPTII at the conclusion of the semester will remain in RPTII and will start the new semester on Fitness Probation and in the RPTII program. Example being a cadet who does not pass the PFE in the Spring semester, he/she will automatically be placed in the Fall RPTII program until he/she passes the PFE.

RPTII Waiver

Waivers for RPTII will not be granted to any cadets.

PFE Probation

A cadet placed on PFE Probation is subject to restrictions imposed by the Director of Athletics, Department Head HPE and the Commandant of Cadets, including probationary liberty hours. PFE Probation Status will be documented in REGIS.

A cadet will be placed on PFE Probation for the following scenarios:

1. "3 Strike Fitness Rule" - Placement on any Remedial Physical Fitness Training program (RPTI or RPTII) will be recorded as cumulative "strikes" towards PFE Probation over a cadet's career. After the third strike of placement on RPTI, RPTII, or any combination of RPTI and RPTII, will trigger PFE Probation. After the third strike of placement on a Remedial Fitness Program, the cadet will be identified as in Fitness Deficiency.
 - a. Example of "3 Strike Fitness Rule" - official placement on RPTI fall semester of 3/c year, official placement on RPTII 2/c fall semester, official placement on RPTI spring semester 2/c year. In this scenario, a cadet would have 3 Fitness strikes and would be placed on Fitness Probation.
2. Placement on RPTII will invoke automatic placement on PFE Probation.

Fitness Deficiency Identification and Disenrollment Recommendations

A cadet will be identified in Fitness Deficiency and will be recommended for disenrollment for the following scenarios:

1. A cadet may only be placed on RPTII only twice in their cadet career. Should a cadet earn a third PFE failure, he/she will be identified as in Fitness Deficiency and will be recommended for disenrollment.
2. "3 Strike Fitness Rule" - After the third strike of placement on RPTI, RPTII, or any combination of RPTI and RPTII, the cadet will be identified as in Fitness Deficiency and will be recommended for disenrollment.

3. Any cadet who has not achieved at least one passing score on the PFE by the conclusion of their 3/c year will automatically be recommended for disenrollment.

End of Semester PFE Audits

The Department of HPE will perform an audit of PFE scores at the end of each semester. The audit will identify any cadet who is missing an official PFE score for the semester and identify any cadet who has not achieved his/her class standard.

End of Semester Missing PFE Score

HPE will notify the Charlie company officer and the company officer of any cadet who does not take the PFE at the conclusion of the semester for awareness.

End of Semester PFE Failure

If a cadet does not pass all the PFE by the conclusion of the semester, HPE will notify Cadet division. With consultation from the company officer, HPE may make an immediate recommendation for Suitability of Service for Fitness Deficiencies for heightened awareness of the cadet's fitness deficiencies and/or make a recommendation of disenrollment.

PFE Test Administration

Only a member of the Health and Physical Education Department Faculty/Coaches may administer any official PFE to cadets. HPE may request additional assistance from Company Officers and Chiefs for exam proctoring. The examination must be administered in the proper sequence and within the designated time periods. The PFE must be administered the same way to all cadets for the results to be valid. The sequence of the test is (1) push-ups, (2) plank, and (3) 1.5-mile run. The 1.5-mile may be offered on either the outdoor or indoor track, pending weather conditions. The PFE must be completed in one test session.

All cadets must take the PFE during their scheduled testing period. Cadets must report in their activity uniform. Compression shorts will be permitted under the issued activity shorts. One head bud is permitted during the test. Cadets who fail to report for the examination will be disciplined.

Cadets begin the test by completing the demographic information at the top of the score sheet. Cadets will designate a partner, who will act as the recorder during the exam. It is the recorder's responsibility to count the number of correctly executed push-ups, record the time of forearm plank hold, and record the lap splits and the final 1.5-mile run time. The reps and times are recorded on the score sheet. The recorder must record each lap time split and the final 1.5 run time on the score sheet. *If lap time splits are not recorded on the score sheet, the run time will be considered invalid and will not be accepted.*

Cadets may not begin testing until an HPE faculty member/coach has given permission to start the testing evaluation. HPE faculty member/coach will indicate if the exercise is not being

executed properly and will not be counted.

When testing is complete, cadets must check their score sheet and verify that all the scores are accurate. The tester and recorder are both required to sign the score sheet verifying that all scores are accurate. Score sheets should be reviewed for accuracy and completeness by an HPE faculty member/coach. The cadet will turn in the top copy of the official PFE scoresheet. The cadet will also retain a copy of the score sheet for his/her records. *Deliberate misrepresentation of scores on the PFE is an Honor Offense.*

Cadets are expected to review their official scores on REGIS for accuracy. Any discrepancies must be reported to the HPE Office within one week of completion. Only the Department Head HPE /Deputy Dept Head can change an official PFE score.

PFE Appeals

Cadets who experience extenuating circumstances during the exam should immediately notify the Department Head/Deputy Department Head. The Department Head HPE will determine if the cadet may be granted a component re-test or continue with the exam. Sickness and vomiting during the PFE is not considered an extenuating circumstance.

Cadets have the right to appeal for a PFE re-test because of extenuating circumstances. The cadet may petition the Athletic Director via the Department Head HPE. The Athletic Director may allow a reexamination within one week of the original completion date. Sickness and vomiting during the PFE is not considered an extenuating circumstance.

PFE Medical Chits, Medical Withdrawal and Score Reporting

Medical Chit Excusal

Cadets who are not fit for full duty must report to the PFE at his/her assigned time with a medical chit signed by a member of the Academy medical staff. The medical chit will need to be reviewed by the Department Head HPE. Once the medical chit is reviewed and entered in the reporting system, the cadet will be dismissed. The cadet will be placed on the official makeup PFE list.

Cadets just released from medical status will be allowed a specific period for physical rehabilitation. The cadet's physician/physical therapist will determine the specific length of time for rehabilitation.

Medical Withdrawal

Cadets who start the PFE and withdraw from the examination while in progress due to illness or injury must report to the Athletic Trainer on duty for medical review. The trainer will determine whether that cadet should be referred to the medical clinic or continue the exam. If a cadet is unable to finish the PFE, the cadet will still receive an official PFE score per the Score Recording Policy.

Score Recording Policy – No Incompletes

If a cadet cannot complete one of the test components of the exam, a score for each test component is still required to be recorded on the score sheet. The test score will be recorded into REGIS as a final score and will count as a “strike” towards PFE Probation if the score falls below class standard and/or commissioning/graduation standard of 200. If a cadet starts an official PFE, a final test score must be entered on their behalf. No incomplete PFE scoresheets will be allowed to be submitted.

If the cadet cannot complete the 1.5-mile run component of the test, a time must be recorded on the scoresheet. When this occurs, the time of 20:00 shall be used. If a cadet becomes injured or sick, prior to the start of a 1.5-mile run and cannot start the run component, the time of 20:00 must be recorded on the scoresheet. Once a cadet starts an official PFE, a final test score must be entered on their behalf. No incomplete PFE scoresheets shall be submitted.

Cadets who cannot complete one or more component(s) of the exam do have the right to meet Department Head HPE to discuss any extenuating circumstances which may have occurred during the exam. Sickness and vomiting during the PFE is not considered an extenuating circumstance.

Two Consecutive Semester Missed PFEs

Cadets unable to complete the PFE due to medical reasons for two consecutive semesters will be recommended by Department Head HPE for a thorough medical review. The Senior Medical Officer will forward the report of the medical examination to the Director of Athletics, retaining a copy for the cadet's health record, with one of the following recommendations: (1) medical treatment to correct any medical condition, (2) convene a Medical Review Board, or (3) a fit for full duty determination. A medical officer may recommend that cadets who are in long-term medical recovery participate in the examination on a specific limited basis. Approved alternative examinations may be substituted for specific items the cadet cannot perform a test component due to long-term injury or recovery.

Alternate PFE component tests

Cadets unable to complete a portion of the examination because of long term illness or documented long-term injury are eligible to substitute a traditional PFE component for an approved alternate component. Cadets with an acute injury or illness will still be referred to the next Official makeup test. The Chief Medical Officer may request an alternate test component for a cadet who had a long-term illness or documented long-term injury. A cadet cannot request to take an alternate component PFE test, only the Medical staff can recommend an alternate component test due to medical necessity. The Department Head HPE will need to approve Medical's recommendation for an alternate component examination, prior to the scheduled testing period.

During a modified PFE, the cadet will perform three test components and will take the alternate

component in the same sequence as he/she would if doing the traditional test (for example, if biking in place of the run, the bike test will be after the push-ups and forearm plank). Alternate tests are not normally permitted for the purposes of meeting the graduation/commissioning standard. 1/c cadets can submit for an PFE Alternate test waiver.

The approved alternate tests and points tables are listed in *Enclosure (1)*. Alternate PFE components tests may be approved by Department Head HPE pending recommendation and approval from Senior Medical Officer with long term medical documentation of an injury. Alternate PFE component tests will not be authorized for short-term illness or injuries. Alternate PFE tests may not be used to test out of Remedial Physical Training Programs.

Athletic Weight Waiver

Due to unique mission requirements of fielding NCAA varsity sport teams, the Athletic Director may approve a waiver for a subset of athletes, who, due to their sport and positions, could benefit from carrying additional weight for competitive reasons.

Weight Waiver Process

The weight waiver request should be initiated by the Head Coach of the respective sport and routed to the Director of Athletics and to the Commandant of Cadets. The waiver should indicate the position requirements of the sport and must have the Head Coach's endorsement for an Athletic Weight Waiver. The Head Coach will submit an Athletic Weight Waiver for each athlete at the beginning of the traditional season for each academic year. The approved Athletic Weight Waiver memos will be sent to C division for processing.

Recruited varsity athletes may be granted an Athletic Weight Waiver at the beginning of swab summer. Swabs must pass the PFE swab summer standard to receive the Athletic Weight Waiver for the academic year.

If the Athletic Weight Waiver memo is approved, the cadet will be allowed to:

1. Maintain weight higher than the Coast Guard weight standards for the duration of the cadet's varsity athletic career.
2. Substitute the 5 km Bicycle Ergometer in lieu of the 1.5-mile run portion of the PFE (to include fall and spring tests).

The Athletic Weight Waiver will be rescinded for the following reasons:

1. If the cadet does not pass his/her PFE class standard by the end of the semester.
2. If the cadet voluntarily resigns or is no longer offered a rostered spot on a varsity team.

Weight waivers need to be routed at the beginning of every academic year. 1/c cadets will be expected to meet Coast Guard weight standards for commissioning by graduation.

Partial PFE tests

A partial PFE test may be recommended by a Medical Officer if a cadet cannot perform one or

more components of the test but is still able to complete one or more components of the PFE. If a partial PFE is given, the cadet will take the component test(s) in which he/she is fit for full duty. A medical chit shall document what the cadet cannot perform, i.e., no lower body exercise. In this instance, the cadet would be asked to complete the push-up and plank components of the test. The partial test score will not be entered in REGIS as a partial score. The partial score sheet will be kept on file in the Department of HPE. The partial test tracks a cadet's physical progress on the PFE if a medical board is warranted. The cadet will remain on the incomplete/medical list until all three PFE test components are completed in one test session.

Grading of the PFE

The minimum passing score on the PFE is 180 points out of a possible 300 points. Each PFE score is worth credit toward the final semester Physical Development Competencies (PDC). PFE scores are combined to calculate a Cadet's Physical Development Competencies (PDC). Cumulative PDC is 10% of a Cadet's MPA. The PFE Commissioning/Graduation Requirement is 200 points. The commissioning PFE is administered during their spring semester first-class year.

Initial performance grades on each PFE Examination will be the final grade used in the calculation of a cadet's PDC. Any re-examinations for evaluating cadets assigned to the remedial programs will not be used for MPA calculations.

<u>Letter Grades & Award Levels</u>	<u>Score</u>
H – 300 Club	300
H – PFE Honors (Bronze Star)	285-300
A	270-284
B	240-269
C	210-239
D	180-209
F	0-179

PFE Cadet Awards

300 Club

Cadets who achieve a perfect score of 300 will be admitted to the 300 Club and receive PFE Honors. Cadets will be permitted to wear the fitness achievement bronze star on his/her uniform during the semester of his/her examination. A long weekend will be granted for the semester of achieved PFE Honors status.

PFE Honors (Bronze Star)

Cadets who achieve a 285 or above shall be placed on the Athletic Director's list for PFE Honors. Cadets will be permitted to wear the fitness achievement bronze star on his/her uniform during the semester of his/her examination. A long weekend will be granted for the semester of

achieved PFE Honors status.

1/c PFE Incentive Award

1/c cadets who receive a perfect score of 300 on the Fall Semester Official PFE will be exempt from taking the Spring Semester Official PFE. The 300 score will be carried over from fall to spring semester.

PFE Testing Protocols

Cadence Push-up Test Protocol

Honest Effort Rule: All test participants are expected to give their personal best effort on each component of the PFE. Failure to comply with this rule on any test component may result in the test being nullified and repeated in its entirety. PFE test participants are required to submit their own score sheets to the scoring table. Forms should be filled out completely and signed by the participant once the recorder has finished.

1. Equipment: CD, PA System, Rectangular Foam Blocks, Stopwatch (Backup Cadence)
2. Personnel: Examiners will organize cadets into rows, which will be marked by Foam Blocks. One examiner will be assigned to start the CD. The other examiners will monitor cadet push-ups while maintaining a semi stationary position, observing proper start position, push-up technique, and cadence. The examiners will have final judgement on proper push-up execution, termination of the test, and whether to grant a restart. The recorder will sit off to the side of their partner performing the push-ups and count the total number of correctly executed repetitions.

Description: (Examiner will read the description). *Lie prone, ready to perform a full push-up. Hands should be shoulder width apart with the thumbs approximately under the shoulders and hands slightly outside the shoulder area. The Rectangular Foam Block will be placed so that the long side is parallel to the participant's waist. The Block should be placed so that the long line of the Block is along the clavicle line. The Block should be between the participant's hands and underneath their upper chest. The hand placement should be comfortable for the examinee; push-ups performed with a fist are acceptable. Fingers should be pointing forward. Elbows are bent. Feet are together. Body position is in-line from head / neck / shoulders / back / hips / feet. This position stays true throughout the test. The Audio will count down from 5 to 1. The next command will be "UP." The UP position is elbows locked, body straight. There is no "Piking" or "Sagging" of the hips. The head and neck should be in line with the back. This will be followed by "DOWN." The DOWN position is*

bending your elbows and lowering your body as a single unit until your upper chest contacts the Foam Block. The chest should not rest on top of the Foam Block or “bounce” off the block. On the “NUMBER” command the participant should press their body up to the UP position. Continue for as long as possible, staying with the cadence, and pushing the body UP on the “NUMBER” and lowering it on “DOWN” as a single unit. No resting is permitted, and hand/foot position cannot be changed. Instructors may give one warning to a cadet for a push up discrepancy. After that, any subsequent warning results in termination of the test. The test will be terminated when the participant no longer executes a proper push-up and/or is off cadence. The maximum number of push-ups is 60 for male cadets and 48 for female cadets.

Forearm Plank Protocol

Honest Effort Rule: All test participants are expected to give their personal best effort on each component of the PFE. Failure to comply with this rule on any test component may result in the test being nullified and repeated in its entirety. PFE test participants are required to submit their own score sheets to the scoring table. Forms should be filled out completely and signed by the participant once the recorder has finished.

1. Equipment: Examiners will organize cadets into rows. One examiner will be assigned to start the master clock. The other examiners will monitor cadets while maintaining a semi stationary position, observing proper plank position. The examiners will have final judgement on the maintenance of proper plank position and termination of the test. The recorder will sit off to the side of their partner and will record the time when their partner fails to hold the proper plank position.
2. Description: The forearm plank will be performed on a flat, level surface. Blankets, mats or other suitable padding may be used. The member must be entirely on or off the padding (i.e. the upper body of the member cannot be on the padding with the feet off). The event will consist of maintaining a proper forearm plank position for the maximum time allowed.

The Official Timekeeper will record time with a clock and a backup stopwatch to the nearest second and will give the preparatory command “EVERYBODY UP”, which will prompt participants to assume the forearm plank position. Immediately afterward, the execution command “START” will begin, which prompts the official timekeeper to start the clock. Once the time has begun, the official timekeeper may announce 15-second intervals until the last participant is finished.

Member will be face down in the deck with elbows bent, forearms flat on the deck, with the body in straight line through the head, shoulders, back, buttocks and legs.

Elbows must be aligned directly below the shoulders and a 90-degree angle between the forearm and upper arm. Forearms may be parallel or angled slight inward. Hands will be either in fists with the pinky side of the hand touching the deck or lying flat with palms touching the deck. Members may switch between the two hand positions, but hands and forearms cannot be lifted from the deck.

Feet should be placed hip-width apart. Hips must be lifted off the deck with only the forearms, hands and toes on the deck.

Knees are straight, pelvis in a neutral position, and back flat. The back, buttocks, and legs must be straight from head to heels and must remain so throughout the test.

The head and neck should be kept neutral (face looking straight down at the deck) throughout the duration of the test so the body remains straight from the head to the heels.

Toes, forearms, and fists or palms must remain in contact with the deck at all times and clasping of hands is NOT permitted. No part of the body may contact a vertical support surface.

Involuntary muscle spasms (i.e. shaking, trembling or quivering) resulting from maximum exertion during the exercise are anticipated and permitted as long as the proper forearm plank position is maintained.

Forearm plank ends when:

1. Maximum time for the forearm plank has elapsed or until the last participant stops prior to the maximum time allowed.
2. Any part of the body other than the hands (fists/palms), forearms, or feet touch the deck.
3. Member lowers head to hands.
4. Member lifts hands, forearms, or feet off the deck.
5. Member does not maintain 90 degrees at the elbow (i.e. member shifts weight forward or back on forearm/toes decreasing or increasing the 90-degree bend).
6. Member receives more than two corrections on form. On the third correction, the test proctor will stop the member. The tester and tester's partner should denote the elapsed time and record the time. This will be the official forearm plank time (score) of the member.

1.5-Mile Run (Indoor Track) Protocol

Honest Effort Rule: All test participants are expected to give their personal best effort on each component of the PFE. Failure to comply with this rule on any test component may result in the test being nullified and repeated in its entirety. PFE test participants are required to submit their own score sheets to the scoring table. Forms should be filled out completely and signed by the participant once the recorder has finished.

1. Equipment: Examiners will need the race clock, a stopwatch (for backup), cones, and access to the Roland Hall indoor track (Level 5). The 1.5-mile run is 13.5 laps when measured from lane one. The start and finish lines are marked in black paint. Cones should be set out on the curves and the straightaway to clearly mark the inside of the track.
2. Personnel: A timer and a starter. Each cadet taking the test will have a recorder to count laps and record lap times on the lap timecard.
3. Description: (Examiner Read Description) On “GO”, cover the 1.5-mile course in the fastest possible time. Always stay on the track. Pass only on the outside of other runners and only when there is enough space. If you become winded or have a muscle cramp, you may walk but make certain that you stay within the 1.5-mile course. Individuals who take more than three consecutive steps inside of lane one will be disqualified and will repeat the test in its entirety. Vomiting does not excuse an individual from completing the test. Only those individuals taking the official PFE are permitted to run. Individuals are expected to run their personal best and the act of pacing another runner is not permitted.
4. Pacers: The use of one pacer can be used on a case-by-case basis with *prior approval* from Department Head HPE. Due to track crowding and safety, pacers will not be allowed for the CAP and MAP official tests. The calling out of lap times splits by lap counters is always permitted for verbal pacing cues.
5. Points for Examiners: Examiners and recorders must be able to observe the cadets during the entire run. Examiners will monitor the cadet to make sure he/she does not: receive physical help during the event, is not wearing any electronic devices, and that there are no pacers on the track. Recorders will write down the lapsed time for each lap on the lap timecard. If a cadet must stop, he or she should report to the sports medicine personnel on duty. Cadets

unable to finish the run should mark their cards and scoresheets with “DNF” and report their situation to the director of HPE.

6. Scoring: The recorder will fill in the final time of the runner on the official scoresheet.

1.5-Mile Run (Outdoor Track) Protocol

Honest Effort Rule: All test participants are expected to give their personal best effort on each component of the PFE. Failure to comply with this rule on any test component may result in the test being nullified and repeated in its entirety. PFE test participants are required to submit their own score sheets to the scoring table. Forms should be filled out completely and signed by the participant once the recorder has finished.

1. Equipment: Race Clock (Scoreboard), stopwatch (for backup), cones, and access to the Outdoor Track. The 1.5-Mile Run is 6 full laps (400-meter track) plus 14 meters (Note: 1.5-Miles = 2414 meters). The start line will be marked 14 meters behind the finish line. Cones will also be set out to mark the finish line. To assist with de-densification of runners on the track two starting lines and two finish lines will be used, per company or cohort group. They will be in opposite corners – the Southwest and Northeast corners of the track.
2. Personnel: A timer and a starter. Each cadet taking the test will have a recorder to count laps and record lap times on the lap timecard.
3. Description: (Examiner will read the description). *On “GO” cover the 1.5-mile course in the fastest possible time. Stay on the track at all times. Pass only on the outside of other runners and only when there is enough space. If you become winded or have a muscle cramp, you may walk (in outside lanes) but make certain that you stay on the track. Individuals who take more than three consecutive steps inside of Lane One will be disqualified and repeat the test in its entirety. Vomiting does not excuse an individual from completing the test. Only the individuals taking the Official PFE are permitted to run. Individuals are expected to run their personal best and the act of pacing another runner is not permitted.*
4. Pacers: The use of one pacer can be used on a case-by-case basis with *prior approval* from Department Head HPE. Due to track crowding and safety, pacers will not be allowed for the CAP and MAP official tests. The calling out of lap times splits by lap counters is always permitted for verbal pacing cues.

5. Points for Examiners: Examiners and recorders must be in a position to observe the cadets during the entire run. Examiners will monitor the cadets to make sure they do not: receive physical help during the event, are not wearing any electronic devices, and that there are no pacers on the track.
6. Points for Recorders: Recorders will write down the lapsed time for each lap on the lap timecard. If a cadet must stop, he or she should report to the sports medicine personnel on duty. Cadets unable to finish the run should mark their scoresheets with “DNF” and report their situation to the Director of HPE.
7. Scoring: The recorder will fill in the final time of the runner on the official score sheet.

Alternate PFE Test Component

In rare instances a cadet may be permitted to substitute a traditional PFE test component with an alternate PFE test component. The following table identifies approved alternate PFE test components:

There are two scenarios in which a request for an alternate PFE test component will be considered:

1. A cadet is unable to complete a portion of the PFE due to long term illness or injury.
2. A cadet has been granted an Athletic Weight Waiver

Traditional Test Component: 1.5-mile run

Alternate Test Component #1: 5K Bicycle Ergometer (preferred)

Alternate Test Component #2: 10-minute Swim test (not preferred)

Bicycle Ergometer – Alternate PFE Component Test

1. Equipment:
Monark 874e Bicycle ergometer
Stopwatch or timing clock
2. Personnel: A faculty examiner must be present to set up the equipment and to monitor cadet performance.

3. Procedure:

- a) Adjust the seat height so the cadet's leg is almost extended when the pedal is in the lowest position.
- b) Warm up for about two (2) minutes with easy pedaling at low resistance. Become familiar with the cadence using the metronome.
- c) Set the resistance to the proper setting (accompanying table). Start the timer and begin pedaling until the total distance of 5 km is attained.
- d) Stop pedaling and the clock at the same time. This is the official time for the 5-km.
- e) The cadet should be encouraged to continue to pedal at a low rate to cool down.

4. Precautions: The correct resistance must be monitored throughout the examination.

5. Scoring³: At the conclusion of the 5-km immediately record the time. This time can be converted into 1.5-mile run time using the equation: 1.5-mile run time (in seconds) = 1.15 (5K bike time in seconds) + 39.7. This run time can then be scored as usual.

³ "Validity of the 500 Yard Swim and 5 Kilometer Stationary Cycle Ride as Indicators of Aerobic Fitness.", M.A. Buono. (1988).

Validity of the 500 Yard Swim and 5 Kilometer Stationary Cycle Ride as Indicators of Aerobic Fitness. (Report no. 87-27). Place of Publication: Naval Health Research Center. Naval Medical Research and Development Command

Bicycle Ergometer Resistance Settings

<u>Body Mass</u>	<u>Body Mass</u>	<u>Resistance</u>	<u>Body Mass</u>	<u>Body Mass</u>	<u>Resistance</u>	<u>Body Mass</u>	<u>Body Mass</u>	<u>Resistance</u>
<u>(lbs)</u>	<u>(kg)</u>		<u>(lbs)</u>	<u>(kg)</u>		<u>(lbs)</u>	<u>(kg)</u>	
100	45.4	1.1	177.5	80.5	2.0	255	115.7	2.9
102.5	46.5	1.2	180	81.6	2.0	257.5	116.8	2.9
105	47.6	1.2	182.5	82.8	2.1	260	117.9	2.9
107.5	48.8	1.2	185	83.9	2.1	262.5	119.1	3.0
110	49.9	1.2	187.5	85.0	2.1	265	120.2	3.0
112.5	51.0	1.3	190	86.2	2.2	267.5	121.3	3.0
115	52.2	1.3	192.5	87.3	2.2	270	122.5	3.1
117.5	53.3	1.3	195	88.4	2.2	272.5	123.6	3.1
120	54.4	1.4	197.5	89.6	2.2	275	124.7	3.1
122.5	55.6	1.4	200	90.7	2.3	277.5	125.9	3.1
125	56.7	1.4	202.5	91.8	2.3	280	127.0	3.2
127.5	57.8	1.4	205	93.0	2.3	282.5	128.1	3.2
130	59.0	1.5	207.5	94.1	2.4	285	129.3	3.2
132.5	60.1	1.5	210	95.3	2.4	287.5	130.4	3.3
135	61.2	1.5	212.5	96.4	2.4	290	131.5	3.3
137.5	62.4	1.6	215	97.5	2.4	292.5	132.7	3.3
140	63.5	1.6	217.5	98.7	2.5	295	133.8	3.3
142.5	64.6	1.6	220	99.8	2.5	297.5	134.9	3.4
145	65.8	1.6	222.5	100.9	2.5	300	136.1	3.4
147.5	66.9	1.7	225	102.1	2.6	302.5	137.2	3.4
150	68.0	1.7	227.5	103.2	2.6	305	138.3	3.5
152.5	69.2	1.7	230	104.3	2.6	307.5	139.5	3.5
155	70.3	1.8	232.5	105.5	2.6	310	140.6	3.5
157.5	71.4	1.8	235	106.6	2.7	312.5	141.7	3.5
160	72.6	1.8	237.5	107.7	2.7	315	142.9	3.6
162.5	73.7	1.8	240	108.9	2.7	317.5	144.0	3.6
165	74.8	1.9	242.5	110.0	2.7	320	145.1	3.6
167.5	76.0	1.9	245	111.1	2.8	322.5	146.3	3.7
170	77.1	1.9	247.5	112.3	2.8	325	147.4	3.7
172.5	78.2	2.0	250	113.4	2.8	327.5	148.5	3.7
175	79.4	2.0	252.5	114.5	2.9	330	149.7	3.7

10 Minute Swim Test - Alternate PFE Component Test

1. Equipment: Stop watch or timing clock
2. Personnel: Faculty examiner must be present to monitor cadet performance and to maintain a safety. If more than one (1) cadet is to be tested, addition personnel will be required to serve as lap (distance) counters.
3. Procedure:
 - a. Cadet(s) will enter the pool at the deep end and hang onto the gutters for support.
 - b. At the command to start, the timer starts and the cadet(s) push away from the wall and begin swimming.
 - c. Any stroke may be used.
 - d. Cadet(s) may stop and rest at any time
 - e. The examiner must maintain the official time and assign one lap (distance) counter for each cadet swimming.
 - f. At the conclusion of the ten (10) minutes, a loud whistle will be sounded and the cadet(s) swimming will stop swimming and move lateral to the side of the pool. The distance counters will measure the total swimming distance completed in 5 yard increments.
4. Scoring: standard scores can be found in the 10 Minutes Swim Test scoring tables.

10 MINUTE SWIM TEST SCORING TABLE (MEN)

<u>Yards</u>	<u>Men Pts</u>	<u>Yards</u>	<u>Men Pts</u>	<u>Yards</u>	<u>Men Pts</u>
900+	100	730-734	66	410-419	32
895-899	99	725-729	65	400-409	31
890-894	98	720-724	64	390-399	30
885-889	97	715-719	63	380-389	29
880-884	96	710-714	62	370-379	28
875-879	95	700-709	61	360-369	27
870-874	94	690-699	60	350-359	26
865-869	93	680-689	59	340-349	25
860-864	92	670-670	58	330-339	24
855-859	91	660-669	57	320-329	23
850-854	90	650-659	56	310-319	22
845-849	89	640-649	55	300-309	21
840-844	88	630-639	54	290-299	20
835-839	87	620-629	53	280-289	19
830-834	86	610-619	52	270-279	18
825-829	85	600-609	51	260-269	17
820-824	84	590-599	50	250-259	16
815-819	83	580-589	49	240-249	15
810-914	82	570-579	48	230-239	14
805-809	81	560-569	47	220-229	13
800-804	80	550-559	46	210-219	12
795-799	79	540-549	45	200-209	11
790-794	78	530-539	44	190-199	10
785-789	77	520-529	43	180-189	9
780-784	76	510-519	42	170-179	8
775-779	75	500-509	41	160-169	7
770-774	74	490-499	40	150-159	6
765-769	73	480-489	39	140-149	5
760-764	72	470-479	38	130-139	4
755-759	71	460-469	37	120-129	3
750-749	70	450-459	36	110-119	2
745-749	69	440-449	35	100-109	1
740-744	68	430-439	34	0-99	0
735-739	67	420-429	33		

10 MINUTE SWIM TEST SCORING TABLE (WOMEN)

<u>Yards</u>	<u>Women Pts</u>	<u>Yards</u>	<u>Women Pts</u>	<u>Yards</u>	<u>Women Pts</u>
825+	100	655-659	66	330-339	32
820-824	99	650-654	65	320-329	31
815-819	98	645-649	64	310-319	30
810-814	97	640-644	63	300-309	29
805-809	96	630-639	62	290-299	28
800-804	95	620-629	61	280-289	27
795-799	94	610-619	60	270-279	26
790-794	93	600-609	59	260-269	25
785-789	92	590-599	58	250-259	24
780-784	91	580-589	57	240-249	23
775-779	90	570-579	56	230-239	22
770-774	89	560-569	55	225-229	21
765-769	88	550-559	54	220-224	20
760-764	87	540-549	53	210-219	18
755-759	86	530-539	52	200-209	17
750-754	85	520-529	51	190-199	16
745-749	84	510-519	50	180-189	15
740-744	83	500-509	49	170-179	14
735-739	82	490-499	48	160-169	13
730-734	81	480-489	47	155-159	12
725-729	80	470-479	46	150-159	11
720-724	79	460-469	45	145-149	10
715-719	78	450-459	44	140-144	9
710-714	77	440-449	43	135-139	8
705-709	76	430-439	42	130-134	7
700-704	75	420-429	41	125-129	6
695-699	74	410-419	40	120-124	5
690-694	73	400-409	39	115-119	4
685-689	72	390-399	38	110-114	3
680-684	71	380-389	37	105-109	2
675-679	70	370-379	36	100-104	1
670-674	69	360-369	35	0-99	0
665-669	68	350-359	34		
660-664	67	340-249	33		

USCGA PFE STANDARDS

Push-Up Scores			Plank Scores			Run Scores		
WOMEN	Score	MEN	WOMEN	Score	MEN	WOMEN	Score	MEN
48	100	60	4:15	100	4:15	10:00 or less	100	8:30 or less
47	99		4:12	99	4:12			
	98	59	4:09	98	4:09			
46	97	58	4:06	97	4:06			
45	96	57	4:03	96	4:03			
	95		4:00	95	4:00	10:01-11:00	95	8:31-9:00
44	94	56	3:57	94	3:57			
43	93	55	3:54	93	3:54			
42	92	54	3:51	92	3:51			
	91		3:48	91	3:48			
41	90	53	3:45	90	3:45	11:01-11:15	90	9:01-9:15
40	89	52	3:42	89	3:42			
	88	51	3:39	88	3:39			
39	87		3:36	87	3:36			
38	86	50	3:33	86	3:33			
	85	49	3:30	85	3:30	11:16-11:45	85	9:16-9:45
37	84	48	3:27	84	3:27			
36	83	47	3:24	83	3:24			
35	82		3:21	82	3:21			
	81	46	3:18	81	3:18			
34	80	45	3:15	80	3:15	11:46-12:00	80	9:46-10:00
33	79	44	3:12	79	3:12			
	78		3:09	78	3:09			
32	77	43	3:06	77	3:06			
31	76	42	3:03	76	3:03			
	75	41	3:00	75	3:00	12:01-12:30	75	10:01-10:30
30	74		2:57	74	2:57			
29	73	40	2:54	73	2:54			
28	72	39	2:51	72	2:51			
	71	38	2:48	71	2:48			
27	70		2:45	70	2:45	12:31-12:45	70	10:31-10:45
26	69	37	2:42	69	2:42			
	68	36	2:39	68	2:39			
25	67	35	2:36	67	2:36			
24	66		2:33	66	2:33			
	65	34	2:30	65	2:30	12:46-13:30	65	10:46-11:30

USCGA PFE STANDARDS

Push-Up Scores			Plank Scores			Run Scores		
WOMEN	Score	MEN	WOMEN	Score	MEN	WOMEN	Score	MEN
23	64	33	2:27	64	2:27			
22	63	32	2:24	63	2:24			
21	62	31	2:21	62	2:21			
	61		2:18	61	2:18			
20	60	30	2:15	60	2:15	13:31-14:00	60	11:31-12:00
19	59	29	2:12	59	2:12			
	58	28	2:09	58	2:09			
18	57		2:06	57	2:06			
17	56	27	2:03	56	2:03			
	55	26	2:00	55	2:00	14:01-14:45	55	12:01-12:45
16	54	25	1:57	54	1:57			
15	53		1:54	53	1:54			
14	52	24	1:51	52	1:51			
	51	23	1:48	51	1:48			
13	50	22	1:45	50	1:45	14:46-15:15	50	12:46-13:15
12	49		1:42	49	1:42			
	48	21	1:39	48	1:39			
11	47	20	1:36	47	1:36			
10	46	19	1:33	46	1:33			
	45	18	1:30	45	1:30	15:16-15:30	45	13:16-13:30
9	44		1:27	44	1:27			
8	43	17	1:24	43	1:24			
7	42	16	1:21	42	1:21			
	41	15	1:18	41	1:18			
6	40		1:15	40	1:15	15:31-16:00	40	13:31-14:00
5	39	14	1:12	39	1:12			
	38	13	1:09	38	1:09			
4	37	12	1:06	37	1:06			
3	36		1:03	36	1:03			
	35	11	1:00	35	1:00			
2	34	10	0:57	34	0:57			
1	33	9	0:54	33	0:54			
	32		0:51	32	0:51			
	31	8	0:48	31	0:48			
	30	7	0:45	30	0:45			
	29	6	0:42	29	0:42			

USCGA PFE STANDARDS

[illegible]