

ATTACHMENT 9
COMBAT CONTROL ORIENTATION COURSE
PHYSICAL ASSESSMENT WORKSHEET

Name: _____ Grade: _____ Charter #: _____

Gender: _____ Age: _____

Assessment	Reps/Time	Pass or Fail (Circle One)
Push-Ups - 2 minutes (35 minimum) 2 minute rest		PASS FAIL
Crunches – 2 minutes (45 minimum) 2 minute rest		PASS FAIL
Flexed Arm Hang (10 seconds above bar) 2 minute rest		PASS FAIL
1.5 Mile Run (14 minutes) 15 minute rest		PASS FAIL
200 Meter Surface Swim (less than 6 minutes) 10 minute rest		PASS FAIL
OVERALL PHYSICAL ASSESSMENT:		PASS FAIL

NOTE: Individual exercises can be completed in any order. The entire assessment must be accomplished within a 24hr period. Completed assessment worksheet must accompany the CAPF 31 when applying for CCOC. Students must pass assessment on the first day of CCOC.

Squadron Commander: _____ CAPID# _____ Date: _____
 (or Senior Member designee)

Member's Signature: _____ CAPID# _____ Date: _____

Processed By: _____ CAPID# _____ Date: _____
 (CCOC use only)