



AIR FORCE Physical Fitness Test

(includes 3 components)

The PFT is to be completed as follows: The aerobic and muscular strength components of the test are to be conducted consecutively. The sequence of these components is at the discretion of the PTI. You must, however, pass each component of the test to achieve a pass of the PFT. You may be given the opportunity to reattempt any failed component of the PFT immediately following their initial attempt of all components as part of the sequence where it is deemed by the PTI that any such reattempt will not adversely affect the validity of the test and the members ability to be considered as ready for deployment. Each person undergoing the PFT is to be adequately briefed regarding time and interval standards applicable to each component of the test, prior to the test commencement

PFT Pass Standards

To pass the PFT, you must achieve at least the minimum PFT Pass standard for your age and gender in each activity.

MALES										*Specialist Physical Fitness Standards					FEMALES					*Specialist Physical Fitness Standards				
AGE	FLEXED ARM HANG	PUSH UPS	SIT UPS UNHELD	SIT UPS HELD	CHIN UPS*	2.4km RUN	5km WALK	AGE (YRS)	MHR (BEATS/MIN)	AGE (YRS)	MHR (BEATS/MIN)	AGE (YRS)	MHR (BEATS/MIN)	AGE (YRS)	MHR (BEATS/MIN)	AGE (YRS)	MHR (BEATS/MIN)	AGE (YRS)	MHR (BEATS/MIN)					
Under 25	30	25	30	40*	65	90*	10	12:00	10:00*	38:00														
25-34	25	20	25	35*	55	80*	8	13:00	11:00*	40:00														
35-44	20	15	20	30*	45	70*	6	14:00	12:00*	42:00														
45-54	15	10	15	25*	35	60*	4	15:00	13:00*	44:00														
55-59	10	5	10	20*	25	50*	2	16:00	14:00*	46:00														
60 and over	5	3	5	15*	15	40*	2	17:00	15:00*	48:00														

Flexed Arm Hang or Push Ups Test

Flexed arm hang



- Grasp the bar, pole or beam with the hands a comfortable width apart facing either forward, to the rear or with an alternate grip. The arms are to be fully flexed with the chin above the bar. You may be assisted to the 'start' position.



This component is a static activity.

- Once any leg support is removed, the member must maintain the testing position. The legs may be crossed and/or slightly bent, but the knee height must remain below waist level. Excessive swinging of the individual's body is to be prevented by the placement of another person's arm in front of the suspended individual's legs to act as a control beam.

Warnings. A member is permitted only one warning. The requirement for a second warning will result in the test being terminated and a fail recorded. The assessor will cease timing and the flexed arm hang test ends when any of the following occurs:

- the chin drops from directly above the beam;
- the chin touches the beam;
- the hands are relocated;
- the knees rise above waist level; or
- the member achieves the standard.

Push Ups



- On the ground assume a position with:
- Your hands and feet comfortable widths apart
 - Your arms fully extended so that the body is off the ground.
 - Hold your body in a generally straight line from the shoulders to the ankles. The start position is also the 'up' position.



- Keeping your body in a generally straight line, bend your elbows by lowering the body until the upper arms become parallel to the ground. This is the 'down' position. The body may be lowered further but may not rest on the ground.
- Extend your arms so that the body returns to the 'up' position (this constitutes one repetition).
- The repetition pace will be controlled by the cadence tape, set at 1:2 seconds.

The assessor will not count a repetition if any of the following occurs:

- the body is not lowered to the 'down' position as described above; or
- the body is not returned to the 'up' position as described above.

Warnings. A member is permitted only one warning. The requirement for a second warning will result in the test being terminated and a fail recorded. The test starts on the command of the assessor and ends when:

- the required number of push-ups are completed by the member;
- the member fails to stay with the cadence for three repetitions at which time a fail will be recorded;
- the member performs three repetitions incorrectly at which time a fail will be recorded;
- the member raises either hand or foot from the ground or rests on the ground; or
- for safety purposes, the test assessor terminates the test.

The Sit-up Test

The procedure for the sit up test is as follows:



- Sit-ups feet unsecured. The feet are not secured and the member is required to complete the number of sit-ups according to age as detailed in the above PFT Standards table.
- Sit-ups feet secured. The feet are to be secured under an immovable object or be held by another person and the member is required to complete the number of sit-ups according to age as detailed in the above PFT Standards table.
- Raise. From this position, the upper body is raised and at the same time the hands remain in contact and slide forward up the front of the thighs until the wrists touch the top of the knees being the limit of the upward movement for the sit-up position. The neck and arms are not to be jerked forwards. The heels and buttocks are not to leave the floor.
- Lower. The upper body is then lowered to the start position until the shoulder blades touch the floor.



The sit-up test provides an indication of the minimum standard of abdominal strength and endurance. It indicates that your pelvic girdle posture is well supported by your abdominal muscle group. Maintenance of good posture around the pelvis and lower back is an important contributor in performing a range of military tasks. A strong and balanced abdominal region will assist in reducing the incidence of back injuries. The abdominal muscles should not be held in constant isometric contraction during the sit-up test. Lumbar support is only to be applied on medical advice that the member has a permanent medical condition that may be exacerbated by the sit-up activity and/or after the member has undergone remedial training for a period of up to 90 days.

The sit-up activity is to be conducted to a three second cadence. One sit-up is to be completed every three seconds using the following guidelines:

- raise the body to the sit-up position in approximately one second;
- lower the body to the floor in approximately one second; and
- relax the abdominal muscles for approximately one second.

Warning. A member is permitted only one warning. The requirement for a second warning will result in the test being terminated and a failure result recorded if any of the following occur:

- the heels or buttocks are lifted from the floor;
- the hands are lifted from the thighs/knees;
- the wrists do not reach the top of the knees or exceed the limit for upwards movement;
- the neck or hands are jerked forwards as a means of increasing leverage or momentum;
- the hands are used to pull the body up;

An individual's sit-up activity is also to be terminated if any of the following occur:

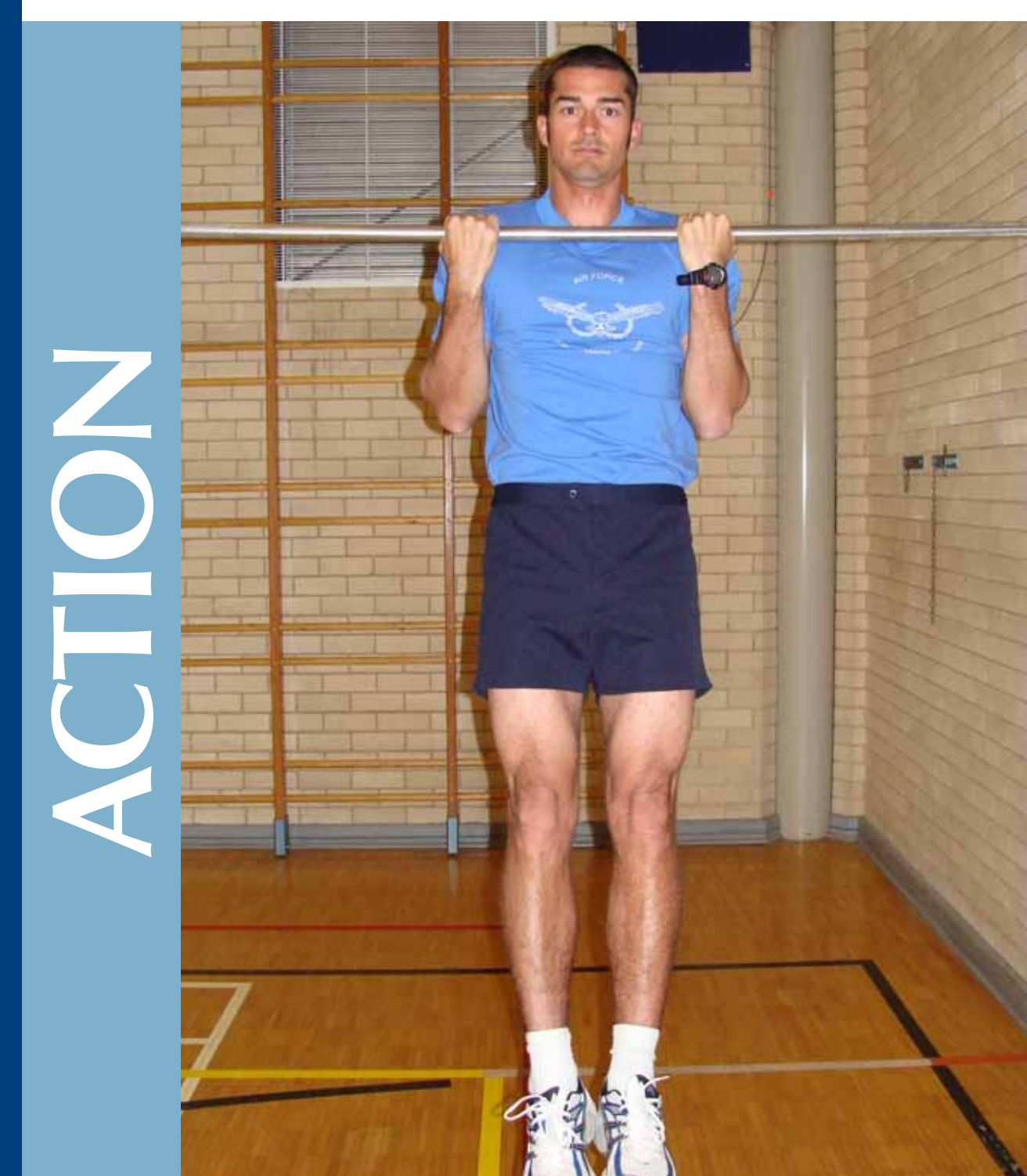
- the required cadence is not maintained;
- the activity is stopped (resting is not permitted); or
- to prevent injury the member is stopped by the PTI.

Members can choose either sit-ups feet secured or unsecured

- Start position. The individual lies flat on their back with the knee bent and both heels on the floor (on or off the mat which is to be no more than 5cm in thickness). Both knees and heels should be no more than shoulder width apart. The angle of the knees is to be maintained at approximately 90 degrees for the duration of the sit-up test. The arms are to be placed with the palms resting on the thighs and the arms are to remain straight throughout the activity. The head is to be raised and held off the floor in a comfortable position. The head is to remain in this position during the entire test.

The Chin-up Test

The procedure for the chin-up test is as follows:



- The chin bar may be grasped with the hands facing either forward or to the rear, or with an alternate grip, and the body is to be fully extended to a hanging position with the feet free of the ground.

- The body is then pulled upwards with the arms until the chin is over the bar, then lowered until the elbows are fully extended and the body is again in the hanging position.
- The body may be kept from swinging by an assistant holding an extended arm in front of the individual at knee height. Each repetition must be fully completed to be counted. Resting during performance may be permitted in the starting position only, and without dismounting or the aid of a support.

The Run or Walk Test

Assesses aerobic capacity and locomotor endurance.

- 'You are required to complete the 2.4 km run/walk or 5 km walk in minutes. You will be informed of 'split lap' times each time you pass the 400 metre mark (or other distance determined by the PTI). If you are observed to be labouring and not meeting the 'split or lap' times, you will be warned on each lap for two laps. If you still fail to meet the 'split' times after these warnings, you will be withdrawn from the test and failed'.

Action

- You should attempt to cover the distance in the minimum time required for your age group.
- You may be assisted by a 'pacer' to achieve the required standard but no form of physical assistance is permitted.
- The walk is to be conducted with no running allowed; for example, at least one foot is to be in contact with the ground at all times.

Warnings. A member is permitted only one warning. The requirement for a second warning will result in the test being terminated and a fail recorded. The test starts on the command of the assessor and ends when the member:

- is assessed by the PTI to be labouring and has failed to meet two 'split or lap' times as per the brief;
- is withdrawn for personal safety/health reasons; or
- completes the required distance.