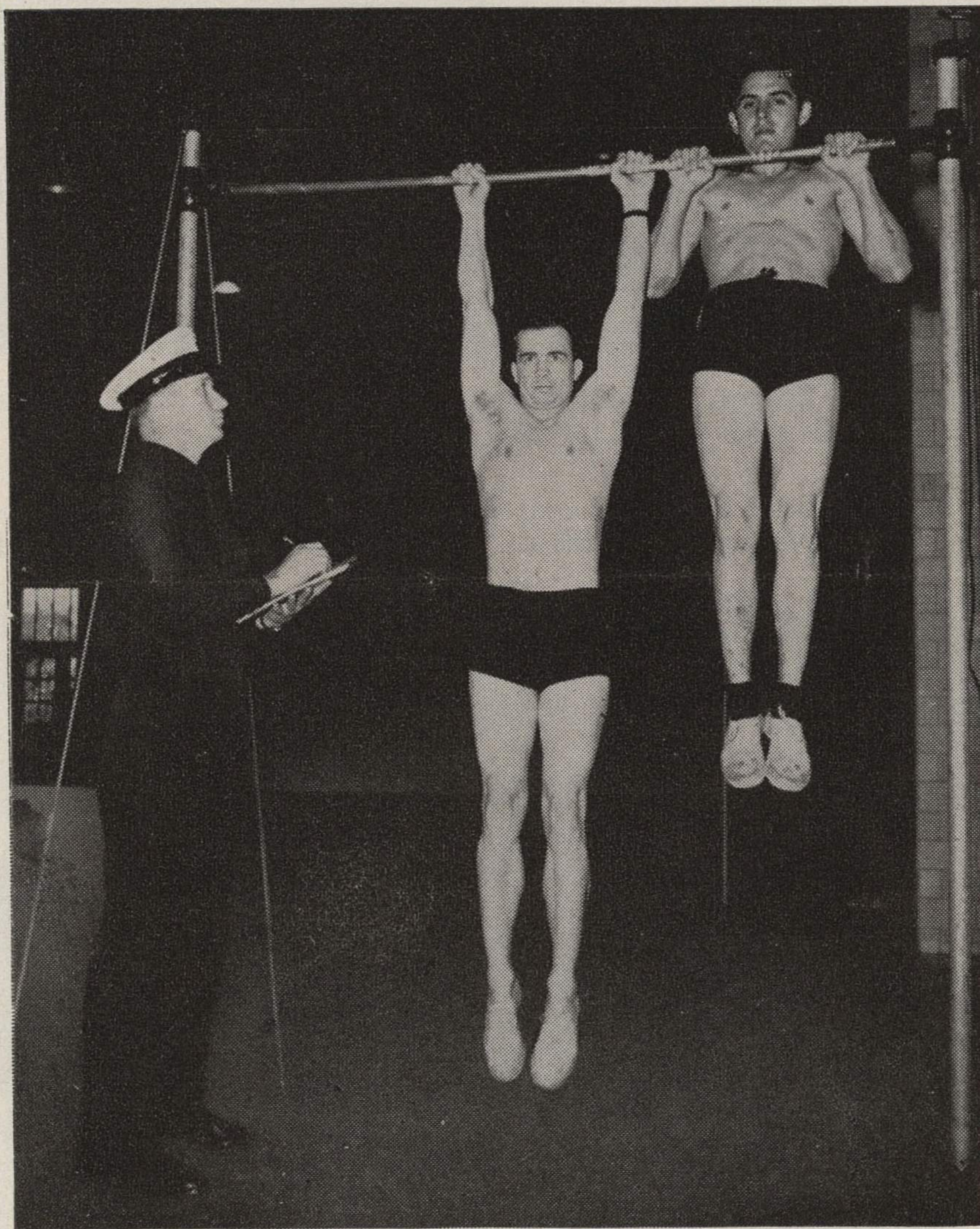


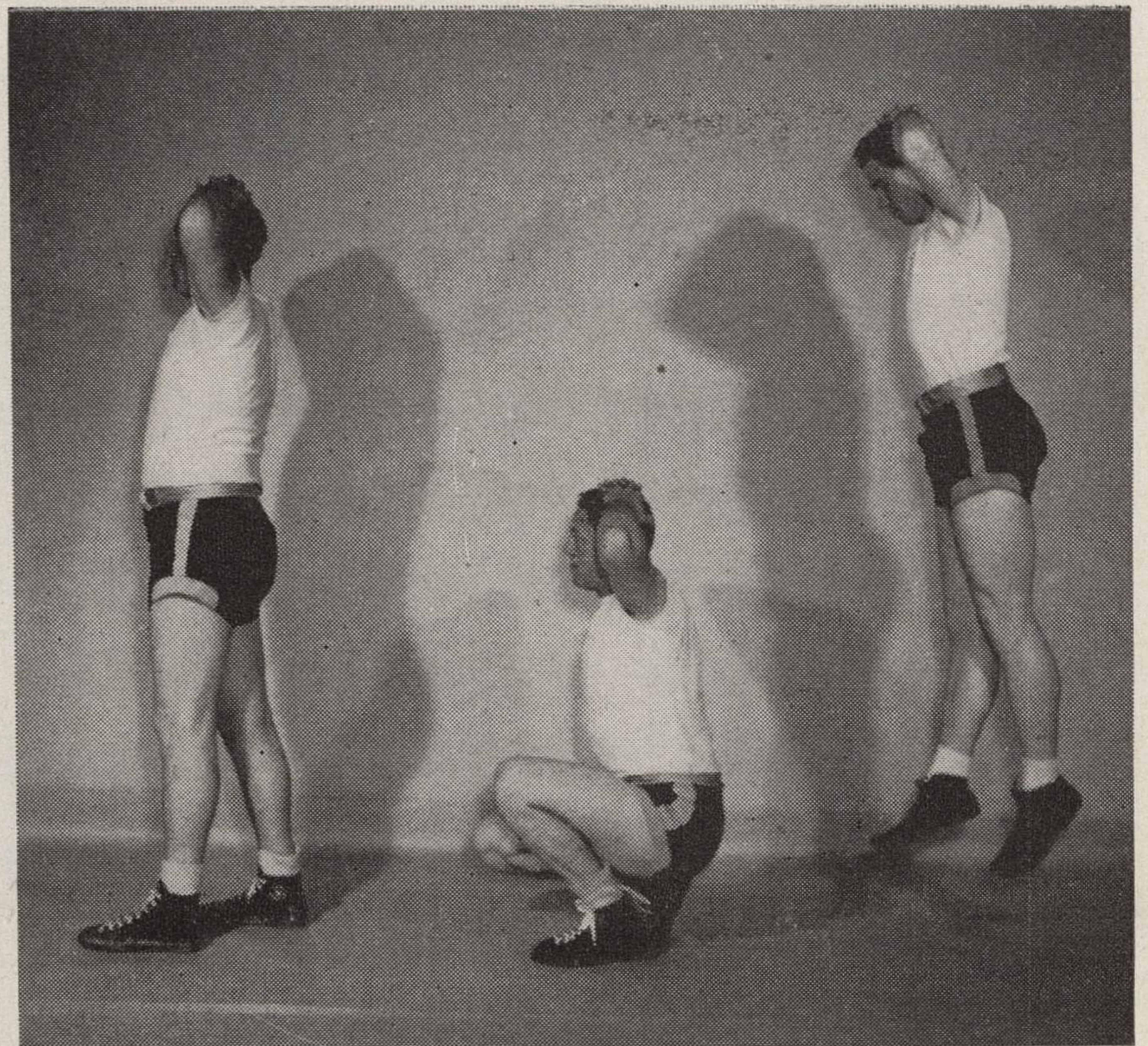
STANDARD PHYSICAL FITNESS TEST MEASURES A MAN'S PROGRESS

The Navy Standard Physical Fitness Test consists of five events designed to test strength, endurance, stamina, and some degree of agility. More specifically, this fivefold test is given for the following purposes: (a) To determine the physical fitness of the men when they arrive for training; (b) to provide information that will help in adapting the physical fitness program to the men's needs; (c) to motivate the men toward a higher level of physical fitness; (d) to measure the progress of the men after being in service a specific length of time; (e) to provide a means of measuring the physical fitness of Navy personnel in one activity in comparison with the personnel of other activities; and (f) to determine whether or not the physical fitness program is accomplishing its desired results.

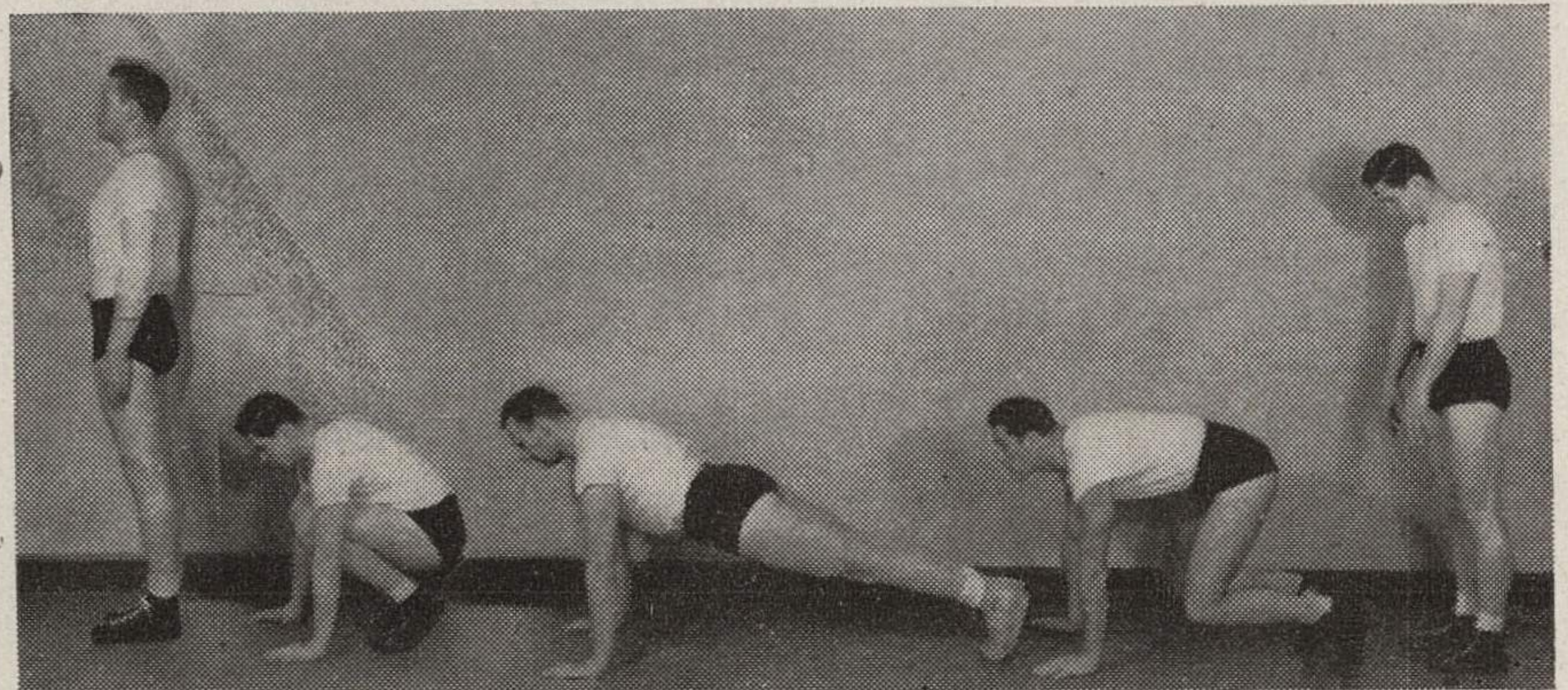
Recently there has been a compilation of the average physical fitness test scores of men when they begin their training and also when it is concluded. These have been tabulated in three classifications: (1) Recruit Training Stations; (2) Service Schools; and (3) V-12 Units. At Recruit Training Stations the test results from 162,500 men show a first test average score of 37 and an average score of 46 when the second test was given. This was an increase of 24 percent. In Service Schools 242,000 men tested had an average score of 43 on the first test and 49 on the second, for an increase of 14 percent. In V-12 Units 65,000 men had 45 for a first test average and 59 for the average second test score. The increase here was 31 percent. (For a score of 100, a man must do 48 squat-thrusts a minute; 205 sit-ups altogether; 89 push-ups; 127 squat-jumps, and 37 pull-ups.)



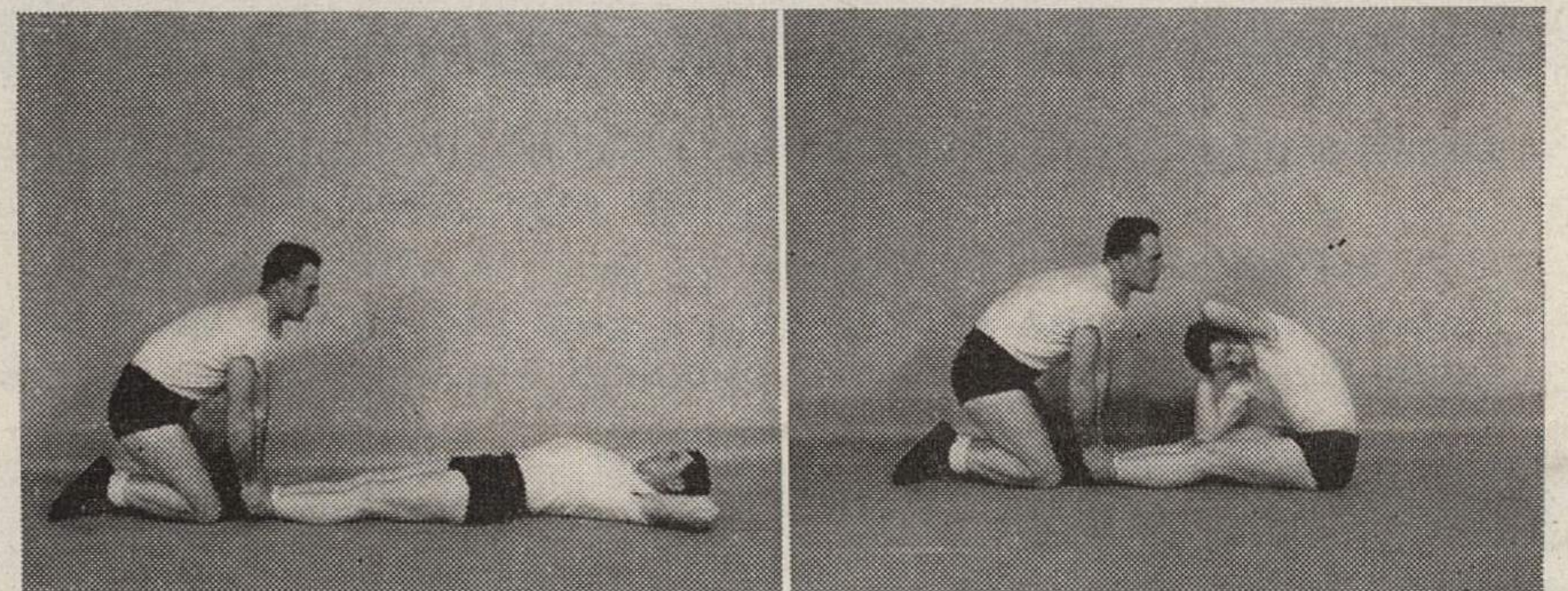
For pull-ups 7 feet 9 inches is preferred height of bar. Forward grip, as illustrated, is recommended. Performer continues the exercise as many times as possible.



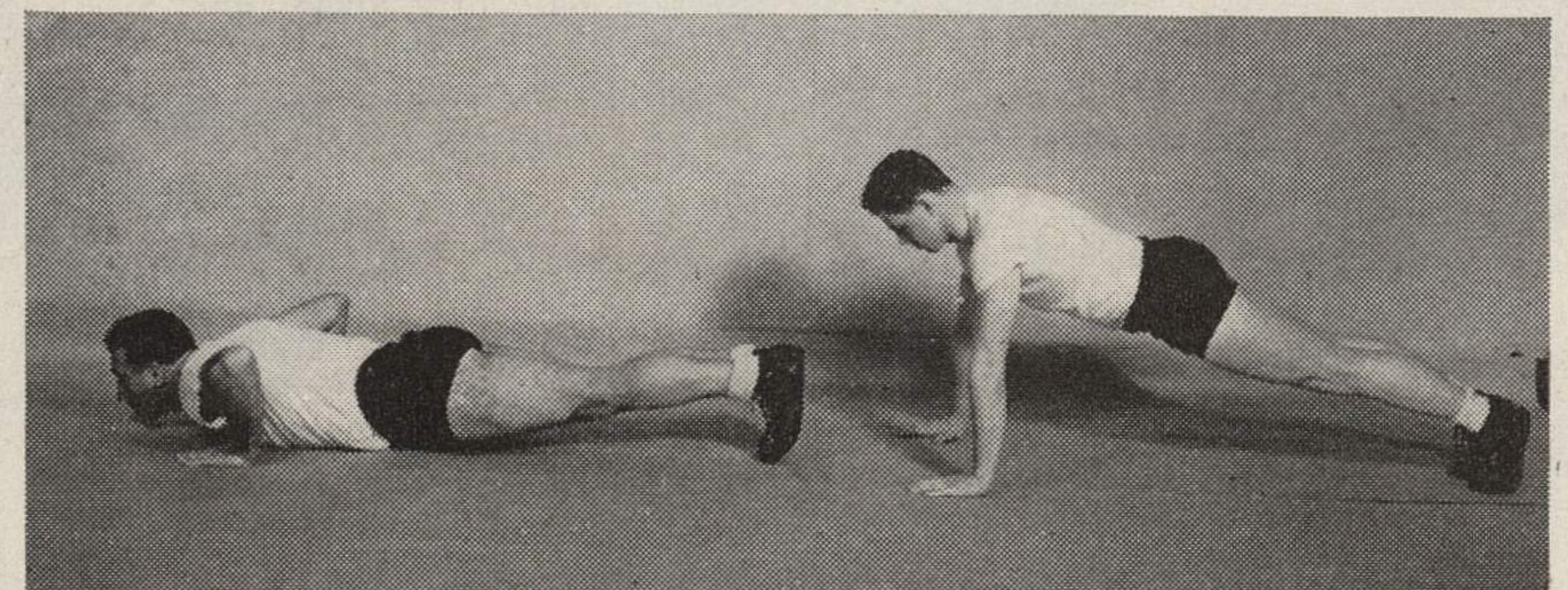
Squat-jumps test strength and endurance of muscles of legs. Action must be continuous throughout. (The five events on this page are spaced five minutes apart and are preceded by up to two minutes of calisthenics.)



Squat-thrusts test speed, power, agility, and endurance. Performer continues as rapidly as possible for one minute.



Sit-ups measure strength and endurance of abdominal muscles. The movement must be continuous either when touching deck with back or when leaning forward. Usual cadence is about one sit-up every two seconds.



Push-ups test strength and endurance of the "pushing muscles" of arms and shoulder girdle. Performer repeats movement as many times as possible.