



**BURLINGTON COMPOSITE SQUADRON / NCR IA 005**

CIVIL AIR PATROL  
 UNITED STATES AIR FORCE AUXILIARY  
 P.O. BOX 515  
 WEST BURLINGTON, IOWA 52655

*Achieving Greater Heights*

**Cadet Phase III Qualification – Flight Commander – Achievement 9**

**NAME:** \_\_\_\_\_

**CAPID:** \_\_\_\_\_

	Sit & Reach	Curl-Ups	Push-ups	Mile Run	Shuttle Run
1: Physical Training					
	<b>Activity</b>		<b>Date</b>		
2: Activity					
	<b>Chapters</b>	<b>Exam Score</b>	<b>Date</b>		
3: Aerospace Chapters					
	<b>Exam Score</b>	<b>Date</b>			
4: Leadership, Ch. 8					
	<b>Date</b>				
5: Staff Duty Analysis Flight Commander					
	<b>Topic</b>		<b>Date</b>		
6: Moral Leadership					
	<b>Cadet Mentored or Subject Taught</b>			<b>Date</b>	
7: Mentor / Instructor					

**Senior Member Approvals For Completion Of Tasks**

	Sr. Member Signature	CAPID	Date
1: Physical Training			
2: Activity			
3: Aerospace Chapters			
4: Leadership, Ch. 8			
5: Staff Duty Analysis Flight Commander			
6: Moral Leadership			
7: Mentor / Instructor			

	Sr. Member Signature	CAPID	Date
CAPF 52-3			
All entries into E-Services online record complete			



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**Cadet Physical Fitness Test Requirements**

PHASE III ACHIEVEMENTS 9 – 11 & THE EARHART AWARD																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	26	26	27	27	30	32	32	36	29	30	32	32	35	37	36	37
CURL UPS	38	39	43	45	48	49	48	46	32	35	38	40	40	39	37	36
PUSH UPS	16	18	22	28	28	34	35	42	14	14	14	15	15	16	17	19
SHUTTLE RUN	11.2	10.8	10.4	10.1	9.7	9.5	9.2	9.2	11.8	11.2	11.0	10.9	10.9	10.7	10.7	10.7
MILE RUN	9:11	8:45	8:14	7:41	7:19	7:06	6:50	6:50	10:52	10:42	10:26	9:50	9:27	9:23	9:48	9:51

President's  
 Challenge  
**60<sup>th</sup>**  
 Percentile

**Phase III & IV Aerospace Requirements**

**CAP Test 63  
 Test Number**

- 1
- 2
- 3
- 4
- 5
- 6

**Corresponding Module in  
*Aerospace Dimensions***

- 1 – Introduction to Flight
- 2 – Aircraft Systems & Airports
- 3 – Air Environment
- 4 – Rockets
- 5 – Space Environment
- 6 – Spacecraft

**Study Chapters in  
*Aerospace: The Journey of Flight***

- 1, 7, 8
- 2, 9, 10
- 3, 18, 19
- 4, 21, 23
- 5, 24, 25
- 6, 26, 27