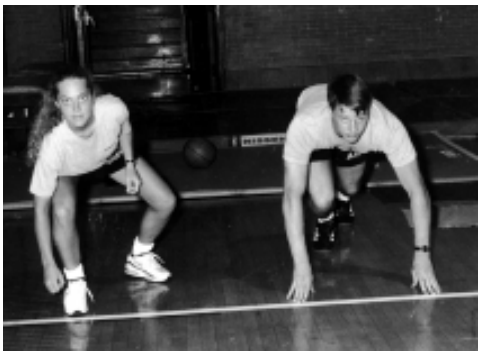
West Point

Physical Aptitude Examination Instructions



The starting position for the 300-yard shuttle run.

West Point Admissions Requirement

Satisfactory completion of the Physical Aptitude Examination (PAE) is one of the requirements for admission to the United States Military Academy. The PAE is a test of strength, agility, speed and endurance. It is used to predict a candidate's aptitude for the West Point physical program. The results of this test are very important in the overall assessment of your admission file, so you should become familiar with the five events in the Physical Aptitude Examination and practice. The examination consists of the following five events: pull-ups (men)/flexed-arm hang (women); standing long jump; modified basketball throw; push-ups and 300-yard shuttle run.

Advice to the Candidate

In order to qualify for admission to West Point you must pass the Physical Aptitude Examination. You should remember that your score is a combination of your best efforts on each of the five events. You should strive to perform at the standards listed above the dotted line in the middle quintile of the chart shown on page eight. If you score below the minimum in one event, a passing score may still result if you obtain a score above the minimum in another event.

You must complete each of the five events making up this examination. They must be completed on the same day with a maximum of 10 minutes rest between events. Do your best on every event. The better you perform, the more points you will be awarded.

Your examination may be administered by any teacher holding a physical education degree or (for servicemembers on active duty) by any active duty commissioned officer. It is your responsibility to arrange for a qualified person to conduct your examination.

Ask your examiner to record your performance on the enclosed Physical Aptitude Examination Score Sheet and mail it to the U.S. Military Academy Admissions Office in the postage-paid, pre-addressed envelope provided. The scores must be recorded with a black ball-point pen.

Note: Candidates who have taken the physical aptitude examination as an applicant for the U.S. Naval Academy are responsible for forwarding the results of their tests to West Point. We recommend that you take the West Point physical aptitude examination even though you may have taken the physical aptitude test for another service academy. Only the Naval Academy and the Air Force Academy PAE are acceptable substitutes for the West Point PAE.

For the Examiner

We appreciate your help in conducting the Physical Aptitude Examination of this candidate for the West Point Admissions Office. Read these instructions carefully before attempting to conduct the required events. The events are very basic, and it should take you no more than 30 minutes to conduct them, but they must be set up properly.

Please note that you will need two assistants to help you score, measure, and time the events. The assistants may be students. Please ensure that everyone understands his or her responsibility before starting the physical aptitude examination.

The event results should be recorded on the attached USMA Physical Aptitude Examination Score Sheet. Record the results in black ball-point pen only. Make sure the event results are recorded in the blocks provided and marked in the appropriate columns. Missing or illegible entries may seriously delay the

qualification of a candidate for admission.

Please leave the Test Site Code entry blank. Record Name, Grade, Organization and Phone Number or Name, Title, School and Phone Number as appropriate in the block for OIC (Offer in Charge). Mail the completed score sheet to the U.S. Military Academy Admissions Office within 24 hours in the postage paid envelope provided by the candidate.

Any questions the examiner or candidate may have regarding this examination should be addressed to the Admissions Office, United States Military Academy, 606 Thayer Road, West Point, NY 10996-1797. Telephone (914) 938-4041.

Test Facilities and Equipment

The following facilities and equipment will be needed to conduct the Physical Aptitude Examination:

a. A black ball-point pen.

b. Event 1A — Pull-ups (Men). A horizontal bar, as used in gymnastics. Bar should be at a height of not less than eight feet.

c. Event 1B — Flexed-arm hang (Women). A horizontal bar as listed above, a step ladder and a stopwatch.

d. Event 2 — Standing long jump. A take-off line, a tape measure and a marker to indicate point of contact of rearmost foot at landing.

e. Event 3 — Modified basketball throw. A gymnastics mat, a throwing line, a tape measure (preferably a 100-foot tape), and a basketball.

f. Event 4 -- Push-ups. Candidate must complete as many push-ups that he or she is able to do in a two-minute span of time.

g. Event 5 — 300-yard shuttle run. A running lane, 25 yards in length, with each end of the lane marked by a turning line. A stopwatch.

Candidate should wear appropriate athletic attire during tests. The candidate's attire should consist of a pair of good rubber-soled basketball-type athletic sneakers, and a shirt and shorts that are suitable for athletic activities. Waffle-soled shoes usually hinder a candidate's performance and are not recommended.

Thank you for your assistance in helping the U.S. Military Academy Admissions Office obtain important test results that will determine a candidate's qualification.

Event 1A. Pull-Ups (Men)

The candidate jumps to grasp the bar. The backs of his hands must be toward his face and his thumbs must be under the bar (Figure 1). He starts from a momentary pause in a straight-arm hang with elbows

Figure 1
Pull-ups (Men)

Figure 2
Flexed-arm Hang (Women)

Figure 3
Flexed-arm hand is timed.

locked. At the assistant's command of "Go", the candidate pulls his body upward until his chin is lifted over the bar without tilting his head backward. He returns to the straight-arm hang position with his elbows locked. He repeats this pull-up movement as many times as possible. The body must be held approximately straight. If the candidate kicks his way up, the pull-up involved will not be counted.

The examiner should record the total number of complete and properly executed movements in the appropriate space on the candidate's score sheet. Be certain each scoring box has a black ball-point pen entry. Use a leading zero with entry if necessary.

Event 1B. Flexed-arm Hang (Women)

The candidate climbs a ladder until her chin is above the bar. She grasps the bar with her hands shoulder width apart. The backs of her hands must be

toward her face and thumbs under the bar (Figure 2). On the command “Ready, Go”, the candidate steps off the ladder. Simultaneously, an assistant will remove the ladder and prevent any forward swinging of the legs. The candidate’s chin should be level above the bar. The stop watch is started at the command “Go” (Figure 3) and is stopped when: a. her chin rests on the bar (if her chin inadvertently touches the bar, but does not rest on it, the test will continue); b. her head tilts backward to keep her chin above the bar; or c. her chin falls below the level of the bar.

The examiner should record the candidate’s time, to the nearest tenth of a second, on the PAE score sheet in the space provided. Be certain each box has a black ball-point pen entry. Only one trial is allowed unless unusual circumstances arise, such as a hand slipping due to perspiration or a misunderstanding of instructions.

Event 2. Standing Long Jump

The candidate stands with his or her feet immediately behind the Take-off Line at the starting position (Figure 4). By bending the knees and swinging the arms one or more times, the candidate jumps forward to cover the greatest distance possible (Figure 5). The distance is measured from the take-off line to the rearmost heel.

The candidate may not take a preliminary hop. If the candidate loses his or her balance and falls backward, another trial is permitted. The candidate must take off with both feet simultaneously and land on both feet simultaneously with the heels approximately even.

The candidate must complete three (3) correctly executed jumps. The best of the three attempts is then recorded by the examiner, using a black ball-point pen in the boxes provided on the score sheet.

Event 3. Modified Basketball Throw

The candidate takes a throwing position, on both knees, on the mat close to and directly behind the Throwing Line. The candidate’s knees must remain parallel to the Throwing Line. Three legal overhand throws are allowed from this kneeling position to attain as great a distance as possible.

A candidate may use the non-throwing hand to steady the ball in preparation for the throw (Figure 6). The candidate cannot touch the floor or mat with either hand during or after any throw (Figure 7).

The examiner must measure all throws to the center of the impact position of the ball. Three fair trials are allowed. A ball landing to one side will be measured by an imaginary straight line perpendicular to the center line of the court and extended to the point of impact. Any ball that hits the ceiling or a side wall will not be scored and will be re-thrown.

Figure 4
Starting Position
Long Jump

Figure 5
Long Jump distance
is measured.

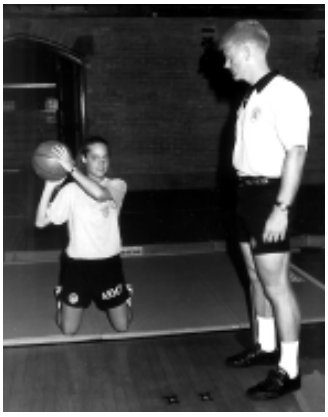


Figure 6
Candidate steadies
the ball for throw.

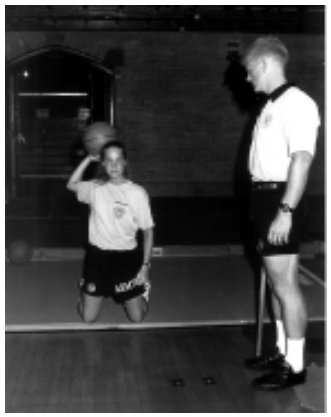


Figure 7
Candidate prepares
to throw .

The candidate’s score will be the longest throw recorded of the three proper attempts, rounded down to the nearest foot. It should be recorded in black ball-point pen in the boxes provided. Be certain each scoring box has a blackened entry.

Note to the examiner: In conducting this event, please concern yourself primarily with the correct execution of each of the candidate’s throws for record. One of your assistants can mark the point of impact of each throw and your other assistant can help you measure the throw.

Event 4. Push-Ups

Push-up Positions (Figures 8 & 9)

For normal push-ups, the start position (Figure 8) begins with the hands shoulder width apart, elbows fully extended, body straight and the feet together or up to 12 inches apart. To complete a repetition, the candidate lowers his/her body, maintaining a straight back, until the upper arm is parallel with the ground (Figure 9), then returns to the start position. Once the two-minute

push-up period has started, candidates may not lift their arms or legs off the ground. They may rest in the "start"position. They may also bend at the waist and the knees to relax the back, always maintaining 4-point contact with the ground. Before resuming push-ups, they must return to the start position.

Event 5. 300-Yard Shuttle Run

The candidate uses a sprint, crouch, or standup start with both feet behind the Start/Finish Line (Figure 10). The candidate runs six complete round trips between two lines spaced 25 yards apart for a total of 300 yards. He or she makes turns by placing at least one foot on or over the line at each turn (Figure 11). On the final trip, the candidate sprints past the Start/Finish Line.

Before beginning this test, the examiner is requested to read the following instructions aloud to the candidate:

"This is the 300-yard Shuttle Run. Take your starting position with either a sprint, crouch, or standup start. Place both feet and hands behind the starting line. I shall use the commands, 'On your mark, get set, go.' Run to the opposite end of the course and make a direct turn by placing at least one foot on or over that line, return to the starting line, make another turn, and continue in this way for six round trips, sprint past the Finish Line on the last trip. Do not take a circular path to make any turn. Be sure to sprint past the Finish Line. You have only one correctly executed trial. Are there any questions?"

Note to the examiner: Please try to arrange this event so that the turn lines are not close to a wall. In the event one of the turning lines must be against or close to a wall, advise the candidate not to touch or push-off from the wall on the turns.

Figure 10
A standing starting position for the 300-yard shuttle run.

Figure 11
The shuttle run turning position.

Figure 8
Push-up Starting Position

Figure 9
Push-up Down Position

West Point Physical Aptitude Examination

Candidate Population for a Recent Class

	Pull-Ups (Reps) Men	Flexed Arm Hang (Seconds) Women	Standing Long Jump (Ft) Men	Standing Long Jump (Ft) Women	Basketball Throw (Ft) Men	Basketball Throw (Ft) Women	300 - Yard Shuttle Run* (Sec) Men	300 - Yard Shuttle Run* (Sec) Women	Push-ups Men	Push-ups Women
Top Quintile	20	62.2	9'4"	7'5"	92'	60'	52.0	58.3	86	48
	16	50.5	8'10"	7'2"	85'	54'	54.7	60.8	82	46
	13	40.5	8'5"	6'10"	77'	48'	56.5	64.0	78	43
	12	37.0	8'4"	6'8"	75'	47'	57.1	64.7	74	41
	11	34.0	8'3"	6'7"	73'	45'	57.6	65.2	70	39
		31.9	8'2"	6'6"	72'	43'	58.0	65.9	66	37
	10	29.8	8'0"	6'5"	70'	42'	58.5	66.8	63	36
		27.0		6'4"	69'	40'	58.9	67.3	60	33
Middle Quintile	9	24.6	7'11"	6'3"	68'	39'	59.1	68.0	58	31
	8	22.6	7'9"	6'2"	66'	38'	59.6	68.4	54	29
		20.5	7'8"	6'1"	65'	36'	59.9	69.0	51	27
	7	18.4	7'7"	6'0"	64'	35'	60.3	69.8	48	25
		16.2	7'6"	5'11"	62'	34'	60.8	70.4	45	23
	6	14.2	7'5"	5'10"	61'	33'	61.2	71.0	42**	19**
	5	10.0	7'3"	5'7"	57'	30'	62.4	73.3	39	17
Bottom Quintile	4	8.2	7'1"	5'5"	55'	29'	63.3	74.5	36	15
	2	6.0	6'11"	5'3"	52'	27'	64.2	76.0	33	13
	1	3.4	6'8"	5'1"	48'	24'	66.3	80.0	31	11
Mean	8.8	24.3	7'10"	6'2"	67'	39'	60.0	69.1	48	29

Score above this line!

*Run on 25-yard course

**The minimum number of push-ups that are required within a 2-minute span on the Army Physical Fitness Test are listed for men and women.