

Fitness Challenge

Squadron Physical Fitness Award

National headquarters will recognize squadrons that make physical fitness a cornerstone of their Cadet Program. The Squadron Physical Fitness Award is a voluntary program open to every cadet unit twice per year. For more details about the Cadet Physical Fitness Test (CPFT), see CAPP 52-18.

In May and/or November, simply administer the CPFT. If 70% of the cadets in your squadron can perform at the 50th percentile of the CPFT survey (or higher) for their age and gender, your unit qualifies for the award.

The requirements of the gold, silver, and bronze awards are shown below. The award program itself is simple, but fulfilling the standards will be a challenge.

<u>Award Level</u>	<u>Requirements</u>	<u>Award</u>
Gold Award	70% at 70th percentile	Trophy
Silver Award	70% at 60th percentile	Certificate
Bronze Award	70% at 50th percentile	Certificate

Test Periods

In May and/or November, conduct the CPFT as you normally would.

Award Requirements

At least 70% of the total cadet membership must meet or surpass the award standards to earn an award at any level. Total membership means the number of cadets who are official CAP members on the first day of May or November, according to the HQ CAP database. For example, for a squadron with 30 cadets on the membership rolls, 21 (70%) must meet the award standards. If only 25 cadets happen to test, 21 still need to pass.

Standards

How do you know what the 50th, 60th, or 70th percentile's standards are? Simply refer to CAPP 52-18, Attachment 3. The requirements for the Mitchell Award correspond to the 50th percentile, the Earhart Award corresponds to the 60th percentile, and the Eaker Award corresponds to the 70th percentile. Cadets must meet the criteria regardless of their CAP grade.

How to Request the Award

To apply for the Squadron Physical Fitness Award, send the following information via email to strupp@capnhq.gov

Please include the following:

- Unit name and charter number
- Name and phone/email address of senior member project officer
- Roster of all cadets (as of May 1 or November 1) and their percentile score on the CPFT (50th, 60th, 70th)
- Date of test
- Level of award you are requesting (Gold, Silver or Bronze)

Application Timeframe

Spring - Test any day in May

Fall - Test any day in November

Request award by **15 June**

Request award by **15 December**



Fitness Challenge

President's Fitness Awards

Cadets must meet all criteria regardless of their CAP grade to win an award.

The Presidential Physical Fitness Award

Participants must at least reach the 85th percentile level in all 5 events in order to qualify for the Presidential Physical Fitness Award.

The Presidential Physical Fitness Award (85th percentile)														
	Males							Females						
Age	11	12	13	14	15	16	17	11	12	13	14	15	16	17
Curl Ups	47	50	53	56	57	56	55	42	45	46	47	48	45	44
Shuttle Run	10	9.8	9.5	9.1	9	8.7	8.7	10.5	10.4	10.2	10.1	10	10.1	10
Sit & Reach	31	31	33	36	37	38	41	34	36	38	40	43	42	42
Mile Run	7:32	7:11	6:50	6:26	6:20	6:08	6:06	9:02	8:23	8:13	7:59	8:08	8:23	8:15
Push Up	27	31	39	40	42	44	53	19	20	21	20	21	24	45

The National Physical Fitness Award

Participants must at least reach the 50th percentile level in all 5 events in order to qualify for the National Physical Fitness Award. The Mitchell Award requirements represent the 50th percentile.

The National Physical Fitness Award (50th percentile)														
	Males							Females						
Age	11	12	13	14	15	16	17	11	12	13	14	15	16	17
Curl Ups	37	40	42	45	45	45	44	32	35	37	37	36	35	34
Shuttle Run	11.1	10.6	10.2	9.9	9.7	9.4	9.4	11.5	11.3	11.1	11.2	11	10.9	11
Sit & Reach	25	26	26	28	30	30	34	29	30	31	33	36	34	35
Mile Run	9:20	8:40	8:06	7:44	7:30	7:10	7:04	11:17	11:05	10:23	10:06	9:58	10:31	10:22
Push Up	15	18	24	24	30	30	37	11	10	11	10	15	12	16

National President's Challenge

The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve.

Individual Award

Get up. Get out. Have fun for 60 minutes a day, 5 times a week and win awards. [Sign up here.](#)

Squadron Award

A squadron can participate as a group. Just select an administrator and [take the challenge.](#)



How to Request the Awards

Project Officers can order any of the awards directly from https://www.presidentschallenge.org/order_center/