

## OREGON STATE UNIVERSITY NROTC INITIAL PHYSICAL FITNESS TEST

Applicant's Name (Last, First, MN): \_\_\_\_\_

Applicants height (inches): \_\_\_\_\_ Applicant's weight (pounds): \_\_\_\_\_

Please circle the following test the applicant will be taking:                      PRT                      PFT

### INSTRUCTIONS TO APPLICANT:

You are about to take the Naval ROTC Applicant Fitness Assessment Test. You will have a total of 35 minutes to complete the PRT and 45 minutes to complete the PFT. You will be given a 5 minute break between each event. The order for the Physical Readiness Test (PRT) that Navy option applicants will take, is as follows: 2 minute push-ups, timed forearm plank, 1.5 mile run. The order for the Physical Fitness Test (PFT) that Marine option applicants will take, is as follows: max set of pull ups, timed forearm plank, 3 mile run. After you complete each event, the evaluator will record your score and the time the event was tested. If at any time you cannot continue to meet the timed requirements, the test will be terminated.

### Navy & Marine Option PRT/PFT Standards:

Push-up Test - The applicant will have 2 minutes to complete as many push-ups as possible. Applicants will begin the test in the leaning rest position on the deck so that the body forms a straight line through the shoulder, back, buttocks, and legs. The applicant shall lower their entire body until the arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck.

Pull Up Test - The bar must be grasped with both palms facing either forward or to the rear. The correct starting position begins when arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless. Legs may be positioned in a straight or bent position, but knees may not be raised above the waist. One repetition consists of raising the body with the arms until the chin is above the bar and then lowering the body until the arms are fully extended; repeat as many repetitions as possible. At no time during the execution of this event can the chin rest on the bar.

Timed Forearm Plank Test - The applicant will begin and maintain the plank position when the test begins. Applicants will have forearms touching the ground with hands separated from each other. Applicants body shall form a straight line through the shoulder, back, buttocks, and legs. If the applicant breaks the form they shall be given a warning, and if they break form again the test will be stopped.

Test Start Time: \_\_\_\_\_ Test End Time: \_\_\_\_\_ Date: \_\_\_\_\_

Push-ups: \_\_\_\_\_ Pull Ups: \_\_\_\_\_ Plank: \_\_\_\_\_ Minutes \_\_\_\_\_ Seconds

1.5 Mile Run: \_\_\_\_\_ Minutes \_\_\_\_\_ Seconds    3 Mile Run: \_\_\_\_\_ Minutes \_\_\_\_\_ Seconds

Evaluator's Printed Name: \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

Evaluator's Title/Position: \_\_\_\_\_

Performance		Points	Males: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	87	3:20	8:30	7:05	6:30	6:20
Outstanding	Medium	95	86	3:15	9:00	7:15	7:00	6:50
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>81</b>	<b>3:10</b>	<b>9:15</b>	<b>7:25</b>	<b>7:30</b>	<b>7:20</b>
Excellent	High	85	77	3:00	9:45	7:35	8:00	7:50
Excellent	Medium	80	74	2:50	10:00	7:45	8:15	8:05
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>71</b>	<b>2:40</b>	<b>10:30</b>	<b>7:55</b>	<b>8:45</b>	<b>8:35</b>
Good	High	70	64	2:20	10:45	8:15	9:30	9:20
Good	Medium	65	55	2:00	11:30	8:35	10:30	10:20
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>47</b>	<b>1:40</b>	<b>12:00</b>	<b>8:55</b>	<b>11:30</b>	<b>11:20</b>
Satisfactory	High	55	45	1:30	12:45	9:05	12:00	11:50
Satisfactory	Medium	50	42	1:20	13:15	9:15	12:15	12:05
Probationary		<b>45</b>	<b>37</b>	<b>1:10</b>	<b>13:30</b>	<b>9:25</b>	<b>13:00</b>	<b>12:50</b>

  

Performance		Points	Females: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	3:10	9:47	8:05	7:15	7:05
Outstanding	Medium	95	47	3:05	11:15	8:15	8:00	7:50
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>44</b>	<b>3:00</b>	<b>11:30</b>	<b>8:25</b>	<b>8:45</b>	<b>8:35</b>
Excellent	High	85	43	2:50	12:15	8:35	9:15	9:05
Excellent	Medium	80	40	2:40	12:45	8:45	9:45	9:35
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>39</b>	<b>2:30</b>	<b>13:15</b>	<b>8:55</b>	<b>10:00</b>	<b>9:50</b>
Good	High	70	33	2:10	13:30	9:15	11:00	10:50
Good	Medium	65	28	1:50	13:45	9:45	12:15	12:05
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>21</b>	<b>1:30</b>	<b>14:15</b>	<b>10:15</b>	<b>13:15</b>	<b>13:05</b>
Satisfactory	High	55	20	1:20	15:00	10:25	13:45	13:35
Satisfactory	Medium	50	17	1:10	15:15	10:35	14:00	13:50
Probationary		<b>45</b>	<b>16</b>	<b>1:00</b>	<b>15:30</b>	<b>10:45</b>	<b>14:30</b>	<b>14:20</b>

Refer to the [USMC website](#) for Marine Corps PFT standards.