



# Physical Qualification Test (PQT)

**\*IMPORTANT!** The applicant should consult with their personal physician prior to initiating any physical exercise routine.

This test is a high intensity physical fitness evaluation. It is designed to test your aerobic and anaerobic fitness.

1. **Push-Ups (Muscular Endurance)** - Scored by the number of push-ups performed in one minute.
2. **Sit-Ups (Muscular Endurance)** - Scored by the number of bent leg sit-ups performed in one minute.
3. **1.5 Miles Run (Cardiovascular Capacity)** - The score is in minutes and seconds.

## **HOW TO PREPARE FOR THE Physical Qualification Test (PQT):**

1. **PUSH-UP TEST** - To increase muscular endurance, do as many standard push-ups as possible in one minute. At least three times per week, perform three sets of the total number of repetitions you did in one minute.
2. **SIT-UP TEST** - To increase your muscular endurance, do as many bent sit-ups (hands cupped behind the ears with someone holding your feet) as possible in one minute. At least three times per week, perform three sets of the total number of repetitions you did in one minute.
3. **1.5 MILE RUN (Cardiovascular Capacity) TEST** - Below is a gradual schedule that would enable you to perform at maximum effort for the 1.5 mile run. If you can complete the distance in less time, you are encouraged to do so.

Week	Activity	Distance (Miles)	Times (Minutes)	Frequency (Per Week)
1	Walk	1	17-20	5
2	Walk	1.5	25-29	5
3	Walk	2	32-35	5
4	Walk	2	28-30	5
5	Walk/Jog	2	27	5
6	Walk/Jog	2	26	5
7	Walk/Jog	2	25	5
8	Walk/Jog	2	24	4
9	Jog	2	23	4
10	Jog	2	22	4
11	Jog	2	21	4
12	Jog	2	20	4

In addition, the exercises listed below are being provided to assist the applicant with the push-up and sit-up phase of the Physical Qualification Test (PQT). *The applicant should consult with their personal physician prior to commencing any physical exercise routine.*

1. Push-Ups: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
2. Decline Push-Ups: 2 Sets of 10 to 12 repetitions 4 to 5 times a week. Prop your feet on a step, box, stool, etc. approximately 12 inches high and complete the correct number of repetitions.
3. Triceps Extension: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
4. Bicep Curl: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
5. Sit-Ups: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
6. Decline Sit-Ups: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.