

ARMOR CREWMAN PHYSICAL PROFICIENCY TEST



SUBJECT: Armor Crewman Physical Proficiency Test

SEE DISTRIBUTION

1. The enclosed Armor Crewman Physical Proficiency Test (ACPPT), Training Circular 17-15-8 (TEST-DRAFT), was developed by the Armor School as an aid in training and evaluating tankers. After field review this document will be published as a Department of the Army Training Circular.
2. This test is intended to be used to evaluate the strength and endurance of the armor crewman. The test is based on typical tasks that all armor crewmen must be physically able to perform whether in garrison, in the field, or in combat. This test can be used in lieu of the combat proficiency test in FM 7-22.
3. Your evaluation of this circular as a training and testing device is solicited. Comments and recommendations should be provided to Commandant, US Army (MCOE) Maneuver Center of Excellence, ATTN: ATSB-DT-TP, Fort Benning Georgia 31905.

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ARMOR CREWMAN
PHYSICAL PROFICIENCY TEST

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Section I. INTRODUCTION

PURPOSE AND SCOPE

This training circular serves as a guide to commanders in establishing an Armor Crewman Physical Proficiency Test. It prescribes events to evaluate the strength, agility, and endurance of the armor crewman. The test is organized around the physical tasks an armor crewman must perform to sustain himself and to fight his vehicle in combat. Its goal is to develop and maintain the physical capability of the armor crewman to perform effectively in garrison field, and combat environments.

GENERAL

The tests consist of five events:

1. AMMUNITION LIFT
2. TRACK BLOCK SHUFFLE
3. TOW CABLE CRAWL
4. ROAD WHEEL ROLL
5. 1 MILE RUN

Uniform for individuals taking the test is Army Combat Uniform with combat boots. The five events making up the test are explained in detail in Appendix A. Materiel required in addition to that specified for each event is listed in Appendix B.

TRAINING OBJECTIVES

The Training Objectives for the five events are:

1

AMMUNITION LIFT.

Given a 120 mm (HEAT) dummy round (CRTG 120 MM TP-T M831), the Soldier will grasp the round properly, lift it over his head, and return it to the ground as many times in 2 minutes.

2 TRACK BLOCK SHUFFLE.

Given 10 M1A2 track blocks and a 20 meter marked course, the Soldier will move all blocks, one at a time, the 20 meter in **2** minutes, **23** seconds or less.

3 TOW CABLE CRAWL.

Given one M1A2 tank tow cable and a 20marked course, the Soldier will crawl 20 meters dragging the cable, stand up, grasp the opposite end of the tow cable, and run back to his starting point. Soldier will accomplish this in 37.5 seconds or less.

4 ROAD WHEEL ROLL.

Given two M1A2 Tank road wheel (bolted together) with all rubber intact, the Soldier, using only their hands, will roll the road wheel around a 240-foot marked oval course in 53 seconds or less.

5 MILE RUN.

The Soldier, will run a 1 Mile course in 10 minutes, 17 seconds or less. This task will be completed in Army Combat Uniform (ACU) with boots minus the ACU top.

Section II. Organization

CONDUCT OF THE TEST

The test will be administered informally in accordance with test conditions and test standards identified at the beginning of each test station.

To ensure accurate reporting of results and impartial test administration, everyone to be tested will be given the briefing in appendix C.

A sample scorecard, which can be reproduced locally, is found in appendix D, the scoring table is shown in appendix E.



APPENDIX A
TEST STATIONS
Station **1**. AMMUNITIONLIFT

GENERAL

Five examiners are required to administer the Ammunition Lift simultaneously to four individuals. The senior evaluator will act as timer; the other four assistants will act as evaluators.

INTRODUCTION TO EXAMINERS

The senior evaluator will assemble the crewmen for a briefing on the conduct of the test (see below), and one of the examiners will demonstrate how the exercise should be performed. After the demonstration, the evaluators will collect scorecards from the crewmen to score the exercise. A graduated time-point scoring system will be used (see app E). Maximum time for completion is 2 minutes to complete as many repetitions as possible.

REQUIRED EQUIPMENT

2 STOPWATCH

4 120mm (HEAT) DUMMY ROUNDS

1 STATION NUMBER

4 COLORED PENS (BLACK)

4 CLIP BOARDS

1 MEDIC

BRIEFING

This is Station 1, the Ammunition Lift. Your score will be based on the number of proper lifts you complete within 2 minutes. My assistant will now show you how to lift the 120 mm dummy round properly. First, you will squat, with your feet a comfortable distance apart approximately with the right foot at a 45° angle, and the heel on line with the ball of your left foot. Grasp the nose of the round with your left hand and cover the primer with your right hand (fig 1)

**Figure 1**

Then you will lift the round to your waist, using your legs to take the strain off your back. The round should be about at waist level (fig 2). Then in one full motion, overhead press the round until both arms are fully extended (fig 3) this would be the position for each repetition to count. To put the round down, reverse the procedure.

**Figure 2****Figure 3**

Between each lift the round should be returned to the ground, although your hands need not be removed from the nose and primer. If you are left-handed, of course, reverse these motions.

My assistant will now do several repetitions of the exercise in quick time. Are there any questions? The first 4 individuals move up to the starting position behind a HEAT round. Time will start on my command; time will stop on my command. Senior evaluator will give a 10 second countdown

Station 2. TRACK BLOCK SHUFFLE

GENERAL

Five examiners are required to administer the Track Block Shuffle simultaneously to four individuals. The senior evaluator will act as timer; the other four evaluators will act as examiners.

INSTRUCTIONS TO EXAMINERS

The senior evaluator will assemble the crewmen for a briefing on the conduct of the test (see below), and one of the examiners will demonstrate how the exercise should be performed. After the demonstration, the Assistant evaluators will collect scorecards from the crewmen to score the exercise. A graduated time-point scoring system will be used (see app E). Maximum time for completion is 3 minutes, 17 seconds.

REQUIRED EQUIPMENT

2 STOPWATCH

40 M1A2 TRACK BLOCKS

ENGINEER TAPE/CONE TO MARK OFF 20 METER AREA

3 SETS OF WORK GLOVES (OPTIONAL)

4 COLORED PEN (GREEN)

4 CLIPBOARDS

BRIEFING

This is Station 2, the Track Block Shuffle. Your score will be based on the time required for you to move 10 track blocks, 1 at a time, a distance of 20 meters. My assistant will demonstrate the correct way to do it. Watch closely.



Figure 4



Figure 5

First, you will bend at the knees (fig 4) and by straightening your legs, lift the track block to your waist (fig 5)



Figure 6

You will then proceed to carry the weight close to your body about waist high. Run with your knees slightly bent (fig 6)

You will then stack the blocks in the same manner as you found them by bending at the knees and lowering the track block to the ground or onto the new stack to give the next following crews a set of track sections to complete this event (fig 7).



Figure 7

Your time will stop when the last block is placed on the new stack. Maximum time limit is 3 minutes, 17 seconds. Are there any questions? The first 4 individuals move up to the 4 evaluators. Time will start on my command; time will stop on my command.

Station 3. TOW CABLE CRAWL

GENERAL

Five evaluators are required to administer the Tow Cable Crawl simultaneously to two individuals. The senior evaluator will act as a timer; the other four evaluators will act as score keepers.

INSTRUCTIONS TO EXAMINERS

The senior evaluator will assemble the crewmen for a briefing on the conduct of the test (see below), and one of the examiners will demonstrate how the exercise should be performed. After the demonstration, evaluators will collect scorecards from the crewmen to score the exercise. A graduated time-point scoring system will be used (see app E). Maximum time for completion is 1 minute.

REQUIRED EQUIPMENT

2 STOPWATCH

2 M1A2 TANK TOW CABLES

ENGINEER TAPE/CONES TO LAY OUT A 20 METER COURSE

3 SETS OF WORK GLOVES (OPTIONAL)

2 COLORED PENCILS

2 CLIPBOARDS

KNEE PADS

BRIEFING

This is Station 3, the Tow Cable Crawl. Your score will be based on how quickly you cross the finish line dragging the tow cable. My assistant will now show you how to do the Tow Cable Crawl. The starting position for this event is on hands and knees, with cable in hand behind the starting line (fig 8).



Figure 8

On the command GO, you will crawl to the turnaround point immediately to your front as indicated by the white engineer tape (fig 9). You must make sure that the dragged end of the tow cable you are holding crosses the line in order to receive credit for this event.



Figure 9



Figure 10

Then you must stand and pick up the opposite end of the cable (fig 10) and run back to the finish line with the cable (fig 11); that will complete this event.



Figure 11

Time limit is 1 minute. There will be “No Score” given if you exceed the time limit. Do you have any questions? The first two individuals move up to the starting point. Time will start on my command; time will stop on my command.

Station 4. ROADWHEEL ROLL

GENERAL

Five examiners are required to administer the Road Wheel Roll to one crewmember at a time. The senior evaluator will be the overall time keeper; the other four evaluators will be the examiners.

INSTRUCTIONS TO EXAMINERS

The senior evaluator will assemble the crewmen for a briefing on the conduct of the test (see below); and one of the examiners will demonstrate how the exercise should be performed. After the demonstration, evaluators will collect scorecards from the crewmen to score the event. A graduated time-point scoring system will be used (see app E). Maximum time for completion is 1 minute, 20 seconds.

REQUIRED EQUIPMENT

2 STOPWATCHES

4 M1A2 TANK ROADWHEELS (WITH 100% RUBBER) BOLTED TOGETHER

ENGINEER TAPE/CONES TO LAY OUT THE LANE

2 SETS OF WORK GLOVES (OPTIONAL)

FIELD 60' X 60' X 60' (SOFTBALL DIAMOND)

2 WHISTLES

2 COLORED PENS (RED)

2 CLIPBOARD

BRIEFING

This is Station 4, the Road Wheel Roll. Your score will be based on how quickly you cross the finish line, rolling the road wheel. The longer you take to complete this event, the fewer points you will receive. My demonstrator will now show you how the event should be done. The starting position is slightly bent at the waist, hands on wheel (fig 12).



Figure 12

On command GO, you will traverse the course that you see marked out to your front. You may push the road wheel any way you choose, but you must use only your hands (fig 13).



Figure 13

You will receive no credit for the event if you kick or push the road wheel with any other part of your body but your hands. The road wheel must clear the outside of each turning point (fig 14).



Figure 14

Do you have any questions?The first crewmen move up to the starting point. Time will start on my command; time will stop on my command.

Station 5 . MILE RUN

GENERAL

Three evaluators are required to administer the Mile Run to each crewmen. The senior evaluator for this station will be the timer; the other evaluators will monitor the progress of each crew member as they conduct the mile run.

INSTRUCTIONS TO EXAMINERS

The senior evaluator will assemble each crew and give a briefing (see below) on the conduct of the test. Crews will then have one minute to stretch and prepare for the mile run. Evaluators will instruct their crew to call out their number after each lap. They will also enter the individual's time of the last Soldier on his scorecard as he crosses the finish line. The senior evaluator will be the timer; he will start the mile run. He or his representative will call out the time by minutes and seconds until the last man has crossed the finish line. The senior evaluator station will be equipped with a loud speaker device so that everyone will be able to hear the count. A graduated time-point scoring system will be used. Each crewmember must finish this event to receive credit for taking the test.

EQUIPMENT REQUIRED FOR THE MILE RUN

2 STOPWATCHES

4 CLIPBOARDS AND COLORED PEN (PURPLE)

1 LOUD SPEAKER

1/2 – MILE TRACK (ALTERNATIVE IS ¼ MILE TRACK)

1 SET OF NUMBERS 1-12 ON A COLORED BACK GROUND

BRIEFING

This is the 1 mile run. The 1 mile run tests your endurance and your ability to make a prolonged run. You may run as a crew together or as an individual but time for this event will not stop until your last crew member crosses the finish line. At the start, all runners will be behind the starting line; time begins when the last man crosses the starting line. At the command GO, everyone will start running around the ½ or ¼ mile track. Each Soldier will set his own pace. After running the required laps around the track, you will finish at the same line that you started from. As you complete each lap, an evaluator will announce the number of laps remaining to be run. You will be scored on your ability to run the mile in the shortest possible time. In order to complete this event satisfactorily, you must finish the mile run. When you complete the final lap, turn in your number and stay in the immediate vicinity of your equipment during the cooling-off period. Do not remain near the scorers or the finish line, as you may interfere with the scoring. Are there any questions? At this time each crew move up to the starting line.

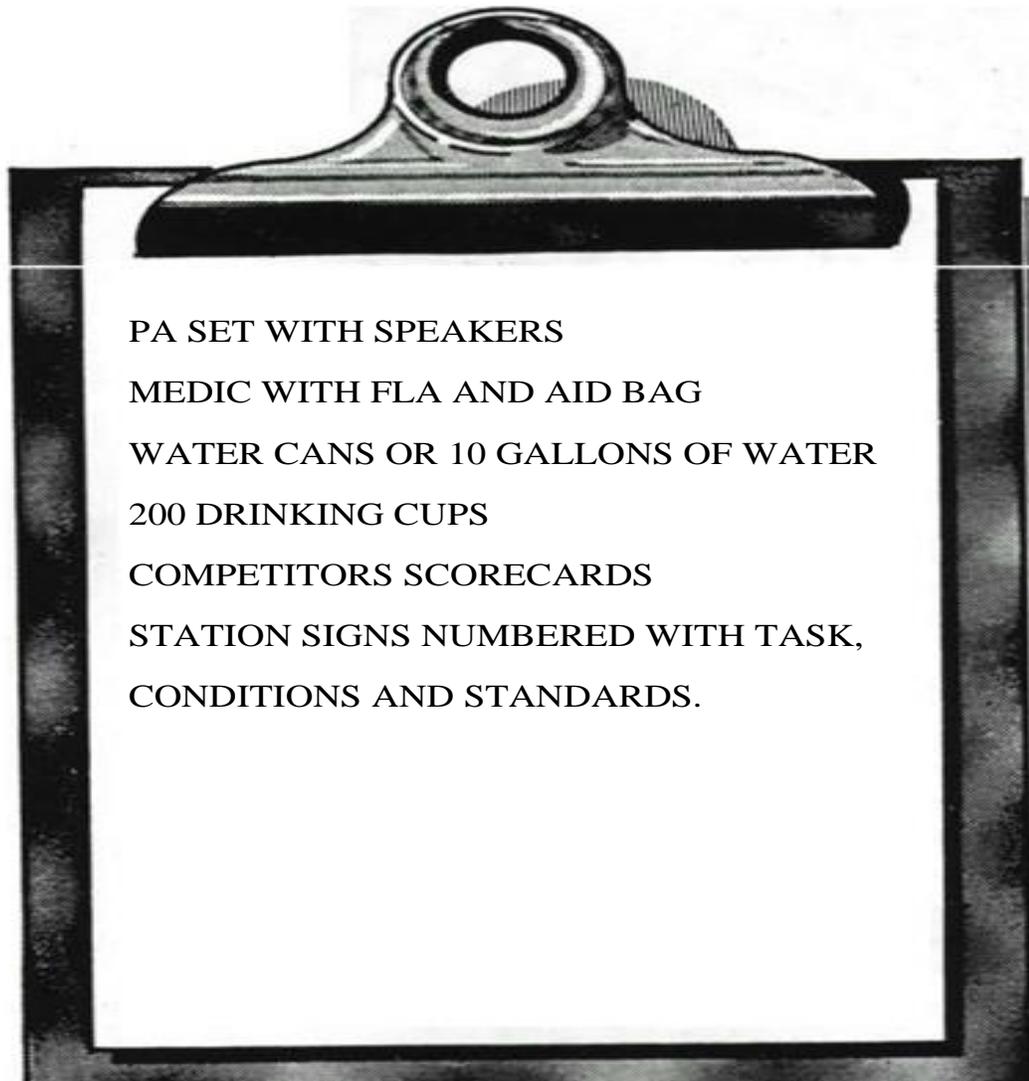


APPENDIX B

TOOLS, EQUIPMENT, AND MATERIALS, AND INSTRUCTIONAL AIDS

The tools, equipment, and materials, and instructional aids listed below are in addition to items required at individual stations

TOOLS, EQUIPMENT, AND MATERIALS



INSTRUCTIONAL AIDS

See appropriate events for requirements.

APPENDIX C

BRIEFING

GENERAL

This briefing is to be given by the senior evaluator. Individuals taking the test will be assembled in an area already designated as holding area or at a bleacher site within the test area.

BRIEFING

This Physical Proficiency Test will be administered at five stations. You will be broken down into individual crew. Each crews will start at station 1 and rotate once each station is complete. Repeat this procedure until you have completed all five events; then report back to the holding area for further guidance. An evaluator will take your scorecard and give you a brief on the route of the one mile run. Each time you complete one lap, call out your number to your evaluator. If you fail to call out your number, there is the possibility you will not receive credit for the lap or the run. In order to complete this test satisfactorily, you must finish the mile run. If you don't, you will have to come back at a later date and do the entire test over.

APPENDIX D- SCORECARD

ARMY PHYSICAL PROFICIENCY EVALUATION SCORECARD						
PRINT NAME (Last, First, Middle Initial)		Service number	Grade	Age	Height	Weight
TEST PERFORMANCE REPORT						
TEST NUMBER			FIRST TEST			
DATE OF TEST						
UNIT (Platoon-Company)						
EVENTS	Raw Score	AI Initials	Point Score	Scorer's Initials		
1. Ammunition Lift						
2. Track Block Shuffle						
3. Tow Cable Crawl						
4. Road Wheel Roll						
5. Mile Run						
Total Point Score	Total Score					
Verified by OIC			Signature			

APPENDIX E- SCORING TABLE

SCORE	AMMO LIFT	TOW CABLE CRAWL	TRACK BLOCK SHUFFLE	ROADWHEEL ROLL	MILE RUN
100	25 or more	20 secs or less	1:30 or less	29 secs or less	6:20 or less
99		20.5	1:31		6:21 – 6:27
98		21	1:32 – 1:33	30	6:28 – 6:33
97	24	21.5	1:34	31	6:34 – 6:40
96		22	1:35 – 1:36		6:41 – 6:46
95		22.5	1:37	32	6:47 – 6:53
94	23	23	1:38 – 1:39	33	6:54 – 6:59
93		23.5	1:40		7:00 – 7:05
92			1:41	34	7:06 – 7:10
91	22	24	1:42		7:11 – 7:15
90		24.5	1:43 – 1:44	35	7:16 – 7:21
89		25	1:45	36	7:22 – 7:26
88	21	25.5	1:46		7:27 – 7:33
87		26	1:47 – 1:48	37	7:34 – 7:39
86		26.5	1:49	38	7:40 – 7:46
85	20		1:50		7:47 – 7:53
84		27	1:51 – 1:52	39	7:54 – 7:58
83		27.5	1:53		7:59 – 8:03
82	19		1:54	40	8:04 – 8:08
81		28	1:55 – 1:56	41	8:09 – 8:13
80		28.5	1:57		8:14 – 8:19
79	18	29	1:58	42	8:20 – 8:25
78		29.5	1:59 – 2:00		8:26 – 8:30
77			2:01	43	8:31 – 8:36
76	17	30	2:02	44	8:37 – 8:43
75		30.5	2:03 – 2:04		8:44 – 8:49
74		31	2:05	45	8:50 – 8:55
73	16	31.5	2:06	46	8:56 – 9:00
72		32	2:07 – 2:08		9:01 – 9:05
71		32.5	2:09	47	9:06 – 9:12
70	15	33	2:10		9:13 – 9:18
69		33.5	2:11 – 2:12	48	9:19 – 9:23
68		34	2:13	49	9:24 – 9:29
67	14	34.5	2:14		9:30 – 9:35
66		35	2:15 – 2:16	50	9:36 – 9:41
65			2:17		9:42 – 9:47
64	13	35.5	2:18	51	9:48 – 9:53
63		36	2:19 – 2:20		9:54 – 9:59
62		36.5	2:21	52	10:00 – 10:05
61	*12	37	2:22	53	10:06 – 10:11
60		37.5*	2:23 – 2:24*	*	10:12 – 10:17*
59		38	2:25	54	10:18 – 10:23
58			2:26	55	10:24 – 10:29
57		38.5	2:27 – 2:28		10:30 – 10:35
56	11	39	2:29	56	10:36 – 10:41
55		39.5	2:30		10:42 – 10:47
54		40	2:31 – 2:32	57	10:48 – 10:53
53			2:33	58	10:54 – 10:59
52		40.5	2:34		11:00 – 11:04
51	10	41	2:35 – 2:36	59	11:05 – 11:08

SCORE	AMMO LIFT	TOW CABLE CRAWL	TRACK BLOCK SHUFFLE	ROADWHEEL ROLL	MILE RUN
49		42	2:38 – 2:39		11:13 - 11:16
48		42.5	2:40	1:01	11:17 - 11:20
47		43	2:41 – 2:42		11:21 - 11:23
46			2:43	1:02	11:24 – 11:26
45	9	43.5	2:44 – 2:45		11:27 - 11:29
44		44	2:46	1:03	11:30 – 11:32
43			2:47	1:04	11:31 – 11:34
42		44.5	2:48 – 2:49		11:33 – 11:36
41		45	2:50	1:05	11:37 – 11:38
40	8	45.5	2:51		11:39 – 11:40
39		46	2:52	1:06	11:41 – 11:42
38			2:53		11:43 – 11:44
37		46.5	2:54	1:07	11:45 – 11:46
36		47	2:55 – 2:56		11:47 – 11:48
35	7	47.5	2:57	1:08	11:49 – 11:50
34		48	2:58		11:51 – 11:52
33			2:59	1:09	11:53 – 11:54
32		48.5	3:00		11:55 – 11:56
31		49	3:01		11:57 – 11:58
30	6	49.5	3:02		11:59 – 12:00
29		50		1:10	12:01 – 12:02
28			0:03		12:03 – 12:04
27		50.5		1:11	12:05
26		51	3:04		12:06
25	5				12:07
24		51.5	3:05	1:12	12:08
23		52			12:09
22		52.5	3:06		12:10
21		53		1:13	12:11
20			3:07		12:12
19	4	53.5			12:13
18		54	3:08	1:14	12:14
17					12:15
16		54.5	3:09		12:16
15		55		1:15	12:17
14			3:10		12:18
13	3	55.5			12:19
12		56	3:11	1:16	12:20
11					12:21
10		56.5	3:12		12:22
09		57		1:17	12:23
08			3:13		12:24
07	2				12:25
06		57.5	3:14	1:18	12:26
05		58			12:27
04			3:15		12:28
03		58.5		1:19	12:29
02		59	3:16		12:30
01	1				12:31
00		59.5 or more	3:17 or more	1:20 or more	12:32