

**ROTC Physical Assessment, the Army Physical Fitness Test and
Required Height/Weight Information**

ROTC Physical Assessment Scholarship Applicants are required to complete a Presidential Challenge Physical Fitness Test as part of the High School Application Process. The assessment consists of three events: Curl-ups, Push Ups, and 1 Mile Run. Upon completion this form needs to be sent to US Army Cadet Command G2 Incentive Division. FAX: 757-788-5781 or via email to train2lead@usacc.army.mil

Push Ups: The student lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her / his hand at the point of the 90-degree angle so that the student being tested goes down only until her / his shoulder touches the partner's hand, then back up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop." Record number of correct Push Ups.

Curl Ups: Instructions: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop." Record number of correct Curl Ups.

One-Mile Run: Instructions: On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible. Times are recorded in minutes and seconds.

ARMY PHYSICAL FITNESS TEST (APFT)

If you win a scholarship when you enroll in school you will be administered the APFT prior to contracting. APFT events are push-ups, sit-ups, and the 2-mile run. By 15 December 2009 (all 4-year) or by 15 December of the sophomore year (all 3-year advance designees) you must attain at least 50 points in each event, with a minimum of 150 points. **FAILURE TO ATTAIN THE MINIMUM SCORE WILL RESULT IN FORFEITURE OF THE SCHOLARSHIP.** A

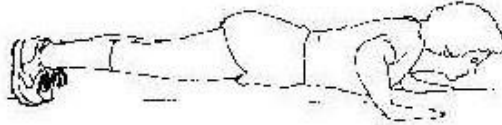
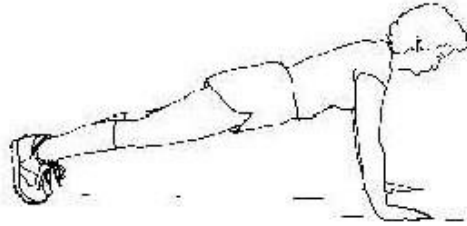
male between 17 and 21 years old should arrive at college able to do 42 push-ups; a female 19 push-ups. A male needs to be able to do 53 sit-ups and a female 53 sit-ups. A good time for the two-mile run for a male would be 15:54 minutes and for a female 18:54 minutes. Good physical conditioning is critical and prior physical conditioning and muscle toning are essential. See enclosure 2 for information on the APFT. You will also be required to meet height/weight standards. Information on height/weight follows the information on taking the APFT.

INFORMATION ON TAKING THE APFT

PUSH-UPS. The push-up event measures the endurance of the chest, shoulder, and triceps muscles. On the command 'get set', assume the front leaning rest position by placing your hands where they are comfortable for you. Your feet may be together or up to 12 inches apart. When viewed from the side, your body should form a generally straight line from your shoulders to your ankles. On the command 'go', begin the push-up by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground. Then return to the starting position by raising your entire body until your arms are fully extended. Your body must remain rigid in a generally straight line and move as a unit while performing each repetition. At the end of each repetition, you will be told the number of repetitions you have correctly completed. If you fail to keep your body generally straight, to lower your whole body until your upper arms are at least parallel to the ground, or to extend your arms completely, that repetition will not count.

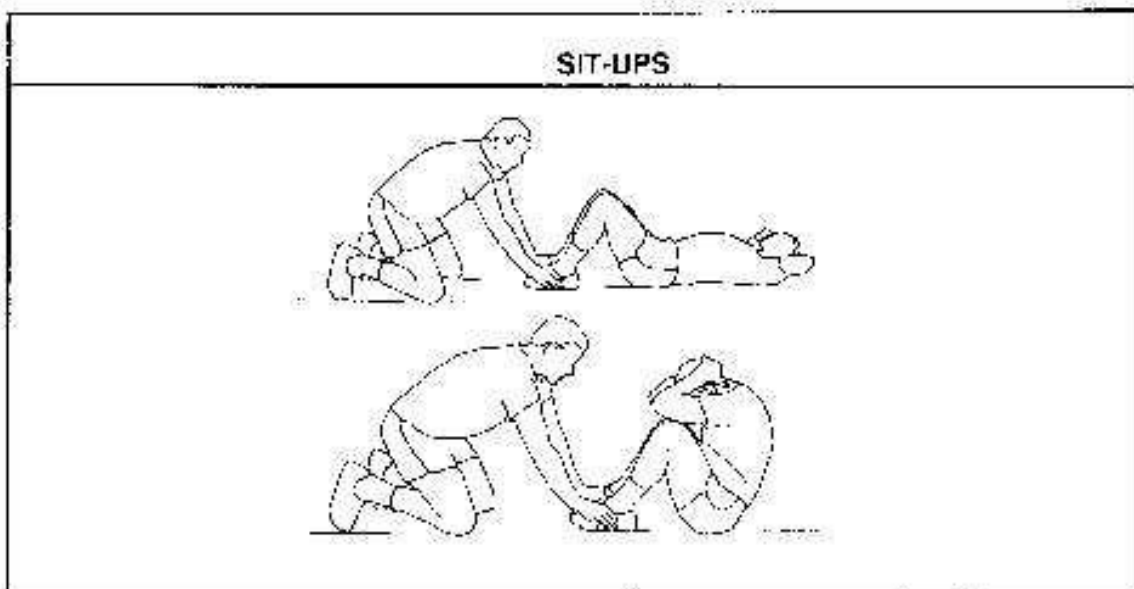
If you fail to perform the first ten push-ups correctly, the mistakes will be explained and you will be retested. After the first 10 push-ups have been performed and counted, no restarts are allowed. The test will continue, and any incorrectly performed push-ups will not be counted. An altered, front leaning rest position is the only authorized rest position. That is, you may sag in the middle or flex your back. When flexing your back, you may bend your knees, but not to such an extent that you are supporting most of your body weight with your legs. If this occurs, your performance will be terminated. You must return to, and pause in, the correct starting position before continuing. If you rest on the ground or raise either hand or foot from the ground, your performance will be terminated. You may reposition your hands and/or feet during the event as long as they remain in contact with the ground at all times. Correct performance is important. You will have two minutes in which to do as many push-ups as you can.

PUSH-UPS



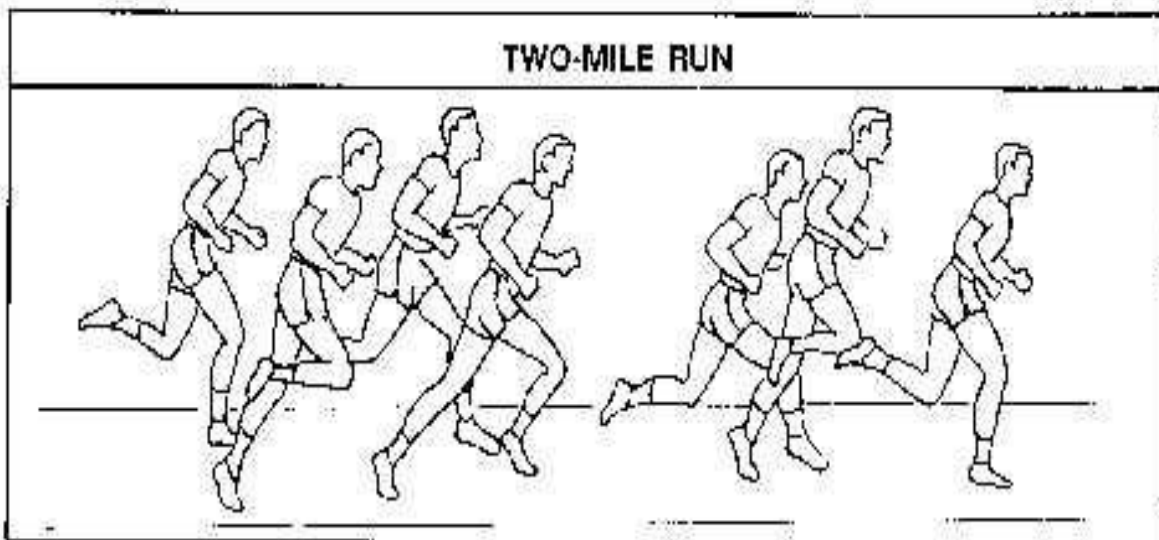
SIT-UPS. The sit-up event measures the endurance of the abdominal and hip flexor muscles. On the command 'get set', assume the starting position by lying on your back with your knees bent at a 90 degree angle. Your feet may be together or up to 1 inch apart. Another person will hold your ankles with the hands only. No other method or bracing or holding the feet is authorized. The heel is the only part of your foot that must stay in contact with the ground. Your fingers must be interlocked behind your head and backs of your hands must touch the ground. On the command 'go', begin raising your upper body forward to, or beyond, the vertical position. The vertical position means that the base of your neck is above the base of your spine. After you have reached or surpassed the vertical position, lower your body until the bottom of your shoulder blades touch the ground. Your head, hands, arms, or elbows

do not have to touch the ground. At the end of each repetition, you will be told the number of repetitions you have correctly completed. A repetition will not count if you fail to reach the vertical position, fail to keep your fingers interlocked behind your head, arch or bow your back and raise your buttocks off the ground to raise your upper body, or let your knees exceed a 90 degree angle. The up position is the only authorized rest position. If you stop and rest in the down (starting) position, the event will be terminated. As long as you make a continuous physical effort to sit up, the event will not be terminated. You may not use your hands or any other means to pull or push yourself up to the up (resting) position or to hold yourself in the rest position. If you do so, your performance in the event will be terminated. You will have two minutes to perform as many sit-ups as you can.



TWO MILE RUN. The two mile run is used to assess your aerobic fitness and your leg muscles endurance. You must complete the run without any physical help. Each cadet will be given a number for your chest for identification You must make sure the number is visible at all times. At the start, you will line up behind the starting line. On the command 'go', the clock will start. You will begin running at your own pace. You are being tested on your ability to complete the 2-mile course in the shortest time possible. Although walking is authorized, it is strongly discouraged. If you are physically

helped in any way or leave the designated running course for any reason, you will be disqualified. It is legal to be paced during the 2-mile run, as long as there is no physical contact with the paced cadet and it does not physically hinder other cadets taking the test. The practice of running ahead of, along side of, or behind the tested cadet, while serving as a pacer is permitted. Cheering or calling out elapsed times is also permitted. Turn in your number when you finish the run. Then, go to the area designated for the cool down and stretch. Do not stay near the finish line as this may interfere with the testing.



**TABLES OF WEIGHT FOR ARMY ROTC 4-YEAR SCHOLARSHIP RECIPIENTS AND
ACTIVE ARMY WEIGHT REQUIREMENTS**

<u>HEIGHT</u> <u>(in.)</u>	<u>MALES</u>					
	<u>MINIMUM</u> <u>WEIGHT</u> <u>(lbs.)</u>	<u>Entry Level</u>	<u>20% Body Fat</u>	<u>22% Body Fat</u>	<u>24% Body Fat</u>	<u>26% Body Fat</u>
		<u>Body Fat %</u>	<u>17-20</u>	<u>21-27</u>	<u>28-39</u>	<u>40+</u>
		<u>Below¹</u>	<u>ACTIVE</u>	<u>ACTIVE DUTY²</u>	<u>ACTIVE</u>	<u>ACTIVE</u>
	<u>ARMY ROTC</u>	<u>MAXIMUM</u>	<u>MAXIMUM</u>	<u>MAXIMUM</u>	<u>MAXIMUM</u>	<u>MAXIMUM</u>
		<u>WEIGHT (lbs.)</u>	<u>WEIGHT (lbs.)</u>	<u>WEIGHT (lbs.)</u>	<u>WEIGHT (lbs.)</u>	<u>WEIGHT (lbs.)</u>
60	100	139	132	136	139	141
61	102	144	136	140	144	146
62	103	148	141	144	148	150
63	104	153	145	149	153	155
64	105	158	150	154	158	160
65	106	163	155	159	163	165
66	107	168	160	163	168	170
67	111	174	165	169	174	176
68	115	179	170	174	179	181
69	119	184	175	179	184	186
70	123	189	180	185	189	192
71	127	194	185	189	194	197
72	131	200	190	195	200	203
73	135	205	195	200	205	208
74	139	211	201	206	211	214
75	143	217	206	212	217	220
76	147	223	212	217	223	226
77	151	229	218	223	229	232
78	153	235	223	229	235	238
79	159	241	229	235	241	244
80	166	247	234	240	247	250

<u>HEIGHT</u> <u>(in.)</u>	<u>FEMALES</u>					
	<u>MINIMUM</u> <u>WEIGHT</u> <u>(lbs.)</u>	<u>Entry Level</u>	<u>30% Body Fat</u>	<u>32% Body Fat</u>	<u>34% Body Fat</u>	<u>36% Body Fat</u>
		<u>Body Fat %</u>	<u>17-20</u>	<u>21-27</u>	<u>28-39</u>	<u>40+</u>
		<u>Below¹</u>	<u>ACTIVE</u>	<u>ACTIVE</u>	<u>ACTIVE</u>	<u>ACTIVE</u>
	<u>ARMY ROTC</u>	<u>MAXIMUM</u>	<u>MAXIMUM</u>	<u>MAXIMUM</u>	<u>MAXIMUM</u>	<u>MAXIMUM</u>
		<u>WEIGHT (lbs.)</u>	<u>WEIGHT (lbs.)</u>	<u>WEIGHT (lbs.)</u>	<u>WEIGHT (lbs.)</u>	<u>WEIGHT (lbs.)</u>
58	90	112	119	121	122	124
59	92	116	124	125	126	128
60	94	120	128	129	131	133
61	96	124	132	134	135	137
62	98	129	136	138	140	142
63	100	133	141	143	144	146
64	102	137	145	147	149	151
65	104	141	150	152	154	156
66	106	146	155	156	158	161

67	109	149	159	161	163	166
68	112	154	164	166	168	171
69	115	158	169	171	173	176
70	118	163	174	176	178	181
71	122	167	179	181	183	186
72	125	172	184	186	188	191
73	128	177	189	191	194	197
74	130	183	194	197	199	202
75	133	188	200	202	204	208
76	136	194	205	207	210	213
77	139	199	210	213	215	219
78	141	204	216	218	221	225
79	144	209	221	224	227	230
80	147	214	227	230	233	236

¹ Maximum weight is for ages 17-20 for males and females IAW AR 40-501, dtd 27 Jun 06 (entry level requirements). Maximum Body Fat for MALES: 17-20 (26%), 21-27 (26%), 28-39 (28%), 40+ (30%)
Maximum Body Fat for FEMALES: 17-20 (32%), 21-27 (32%), 28-39 (34%), 40+ (36%)

² Although you may qualify for a scholarship if you are within the maximum weight for Army ROTC, every effort should be made to stay within the weights established for active duty. Active duty weight requirements are more stringent than those required of Army ROTC cadets. Failure to meet and remain within these parameters may result in the loss of a scholarship if offered. (AR 600-9, dtd 1 Sep 06)