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Oct 81

See Distribution List B

PHYSICAL TRAINING TESTS

Reference: A. AOSI 21/81

General

1. PTT are designed to test the physical fitness of individuals in the following areas:

- a. cardio-respiratory system (aerobic capacity);
- b. upper body and arms;
- c. trunk; and
- d. lower limbs.

Conduct of PTT

2. The three tests are to be conducted in a single session on the same day and resting between activities is permitted. The 5 km run/8 km walk is to be the last test conducted. PTT should be conducted under the supervision of a PTT, sub-unit PT Leader or other qualified personnel. Members may wear sporting or gym attire as desired.

3. Physical performance will deteriorate in hot climates and caution should be observed when temperature extremes or high humidity are experienced.

PTT Standards

4. To record a pass in PTT a member must achieve the minimum standard for each activity. The standards are graded according to age and points are awarded for each repetition in the chin-up and sit-up activities; and for elapsed time in the 5 km run/8 km walk. The PTT Points Table is contained in Appendix 1 and points are awarded as detailed in paragraphs 7, 9 and 10. The overall minimum standard is designated a 'C' pass. 'B' and 'A' passes may be awarded to individuals achieving higher standards as shown below.

5. The minimum standards are:

MALES

Age	Chin-ups	Sit-ups	5 km run/8 km walk	Points Score		
				C Pass	B Pass	A Pass
under 24	7	50	26.00	137	171	227
25-29	6	45	26.30	124	155	205
30-34	5	40	27.00	111	138	183
35-39	4	35	28.00	95	118	157
40-44	3	30	30.00, 58.00	73	91	120

Age	Chin-ups	Sit-ups	5 km run/8 km walk	Points Score		
				C Pass	B Pass	A Pass
45-49	2	25	32.00,64.00	51	63	84
50-54	1	20	34.00,75.00	29	36	48
over 55	0	15	36.00,78.00	16	20	26

FEMALES

Age	Sit-ups	5 km run/8 km walk	Points Score		
			C Pass	B Pass	A Pass
under 24	40	27.00	86	108	142
25-29	35	27.30	78	98	129
30-34	30	28.00	70	88	116
35-39	25	30.00	53	66	88
40-44	20	32.00,66.45	36	45	60
45-49	15	34.00,75.45	19	24	32
over 50	10	36.00,78.00	11	14	20

The Chin-up Activity

6. The bar is grasped with palms facing either forward or to the rear, depending on individual preference, and the body is fully extended to a hanging position. Feet must be free of the ground. The position of the hands may be changed during the activity provided the performer is not assisted, does not dismount from the bar, or rest on some support.

7. The body is then to be pulled upwards with the arms until the chin is on top of the bar. The body is then lowered until the elbows are fully extended and the body is again in the hanging position. The foregoing is one repetition. The performer is to repeat as many repetitions as possible. Slight kicking motions are permitted provided the feet and/or knees do not raise above the waist and the chin-up activity remains a vertical action. The body may be kept from swinging by an assistant holding an extended arm in the front of the performer at knee height. The movement must be fully complete to count. There is no time limit for the chin-up activity.

The Sit-up Activity

8. The time limit for this activity is two (2) minutes. To assume the correct starting position the member lies flat on his back with his knees bent and both feet on the ground. The angle at the knees should be 90 degrees. The legs are spread shoulder width apart and the fingers are inter laced behind the head and in contact with the ground. The feet may be held by another member.

9. From this position the body is bent forward at the waist to raise the upper body until the head is directly over the knees. The heels are not to leave the ground. The upper body is then lowered to the starting position until the shoulder blades touch the ground. The hands or head need not touch the ground. Repeat the activity as many times as possible in the 2 minute time limit, counting one repetition each time the shoulder blades touch the ground. Resting during performance is permitted and only completed sit-ups are counted.

The 5 km/8 km Activity

10. The object of this activity is to complete the 5 km or 8 km measured course in the fastest time possible by running, jogging or walking. Resting during the activity is allowed and the elapsed time is recorded to the nearest ten (10) seconds. Points are awarded according to the table at Appendix 1.

11. The measured course should be set over level ground. To achieve minimum standards the younger age groups are expected to jog/run the full distance. The older age groups should be capable of completing the distance in the required time at a brisk walking pace.

12. For age groups 40-44, 45-49, 50-54 and 55 years and over, members may either participate in the 5 km jog/run or the 8 km walk.

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