

Frequently Asked Questions about the CG Fitness Pilot

The Coast Guard is concerned about the overall fitness of its members. This study will give the Coast Guard a basic idea of the fitness level of our population based on the six elements below:

1. Standing long jump
2. Pull-up
3. T-test
4. Side bridge
5. Inverted pull
6. 300 yard shuttle

These six events were selected around functional performance needs of many Coast Guard members in daily military life. An exact test or standards have not been determined.

It is critical to capture all fitness levels in this pilot study. Whether a member has a low level or high level of fitness we want them to participate in this effort. Regardless if the member cannot perform a test very well or at all it is still important to capture this data.

Below are some common questions that have been brought up.

1. Who developed this test?

This test was developed by members of the Fitness Advisory Committee (FAC) which was charged with making fitness recommendations to the Coast Guard work force.

2. Why were these tests chosen?

The six events were chosen based on the functional, fundamental, and performance needs of Coast Guard members. Time, space, and equipment were also taken into consideration in when selecting test items.

3. What are the standards for each element of the tests?

Standards for these tests have not been determined. This process will allow us to gather information to develop normative values to establish standards.

4. Will physical training guidance be available for me to improve my fitness as evidenced by improved performance in this assessment?

Yes the CG has a dedicated web site that has exercise programs, and nutritional information. You can also contact your regional Health Promotion Manager for further information.

5. Are there alternate tests for individuals that may have an injury that prevent them from participating in one or more events?

No, if you cannot perform a test please use the survey to indicate which test you could not perform and why.

6. Who is going to provide the other equipment- cones, stopwatches, tape measures, etc.- required to conduct the tests?

HQ will be providing the other equipment

7. The unit has to plan for operational coverage (watch standing, ops center, etc.) About how long will it take to conduct the test for the size of my unit? (e.g., <15, 16-25, 26-40, etc.)

This will depend on number of people, how many pull-up bars you have, and available space to run the test. This is also part of the pilot study to determine how much time is required. The HPM who will be setting up the test can give a more precise answer.

8. Why does the test need to be conducted three times?

This is to see if performance on the test can improve with physical training.