

FOURTH AIR FORCE PHYSICAL ACHIEVEMENT TEST

Standards of Performance

Test	S T A N D A R D S (with G. I. Shoes)			
	Average	Above Average	Superior	Minimum (men over 40)
Pull-up	9	13	18	6
Standing Broad Jump	7-2	7 - 8	8 - 4	6 - 6
Burpee - 20 seconds	9	11	13	8
Sit-up	50	75	100	25
Push-up	25	33	40	20
300-Yard Dash	47	44	41	52
	S T A N D A R D S (with Tennis Shoes or Street Shoes)			
Pull-up	9	13	18	6
Standing Broad Jump	7 - 8	8 - 2	8 - 10	6 - 6
Burpee - 20 Seconds	9	11	13	8
Sit-up	50	75	100	25
Push-up	25	33	40	20
300-Yard Dash	45	42	39	51