



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 – Cadet Commander – Achievement 16

NAME: _____

CAPID: _____

	Sit & Reach	Curl-Ups	Push-ups	Mile Run	Shuttle Run
1: Physical Training					
	Activity		Date		
2: Activity					
	Exam Score	Date			
3: Leadership, Ch. 15					
	Date				
4: Staff Duty Analysis Cadet Commander					
	Topic		Date		
5: Moral Leadership					
	Cadet Mentored or Subject Taught			Date	
6: Mentor / Instructor					

Senior Member Approvals For Completion Of Tasks

	Sr. Member Signature	CAPID	Date
1: Physical Training			
2: Activity			
3: Leadership, Ch. 15			
4: Staff Duty Analysis Cadet Commander			
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