



The Commandant's Physical Readiness Program

The Purpose of Citadel Physical Fitness

- The mission of the Citadel is, “To educate and prepare graduates to become ***Principled Leaders*** in all walks of life by instilling the core values of The Citadel in a challenging intellectual environment.”
- To accomplish this mission, The Citadel uses a **Principled Leader Development Model** that is built upon proficiency and character development within four keys areas of Character, Academics, Military Training, and Fitness.

PRINCIPLED LEADER DEVELOPMENT



THE CITADEL EXPERIENCE

Basic Elements of Physical Fitness & CPRP

- Many Fitness organizations such as the American College on Sports Medicine (ACSM) and the American Council on Exercise (ACE) have identified 4 basic elements that lead to overall fitness.
- The Commandant's Physical Readiness Program uses these elements as the core to physical training and assessments. These areas include:
 - Muscular Strength
 - Muscular Endurance
 - Cardiovascular Endurance
 - Flexibility



The Commandant's Physical Readiness Program (CPRP)

- Designed to advocate and promote a culture shift that encourages every cadet to develop the mindset to optimize individual health in order to improve academic and leadership performance.
- Cadets are required to display a commitment to the principles of physical fitness as they relate to leadership. Therefore; cadets are required to meet minimum levels of physical fitness – all four years-- in order to be considered a Principled Leader.
- All Citadel cadets will take the Cadet Physical Fitness Test (CPFT) and be required to meet the Citadel's Body Composition standards during each semester– twice a year.
 - If one does not meet minimum CPFT standards, they will enter the Physical Remediation Program.

Regimental Physical Training

- Conducted Monday and Thursday at 0530
- Performed as a company on the parade deck
- Run may be by Battalion, Company or platoon
- Led by Athletic Officer/Company Commander/First Sergeant/Platoon Sergeant



Remedial Physical Training

- Conducted Tuesday and Friday at 0530
- Mandatory for cadets who fail HT/WT and/or CPFT
- Performed on Willson Field
- Led by Coach Haugen, CPRP Director
 - Athletic Officers assist
- Designed to improve overall fitness and ability to pass next CPFT

Cadet Physical Fitness Test (CPFT)

- The Corps of Cadets has adopted the minimum levels of physical proficiency and the physical fitness assessments used by the United States Army, Navy, and Marines.
- These assessments test muscular strength and endurance and cardiovascular endurance along with basic body composition. The two basic assessments used to determine cadet physical proficiency are the Cadet Physical Fitness Test (CPFT) and Body Composition Screening (height and weight screening).

CPFT OVERVIEW

- **CONSISTS OF:**
 - Army standard Push-up
 - Minimum: 60 points
 - Marine Corps standard Crunch
 - Minimum: 40 points
 - Navy standard 1.5 mile run
 - Minimum: 45 points
- Must have a total of **145 points** to pass

Push-Ups
Crunches
1.5 Mile Run

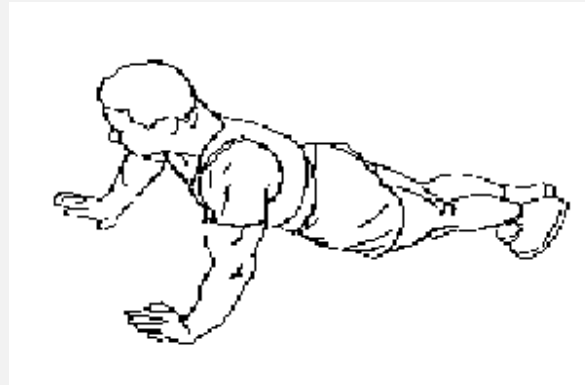


Push-Up

Push-ups measure the muscular endurance of the chest, shoulder and triceps muscles.

COMMANDS

1. **GET READY** Person taking test should be on all fours
2. **GET SET** Person taking test should in Front Leaning Rest



3. **BEGIN** Person taking test begins the event

Push-Up Additional Points

- | | |
|--|---|
| <ul style="list-style-type: none">▪ Chest can NOT touch the ground▪ Hands can be repositioned by sliding- not lifting from the ground.▪ Two approved rest positions (<i>see Rest positions slide</i>) | <ul style="list-style-type: none">▪ Bracing feet is NOT allowed▪ Push-ups on fists discouraged▪ Crossed feet/bare feet NOT allowed▪ Suggest that glasses be removed before starting. |
|--|---|

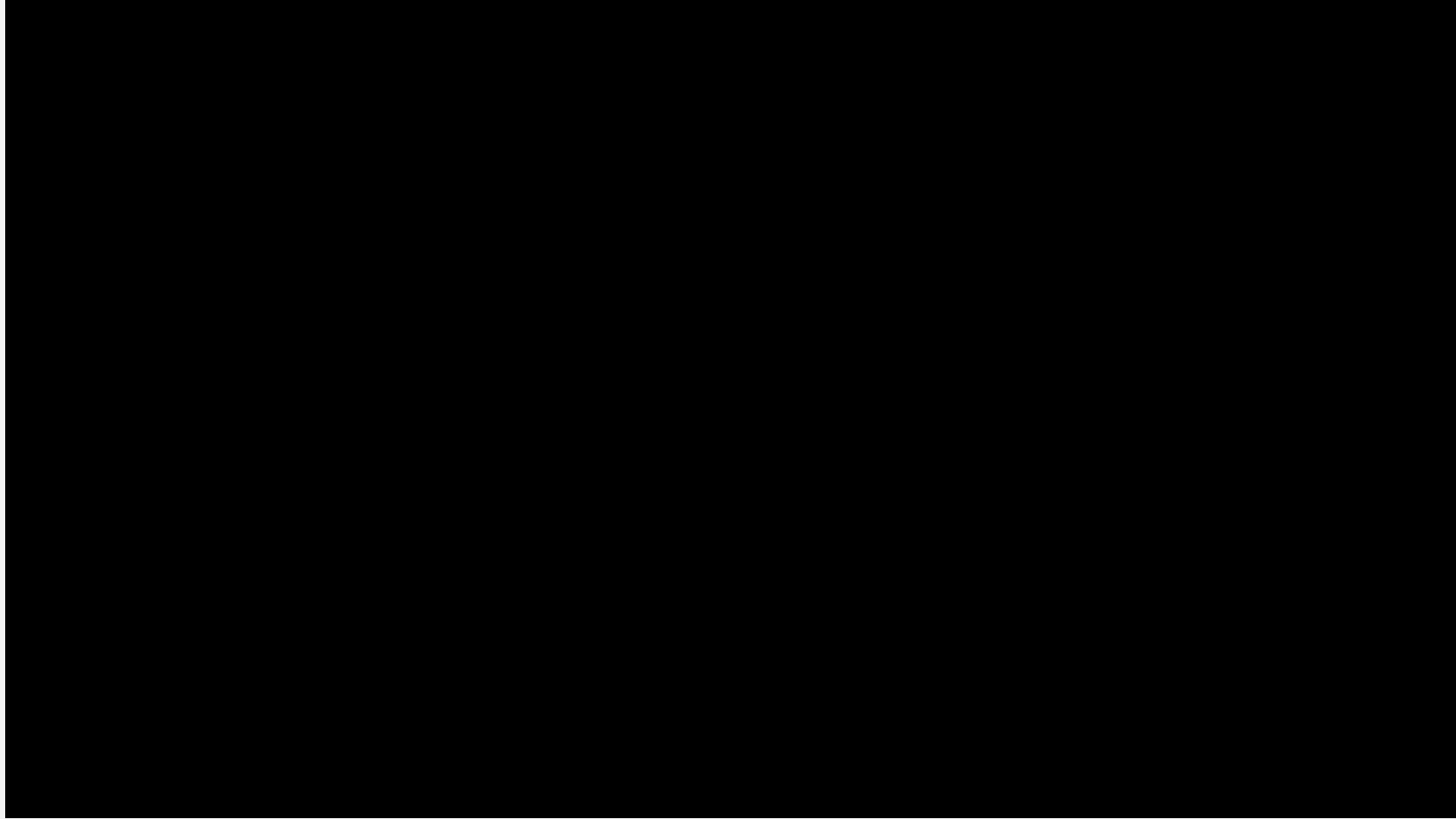
Crunch

Crunches measure the muscular endurance of the abdominal and hip-flexor muscles.

COMMANDS

1. ***GET READY*** Person taking test should be on their back, knees bent, hands and elbows tucked on chest.
2. ***GET SET*** No Action required
3. ***BEGIN*** Person taking test begins the event

Crunch Demo



ADDITIONAL INFORMATION

CRUNCH EVENT

- **Elbows must remain folded across the chest AT ALL TIMES.**
- **Arms must remain in contact with chest at all times– no reaching.**
- **Cannot arch back**
- **Butt cannot come off ground**
- **Shoulder blades must touch the ground on the decline of every repetition.**
- **MARINE STYLE BRACE by partner on feet.**

RESTING POSITIONS

PUSH UP EVENT

*“Altered Front Leaning
Rest Position”*

- Sag in the Middle
- Flex the Back
- Bend Knees: Cannot bend to the point where the body weight supported on feet.
- Must **RETURN TO** and **PAUSE** in the **STARTING POSITION** before continuing

CRUNCH EVENT

“The DOWN Position”

- Resting on the ground
- Supporting weight on feet at the rest position
- Can reposition hands/feet but must remain in contact with the ground
- Must **RETURN TO** and **PAUSE** in the **STARTING POSITION** before continuing

Terminating Events

Push Up Event

- Resting on the ground
- Raise hand or foot off ground to shake out or relax
- Supporting weight on legs during rest

Crunch Event

- No terminating points, but reps will not be counted if hand position is not correct, elbows do not touch the thigh, or shoulder blades do not touch the ground with every repetition.

Citadel Physical Fitness Test (CPFT)

Consists of 3 events; Push-ups, Crunches, and a 1.5-mile run.

	Push-ups		Crunches		1.5 Mi Run	
	Male		Male		Male	
	17-21	22-26	17-20	21-25	17-19	20-24
Max	71	75	105	110	8:15	8:30
Min	42	40	70	70	12:45	13:30
	Female		Female		Female	
	17-21	22-26	17-20	21-25	17-19	20-24
Max	42	46	100	105	9:29	9:47
Min	19	17	50	55	15:00	15:30

Height/Weight Measurements

- Measured using Army HT/WT & Body Composition standards, as well as The Navy Waist Circumference standards.
- Step 1: Measure Height and Weight. If over standard, Step 2.
- Step 2: Navy Waist Circumference Measure
 - Males: less than or equal to 39 inches
 - Females: less than or equal to 35.5 inches
 - Measured at the top of the hip bone
- Step 3: Measure Neck/Waist/(Hips if female) to assess Body Composition using Army Standard

Body Composition Standards

Maximum Allowable Body Fat Standards		
Age Group	MALE	FEMALE
17 – 20	20%	30%
21 – 27	22%	32%
28 – 32	24%	34%

- Knowing what your body fat percentage is and whether you are in the recommended range for your age and gender can help you make lifestyle choices to be as healthy as possible.
- The National Institutes of Health has stated that a high percentage of body fat can put one at risk for hypertension, high cholesterol, diabetes, and heart disease.
- A healthy body fat percentage can lower your risk of developing the above conditions and has other positive benefits such as increasing energy levels and improving flexibility and function.

INTRAMURAL SPORTS PROGRAM

- The objective of the intramural sports program is to develop teamwork, foster esprit de corps, enhance motor skills and contribute to the improvement of the physical fitness level of the Corps of Cadets as a whole.
- Every cadet at The Citadel is expected to participate in at least one of the following: an intercollegiate sport, club sport or the intramural program.
- The intramural program is organized and directed by the Intramural, Club and Recreation Athletics Department with the assistance of the Regimental, Battalion and Company AOs.