

OREGON STATE NROTC INITIAL PHYSICAL FITNESS TEST

Applicant's Name (Last, First, MN): _____

Applicants height (inches): _____

Applicant's weight: _____

INSTRUCTIONS TO APPLICANT:

"You are about to take the Naval ROTC Applicant Fitness Assessment. You have 25 minutes to complete the entire test. After you complete each event, the scorer 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."

Start Time: _____

Number of Crunches completed in 2 minutes:

The member will begin by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with palms of hands touching upper chest and shoulders (thumbs touching clavicle (collarbone)). Member curls upper body up, touching elbows to thighs while keeping hands held firmly against the chest and shoulders (thumbs remaining in contact with clavicle (collarbone))

Navy Options- Number of push-ups completed in 2 minutes:

Member will begin in leaning rest position on the deck so that body forms a straight line through the shoulders, back, buttocks, and legs. Member shall lower entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck.

Marine Options- Number of pull-ups completed:

One repetition consists of raising the body with 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.

1 Mile Run Time: _____ minutes _____ seconds

End Time: _____

Evaluator's Signature: _____

Evaluator's Printed Name: _____

Evaluator's Title/Position: _____

Date: _____