

Figure 3



and on the floor during the event. May use a mat to cushion the knees.

- ▶ In an overhand throwing motion, throw a men's basketball as far as possible (Figure 2). 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) (Figure 3).
- ▶ Not touch the floor beyond the baseline with any part of the body until the basketball has landed.
- ▶ Execute three trials within a 2-minute time period.

The test administrator will:

- ▶ Extend the 100' tape measure the length of the testing area, perpendicular to the throwing baseline.
- ▶ Start the event at "0" minutes.
- ▶ Mark the point of impact with a pointer/yardstick for all three trials.
- ▶ Measure the perpendicular distance from the marked point of impact to the throwing baseline (Figure 4).
- ▶ Record the score to the nearest foot for the trial with the greatest distance.

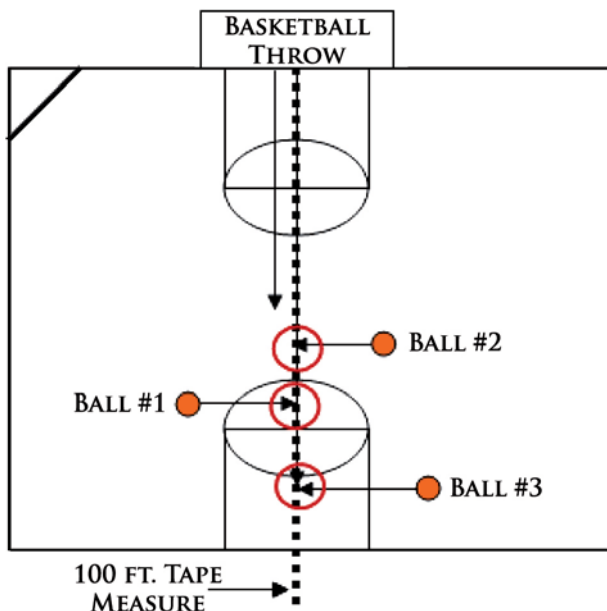


Figure 4

CADENCE PULL-UPS

Cadence pull-ups measure muscular strength and endurance of the shoulder and back.

The candidate must:

- ▶ Mount the bar with a pronated grip (back of the hands facing the candidate) with arms fully extended in a "dead hang" (Figure 5).
- ▶ Not swing, kick or bicycle legs during upward movement.
- ▶ Raise the body until the jaw line is parallel to the ground and above the bar (Figure 6).
- ▶ Return to a "dead hang" position to complete each repetition.
- ▶ Execute each repetition in cadence (command).

The test administrator will:

- ▶ Start the event at 5 minutes.
- ▶ Before giving the command "GO," ensure the candidate's elbows are fully extended and shoulders are relaxed in a "dead hang." If a candidate needs to use a chair to grip the bar, pull the chair away and take the time to ensure the candidate is in a straight-armed, relaxed shoulder "dead hang" before beginning. Do not allow candidates to jump off the ground or a chair to gain momentum for the first repetition. Require a short dead hang period before giving the command "GO."
- ▶ On the command "GO," start the event. When the candidate's chin rises above the bar and is parallel to the ground, verbally announce the repetition number (e.g. 1, 2, 3 ...). The verbal repetition number is the candidate's cue to start the downward movement. When the candidate's arms are fully extended in a dead

Figure 6



Figure 5

CANDIDATE FITNESS ASSESSMENT

Scoresheet

Date _____

Candidate's name _____

Candidate ID# _____

CFA Administrator's name _____

Administrator's signature _____

TITLE: PE Teacher
(Please check one)

J/ROTC Instructor

USMA Field Rep

Military Officer/NCO

PLEASE NOTE: If you received an email requesting that you conduct this CFA for a student, please use the web link in that email to enter the test results. If you do so, you do not need to mail this sheet.

1	Basketball Throw (Record the <u>best</u> of 3 attempts, in feet)	Attempt 1:	Attempt 2:	Attempt 3:
2	Pull-Ups OR Flexed-Arm Hang	Number of Repetitions: OR Seconds: _____ Tenths: _____		
3	Shuttle Run (2 round-trips required per attempt — Record the best of 2 attempts.)	Seconds: _____ Tenths: _____		
4	Modified Sit-Ups	Number of Repetitions:		
5	Push-Ups	Number of Repetitions:		
6	1-Mile Run	Minutes: _____ Seconds: _____		

TESTING SEQUENCE

The test sequence will follow the order of the events listed below. The order of events cannot be changed. There are no exceptions to this sequence or timing.

EVENTS	TEST START TIME	TESTING TIME	REST	TOTAL TIME
Basketball Throw	0 Minutes	2 Minutes	3 Minutes	5 Minutes
Cadence Pull-Ups	5 Minutes	2 Minutes	3 Minutes	10 Minutes
Shuttle Run	10 Minutes	2 Minutes	3 Minutes	15 Minutes
Modified Sit-Ups	15 Minutes	2 Minutes	3 Minutes	20 Minutes
Push-Ups	20 Minutes	2 Minutes	8 Minutes	30 Minutes
1-Mile Run	30 Minutes	Until Completed		Until Completed