



UNITED STATES MILITARY ACADEMY  
**WEST POINT.**

# CFA Overview



# Candidate Fitness Assessment (CFA) Overview

- 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 USMA.
- The results of this test are very important in the overall assessment of a candidate's admissions file, they should become familiar with the six events in the CFA and practice.
- The six test events of the CFA are administered consecutively with specified start, finish, and rest times
- The CFA consists of six events:
  1. basketball throw from kneeling position,
  2. cadence pullups or the flexed-arm hang (women's option),
  3. shuttle run,
  4. modified sit-ups,
  5. push-ups,
  6. 1-mile run.
- Note – candidates must upload videos for the pushups and pullups or flexed arm hang events. CFA administrators upload the scores. 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.



## Who Can Administer the CFA?

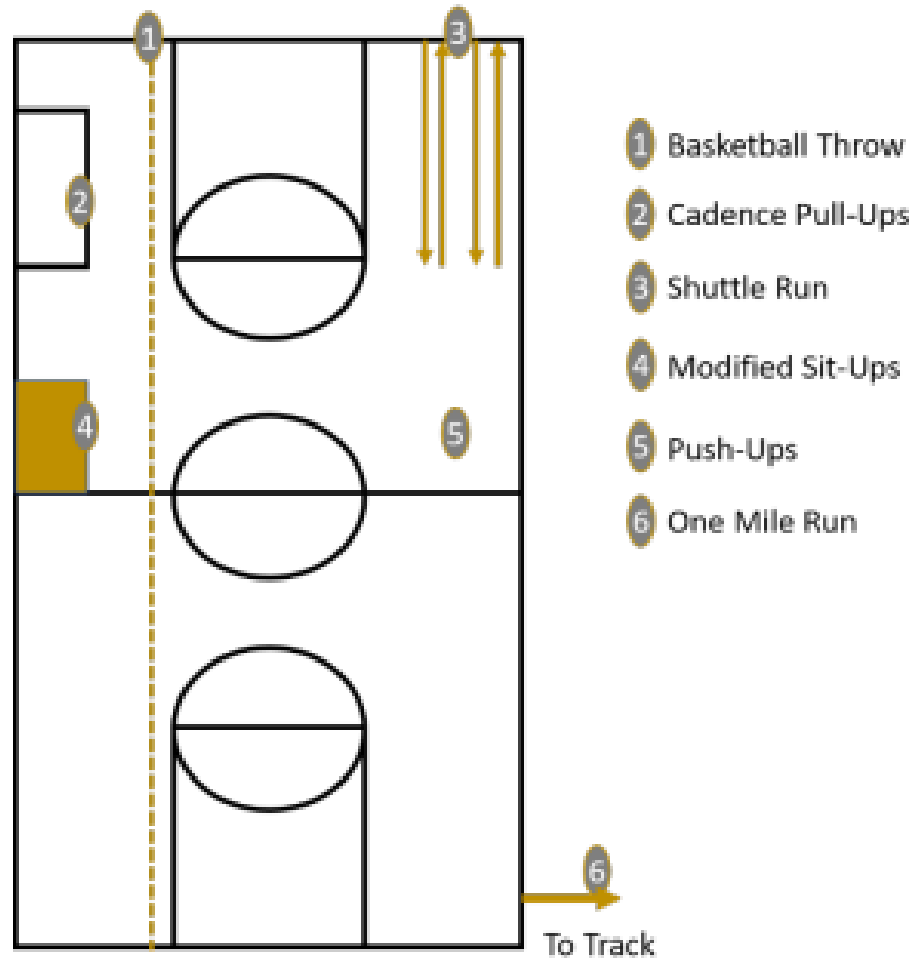
- Physical Education Teachers
- Military Academy Liaison Officers
- Military Officers or Noncommissioned Officers
- Professors of Military Science
- Field Force Representatives
- J/ROTC Instructors

Coaches may not administer the CFA unless they are doing so as a PE certified teacher.

EVENTS	BB THROW	PULL-UPS	FLEXED ARM-HANG	SHUTTLE (seconds)	MODIFIED SIT-UPS	PUSH-UPS	1-MILE RUN
MALE	102 ft.	18	N/A	7.8	95	75	5:20
FEMALE	68 ft.	7		8.6	95	50	6:00
EVENTS	BB THROW	PULL-UPS	FLEXED ARM-HANG	SHUTTLE (seconds)	MODIFIED SIT-UPS	PUSH-UPS	1-MILE RUN
MALE	69 ft.	9	N/A	8.8	78	48	6:48
FEMALE	43 ft.	2	11	10.7	77	28	7:52

Table 1.  
Maximum  
Performance  
Scores

Table 2.  
Average  
Performance  
Scores



**Figure 1. Example of Testing Layout**



## Test Procedures

- Candidates should spend 20-30 minutes warming up. Good idea to have medical personnel on hand but not required. Have a medical emergency plan.
- 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



# 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.

Instructional video - [https://www.youtube.com/watch?v=9L7y\\_SdQQm4](https://www.youtube.com/watch?v=9L7y_SdQQm4).



## Event 2. Cadence Pull-Ups and FAH

Cadence pull-ups measure muscular strength and endurance of the shoulder and back. The candidate must:

1. Mount the bar with pronated (hands facing away from the candidate) 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...)

Instructional video - <https://www.youtube.com/watch?v=bB30Abi3dvM>

Flexed Arm Hang. Alternate for women who cannot perform one pullup.

1. Mount platform until chin is clearly above the bar.
2. Mount the bar with pronated grip (palms facing away)
3. Step off platform and do not swing, kick, or bicycle legs.
4. Maintain flexed arm position with chin above the bar and jaw line parallel to the ground.
5. Time stops when chin is no longer above the bar and parallel to the ground.

Instructional video - <https://www.youtube.com/watch?v=YEwaaPiScbA>



## 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, touch the floor on or beyond the turn-around line, and sprint back to the start line to finish.
3. Execute two trials with a 1-minute rest between trials and record the best of the two trials on the form.

Instructional video - <https://www.youtube.com/watch?v=uZmry2uIMrc>





## Event 4. Modified Situps

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. Another person may hold their ankles with the hand only.
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...)

Instructional video - <https://www.youtube.com/watch?v=9-XTBLI-5FE>



## 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 flatsurface.
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 theback 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 anotherrepetition.
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...)

Instructional video - <https://www.youtube.com/watch?v=kanPCAkR9QI>



## 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).



## CANDIDATE FITNESS ASSESSMENT INSTRUCTIONS

### Scoresheet

Date \_\_\_\_\_

\_\_\_\_\_  
 Candidate's name

\_\_\_\_\_  
 Candidate ID#

\_\_\_\_\_  
 CFA Administrator'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.

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



UNITED STATES MILITARY ACADEMY  
**WEST POINT.**

**QUESTIONS?**