



PHYSICAL FITNESS TEST GUIDE

The Physical Fitness Test (PFT) is a required component of the U.S. Coast Guard Academy application. The PFT helps assess an applicant's physical readiness for the demands of Cadet life. Cadets are required to take and pass the PFT every year at the Academy, and cannot commission as an officer unless they meet set standards.

Before scheduling the PFT, the candidate should practice each event and concentrate on improving any weaknesses. The PFT is a 300-point test consisting of three elements worth a maximum of 100 points each. **A minimum score of 60 must be achieved in each section to be considered passing the test.**

This guide provides instructions for administering the PFT. Please review these instructions before testing the applicant.

EXAMINER CHECKLIST

Before the test:

- Review the exam guide and scoring table
- Ensure the candidate has warmed up and the site is ready
- Measure the height and weight of the candidate in gym shorts and t-shirt (no shoes)

During the test:

- Ensure all exercises are completed correctly
- Record the raw scores after each event

After the test:

- Score the exam using the appropriate table
- Enter the results in the Coast Guard Academy Recommender Portal

QUALIFIED EXAMINERS

- Physical Education Teacher
- Athletic Coach / Athletic Director
- Certified Athletic Trainer
- Personal Trainer
- Active Duty Military Member
- Other qualified fitness professional

Questions?

Contact CW04 Tim DeVall at
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Application Deadlines

Early Action - October 15
Regular Admission - January 15

TESTING SEQUENCE

The PFT must be completed during a single testing session in the following order. Allow at least 5 but no more than 15 minutes of rest between events. After all events have been completed, use the below scoring table to convert raw scores to points for each event; calculate and record the total score:

**ONE-MINUTE
PUSH-UPS**

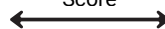
**FOREARM
PLANK**

**1.5-MILE
RUN**

FEMALE SCORING TABLE

Push-Up	Plank	1.5 Mile Run	Points
47	3:10	9:47	100
42	3:05	11:15	95
37	3:00	11:30	90
33	2:50	12:15	85
28	2:40	12:45	80
27	2:30	13:15	75
24	2:10	13:30	70
23	1:50	13:45	65
21	1:30	14:15	60
19	1:20	15:00	55
18	1:10	15:15	50
15	1:00	15:30	45
14≤	0:59≤	15:31≥	0

Minimum
Passing
Score



MALE SCORING TABLE

Push-Up	Plank	1.5 Mile Run	Points
67	3:20	8:30	100
62	3:15	9:00	95
57	3:10	9:15	90
52	3:00	9:45	85
47	2:50	10:00	80
44	2:40	10:30	75
41	2:20	10:45	70
39	2:00	11:30	65
37	1:40	12:00	60
35	1:30	12:45	55
33	1:20	13:15	50
30	1:10	13:30	45
29≤	1:09≤	13:31≥	0

Safety Reminder

Applicants should only participate if they are healthy enough for vigorous physical activity. The candidate should arrive early enough to complete a thorough and active warm-up routine.

Stop testing immediately if the applicant experiences chest pain, dizziness, severe shortness of breath, or signs of injury.



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CANDIDATE NAME: _____

HEIGHT (IN): _____ WEIGHT (LBS): _____

TEST DATE: _____ TOTAL SCORE: _____

EVENT 1 – PUSH-UPS

Equipment: Stopwatch or timer

Objective: Complete as many correctly performed push-ups as possible in **one minute**. Conclude the event if knees or torso touch the ground or hands or feet leave the floor.

PUSH-UPS COMPLETED: _____ **PUSH-UPS SCORE:** _____

STARTING POSITION

- Hands directly beneath or slightly wider than shoulders
- Arms fully extended
- Body forms a straight line from shoulders through heels
- Feet on the ground
- Surface must be flat - wear athletic shoes



CORRECT REPETITION

- Lower until elbows reach at least a 90° angle
- Return to full arm extension
- Maintain a straight body throughout the movement



DO NOT COUNT PUSH-UP IF

- Elbows do not reach 90°
- Arms do not fully extend
- Body sags or hips rise excessively
- “Pulsing” push-ups are prohibited

REST POSITION

Applicants may rest only in the up position while maintaining proper body alignment.

EVENT 2 – FOREARM PLANKS

Equipment: Stopwatch or timer

Objective: Maintain the forearm plank position for as long as possible while demonstrating proper form. Max time of 3.5 minutes.

PLANK TIME: ____ : ____ **PLANK SCORE:** _____

STARTING POSITION

- Elbows directly beneath shoulders
- Forearms on the ground
- Body in a straight line from shoulders through heels
- Feet approximately hip-width apart
- Eyes looking downward



PROPER POSITION

- Straight back
- Neutral hips
- Straight legs
- Elbows at 90°
- Hands flat on the ground or in individual fists (not clasped)

CONCLUDE EVENT IF

- Knees touch the ground
- Hips sag or rise excessively
- Applicant lowers head onto hands
- Elbows move significantly from position
- Cannot maintain proper form after correction
- Sawing motion (rocking forward & backward)

EVENT 3 – 1.5 MILE RUN

Equipment: Stopwatch or timer and a measured 1.5 mile track or course.

Objective: Complete 1.5 miles as quickly as possible. Running and walking may be combined but applicant must complete the entire course.

RUN TIME: ____ : ____ **RUN SCORE:** _____

COURSE REQUIREMENTS

The course should:

- Measure exactly 1.5 miles
- Be relatively flat whenever possible
- Be free of significant hazards
- A standard running track may be used.



NO TREADMILL

The run cannot be completed on a treadmill or walking pad. Be sure to secure an appropriate location in advance of the test.