



**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 IV Qualification – AE Officer – Achievement 13**

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

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

	Sit & Reach	Curl-Ups	Push-ups	Mile Run	Shuttle Run
1: Physical Training					
	<b>Activity</b>		<b>Date</b>		
2: Activity					
	<b>Exam Score</b>	<b>Date</b>			
3: Leadership, Ch. 12					
	<b>Date</b>				
4: Staff Duty Analysis AE Officer					
	<b>Topic</b>		<b>Date</b>		
5: Moral Leadership					
	<b>Cadet Mentored or Subject Taught</b>			<b>Date</b>	
6: Mentor / Instructor					

**Senior Member Approvals For Completion Of Tasks**

	Sr. Member Signature	CAPID	Date
1: Physical Training			
2: Activity			
3: Leadership, Ch. 12			
4: Staff Duty Analysis AE Officer			
5: Moral Leadership			
6: Mentor / Instructor			

	Sr. Member Signature	CAPID	Date
CAPF 52-4			
All entries into E-Services online record complete			

**Cadet Physical Fitness Test Requirements**



U.S. AIR FORCE

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PHASE IV ACHIEVEMENTS 12 – 16 & THE EAKER AWARD																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	27	28	28	29	32	33	35	39	30	31	33	34	37	40	38	39
CURL UPS	40	42	46	48	51	52	50	49	35	38	40	41	42	42	40	39
PUSH UPS	19	22	25	32	34	37	38	46	16	16	16	17	17	18	20	22
SHUTTLE RUN	10.9	10.5	10.2	9.9	9.5	9.3	9.0	9.0	11.5	10.9	10.8	10.7	10.7	10.5	10.5	10.5
MILE RUN	8:40	8:20	7:55	7:25	6:59	6:51	6:38	6:35	10:28	10:10	9:48	9:15	8:58	8:58	9:12	9:14

President's  
 Challenge  
**70th**  
 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