



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 – Administrative Officer – Achievement 10

NAME: _____

CAPID: _____

	Sit & Reach	Curl-Ups	Push-ups	Mile Run	Shuttle Run
1: Physical Training					
	Activity		Date		
2: Activity					
	Chapters	Exam Score	Date		
3: Aerospace Chapters					
	Exam Score	Date			
4: Leadership, Ch. 9					
	Date				
5: Staff Duty Analysis Admin Officer					
	Topic		Date		
6: Moral Leadership					
	Cadet Mentored or Subject Taught			Date	
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. 9			
5: Staff Duty Analysis Admin Officer			
6: Moral Leadership			
7: Mentor / Instructor			

	Sr. Member Signature	CAPID	Date
Promotion to C/1Lt			
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
60th
 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