

- a. not taking into consideration the aptitude and condition of the men and their ability to perform the tasks assigned to them.
- b. By the end of the first week tests should be made to screen out those who require special training. Further tests are to be made at the end of each term (and at such other times as may be desired) to measure progress and to determine when those of inferior development may be qualified to participate in the general program.
- c. The physical efficiency testing program is designed to measure the principle factors in general physical fitness which are strength, endurance, agility, and coordination. Tests to measure these factors, together with average performances, are listed below:
 - (1) Push-ups - Measures arm and shoulder extension strength. Average performance, 23 times.
 - (2) Squat Jumps - Measures leg strength and coordination. Average performance, 32 times.
 - (3) Sit-ups - Measures abdominal strength. Average performance, 33 times.
 - (4) Pull-ups - Measures arm and shoulder flexor strength. Average performance, 8 times.
 - (5) 100 yard pick-a-back - Measures muscular endurance. Average performance, 26 seconds.
 - (6) Burpee test, 20 seconds - Measures agility and coordination. Average performance, 10 times.
 - (7) 300 yard run - Measures cardio-respiratory endurance. Average performance, 46 seconds.
- d. Instructions covering procedures in conducting tests and rules for the conduct of each test will be provided.
- e. Reports of trainees' physical efficiency tests are to be submitted at the conclusion of each twelve-week term. Forms for this report will be provided.
- f. There should be such additional testing in the area of aquatics as may be necessary to classify trainees for instructional purposes. Non-swimmers, inadequate swimmers, and satisfactory swimmers should be segregated and assigned to appropriate programs of instruction.
- g. The following War Department publications are to be used as the basis of instruction:
 - (1) Training circular No. 37 WD - Physical Training
 - (2) FM 21-20 Basic Field Manual - Physical Training
 - (3) TM 21-220 Technical Manual - Sports and games.
 - (4) Team sports
- d. ~~In each area the daily program should begin with a period of calisthenics or other conditioning exercises for a period of approximately fifteen~~