CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

West Point Admissions Requirement

Satisfactory completion of the Candidate Fitness Assessment (CFA) is one of the requirements for admission to the United States Military Academy (USMA). The CFA is a test of strength, agility, power, balance, speed and endurance. The CFA is used to predict a candidate's aptitude for the physical program at the USMA. The results of this test are very important in the overall assessment of your admissions file, so you should become familiar with the six events in the CFA and practice. The examination consists of the following events: basketball throw from kneeling position, cadence pull-ups or the flexed-arm hang (women's option), shuttle run, modified sit-ups, push-ups and a 1-mile run. **You must create a video capturing your execution of the push-up and pull-up or push-up and flexed arm hang events (during execution of the test).** The video is required for your submission.

Advice to the Candidate

In order to qualify for admission to the USMA, you must take the 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. It is your responsibility to arrange for a qualified person to conduct your examination, and an additional person to make a video of the required events. See below for approved test administrators. Your test administrator cannot be a relative or coach. You should enter the contact information for your test administrator online via your candidate portal. Your test administrator will receive an email with a link to the site where he/she will record your performance.

Who Can Administer the CFA?
➢ Physical Education Teachers
➢ Military Academy Liaison Officers
➢ Military Officers or Non-Commissioned Officers
➢ Professors of Military Science
➢ J/ROTC Instructors

The following links will give you a visual of each event. **Make sure you watch each video in order to gain perspective of the guidelines.** Pay close attention to the guidance given for each exercise below.

Basketball Throw: https://youtu.be/9L7y_SdQQm4

Pull-Ups: https://youtu.be/bB30Abi3dvM

Flexed Arm Hang: https://youtu.be/YEwaaPiScbA

Shuttle Run: https://youtu.be/uZmry2uIMrc

Modified Sit-Ups: https://youtu.be/9-XTBLI-5FE

Push-Ups: https://youtu.be/kanPCAkR9QI

For the Examiner

The Candidate Fitness Assessment was developed to measure and evaluate a candidate's potential to successfully engage in the physical program at USMA. The CFA consists of six physical- and motor-fitness events that are designed to measure muscular strength and endurance, cardio-respiratory endurance, power, speed, balance, and agility. When administered together as a single battery, these six events help the Admissions Committee determine if a candidate possesses the physical aptitude required to successfully complete the physical program and perform the duties required of commissioned officers in the uniformed services.

CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

The six test events of the CFA are administered consecutively with specified start, finish, and rest times. Candidates 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 a candidate 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. Candidates' raw scores will be converted to scale scores (0-100 points) based upon their performances in each event. The 100-point maximum scores, by event and gender, are listed below. A candidate who achieves the 100-point level on any of the first five events should not attempt further repetitions, as this will not improve his/her score.

EVENTS	BB THROW	PULL-UPS	SHUTTLE (Seconds)	MODIFIED SIT-UPS	PUSH-UPS	1-MILE RUN
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

1 Basketball Throw
2 Cadence Pull-Ups
3 Shuttle Run
4 Modified Sit-Ups
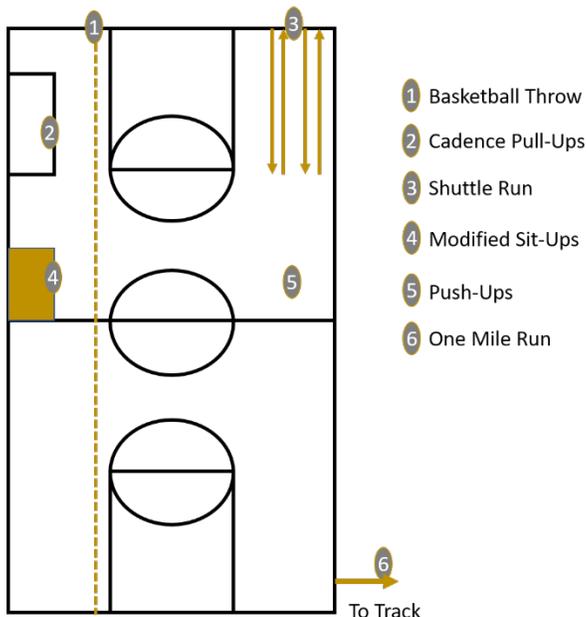5 Push-Ups
6 One Mile Run

To Track

Figure 1. Example of Testing Layout

Test Administration

The CFA is an important component of the admissions process at USMA and is used to determine if candidates can meet the physical rigors of military life. The test must be administered properly and to standard in order to accurately reflect a candidate's physical and motor-fitness and to be fair to all candidates.

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 Instruction Worksheet). At the completion of the test, the administrator must complete the instructions provided in the correspondence sent by email. By digitally signing the online form, the test administrator is affirming the test was administered to standard and the scores accurately reflect the candidate's physical performance. **Practice tests (before the record test) are encouraged to familiarize the candidate with the pace and stamina required to complete the entire test**. **Be advised, the officially reported score must come from a single test administration (complete in-sequence six event test beginning to end).**

Required Videos

During the officially administered CFA, candidates must video record the push-up and pull-up/flexed arm hang events. **You are required to complete two separate videos for both events and submit videos to the Admissions Department to complete the requirement.** The film should begin with the candidate holding a piece of paper with their name and candidate ID number written on it. The method of ID can be a driver's license or school ID. The film must display the candidate's entire body in the frame during the execution of the push-up and pull-up/flexed-arm hang events.

CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

Testing Support

Additional personnel will be needed to facilitate the videos and basketball throw. It may also be prudent to have control and/or medical personnel on site during the test; however, they are not required. At a minimum, the test administrator will have an emergency action plan for getting medical help if needed.

Duties of Test Personnel

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 clipboard and an ink pen to record the results on the candidate's scorecard and must enforce strict performance standards. Candidates should wear clothing and shoes that are appropriate for physical training, such as shorts, T-shirts, socks and running shoes (tennis/basketball shoes are not recommended for the 1-mile run). Any item that gives a candidate 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. The only exceptions are appropriate cold weather apparel while running outdoors.

Test Procedures

On test day, the candidate 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, candidates 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 UNITED STATES MILITARY ACADEMY 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.

Event	Begin Time of Test	Duration of Event	Rest Time after Event	End Time of Test
Basketball Throw	0:00	2 Minutes	3 Minutes	5:00
Cadence Pull-Ups	5:00	2 Minutes	3 Minutes	10:00
Shuttle Run	10:00	2 Minutes	3 Minutes	15:00
Modified Sit-Ups	15:00	2 Minutes	3 Minutes	20:00
Push-Ups	20:00	2 Minutes	8 Minutes	30:00
One-Mile Run	30:00	Until Complete		End of Run Event

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Event Procedures

Event 1. Basketball Throw
The basketball throw measures ability to generate shoulder power, body coordination, and balance from a stationary position. The candidate 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-Ups
Cadence pull-ups measure muscular strength and endurance of the shoulder and back. The candidate must:
1) Mount the bar with pronated grip 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 candidate 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…)

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 candidate must:
1) Begin the test with their entire body behind the start/finish line.
2) On the command "GO," the candidate 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 candidate 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 best of the two trials on the form.

Event 4. Modified Sit-Ups
The modified sit-ups event measures abdominal/core body muscular strength and endurance. The candidate 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, candidates 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 candidate's elbows touch the thigh (e.g. 1…2…3…)

Event 5. Push-Ups
The push-up event measures upper body muscular endurance. The candidate 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) 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 candidate 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 candidate must:
1) Assume a starting position behind the one-mile start line.
2) On the command "GO," the candidate will run continuously for one mile (walking is allowed, although strongly discouraged).

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Scoresheet

Date_____

_____   _____
Candidate's name   Candidate ID#

_____   _____
CFAAdministrator's name   Administrator's signature

TITLE: PE Teacher   J/ROTC Instructor/PMS   USMA Field Rep   Military Officer/NCO
(Please circle one)

ACKNOWLEDGEMENT (Please initial each statement below):
I certify that I am authorized to administer this CFA. ___
I have read the CFA instructions, watched the instructional video, and administered the test to standard. _____

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. The video is available on the web at https://www.youtube.com/watch?v=AlIZz9O7QiQ

#	Event			
1	**Basketball Throw** (Record the best of 3 attempts, in feet)	Attempt 1:	Attempt 2:	Attempt 3:
2	**Pull-Ups** OR **Flexed-Arm Hang** (Video Required)	Number of Repetitions: Seconds:_____Tenths: _____		
3	**Shuttle Run** (2 roundtrips required per attempt — Record the best of 2 attempts.)	Seconds:_____ Tenths: _____		
4	**Modified Sit-Ups**	Number of Repetitions:		
5	**Push-Ups** (Video Required)	Number of Repetitions:		
6	**1-Mile Run**	Minutes:_____ Seconds: _____		

CFA Sequence and Timeline

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

Event	Begin Time of Test	Duration of Event	Rest Time after Event	End Time of Test
Basketball Throw	0:00	2 Minutes	3 Minutes	5:00
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