**NROTC NAVY OPTION APPLICANT FITNESS ASSESSMENT**

**RETURN COMPLETED SCORE SHEET TO THE NROTC UNIT FROM WHICH YOU ARE SEEKING A NOMINATION**

Applicant’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Applicant’s height (inches): \_\_\_\_\_\_\_\_\_ Applicant’s weight: \_\_\_\_\_\_\_\_\_\_

Start Time: \_\_\_\_\_\_\_

Number of Sit-ups completed in 2 minutes: \_\_\_\_\_\_\_\_\_

Number of Push-ups completed in 2 minutes: \_\_\_\_\_\_\_\_\_

1.5 Mile Run Time: \_\_\_\_\_\_\_\_\_minutes \_\_\_\_\_\_\_\_\_seconds

End Time: \_\_\_\_\_\_\_

Evaluator’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evaluator’s Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **SEQUENCE OF EVENTS**

PRT events shall be completed on the same day, at least 2 minutes, but no more than 15 minutes between each event and in the following sequence:

a. Curl-ups

b. Push-ups

c. Cardio-respiratory fitness (run, swim)

1. **EVENTS**

A. Curl-Ups

(1) Curl-ups are performed with a partner holding the member’s feet. Any other means of securing the member’s feet is not authorized. Members are required to wear shoes.

(2) Curl-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used, however the member must be entirely on or off the padding, i.e., member’s upper body cannot be on the padding with feet off.

(3) 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)).

(4) Feet shall be flat on the deck and held by partner’s hands. If preferred the partner may use their knees (on the side of the feet only) in addition to their hands to secure member’s feet. Any other means of securing the member’s feet is not authorized.

(5) CFL/ACFL will announce the start as well as 15 second intervals until the two minutes have elapsed.

(6) Member curls upper body up touching elbows to thighs (anywhere between the knees and hips) while keeping hands held firmly against the chest and shoulders (thumbs remaining in contact with clavicle (collarbone)).

(7) After touching elbows to thighs, member returns to starting position ensuring lower back and shoulder blades touch the deck.

(8) Member may rest in either the up or down position.

(9) Curl-ups are repeated as many times as possible in two minutes. CFL or ACFL shall monitor members for correct form and count only the number of correctly performed curl-ups. Curl-ups performed incorrectly shall not be counted. Results for an event that ended in less than two minutes shall be the number of curl-ups properly performed at time of termination.

(10) Curl-up event is ended when the member:

(a) Lowers legs.

(b) Lifts feet off deck.

(c) Lifts buttocks off deck.

(d) Fails to keep arms folded across the chest or lowers arms.

B. Push-Ups

(1) Push-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, member must be entirely on the padding or off, i.e., member’s upper body cannot be on the padding with feet off. Members are required to wear shoes.

(2) Member will begin in leaning rest position on the deck so that body forms a straight line through the shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface.

(3) Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width.

(4) CFL/ACFL will announce the start as well as 15-second intervals until the 2 minutes have elapsed.

(5) 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.

(6) Member pushes entire body upward and returns to starting position

ensuring arms are fully extended, without locking elbows.

(7) Member may rest only in the up position maintaining a straight line with shoulders, back, buttocks and legs.

(8)Push-ups are repeated correctly as many times as possible in 2 minutes. CFL or ACFL must monitor members for correct form and count only the number of correctly performed push-ups. Push-ups performed incorrectly shall not be counted. Results for an event that ended in less than 2 minutes shall be number of push-ups properly performed at time of termination.

(9)Push-up event is ended when the member:

(1) Touches deck with any part of body except hands and feet.

(2) Raises one hand or foot off the deck.

(3) Fails to maintain proper body alignment (i.e., shoulders, back, buttocks, and legs in a straight line with head and heels).

C. 1.5-mile Run and/or Walk

(1) Event consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete the event. Leaving the area of the event is not allowed.

(2) Conduct on a flat and solid surface track or outdoor course.

(3) Member will stand at start line.

(4) Timer will signal start and call out time intervals until completion of test.

 (5) Time is recorded with stopwatch to nearest second.

(6) 1.5 Mile Run and/or Walk Event is ended when:

(a)The member completes the 1.5 mile. CFL will record the time. The member must remain on the designated course until they complete the event.

(b) Takes a short cut or does not complete the entire 1.5 mile course.