

## **NROTC APPLICANT FITNESS ASSESSMENT**

The NROTC Applicant Fitness Assessment (AFA) is a component of the NROTC application and must be submitted to your recruiter in order for the application to be complete. The test consists of push-ups, forearm planks, and a one-mile run. The purpose of the test is to evaluate your level of physical fitness. At the applicant's request, the test can be administered by any physical education instructor, athletics coach, fitness instructor or Teacher. Applicants accustomed to regular physical activity should have no difficulty with the AFA. Being properly conditioned prior to reporting to NSI and your NROTC Unit cannot be overemphasized. You will be far better prepared to meet the stringent physical demands of the NROTC Program if you maintain a high level of physical fitness during high school.

The three test events of the AFA are administered consecutively in a 25-minute time period. Applicants should attempt to do their best on all events, keeping in mind that the events are sequenced to produce a cumulative loading effect. Applicants' scores will be included in their application to the scholarship selection board. The maximum score, by event and gender, are listed in the table below. An applicant who achieves the maximum level on either of the first two events should not attempt further repetitions, as this will not improve his/her score.

	<b>Push-Ups</b>	<b>Forearm Planks</b>	<b>1-Mile</b>
Male	75	3:25	5:20
Female	50	3:14	6:00

### **Test Site**

The AFA can be administered in two adjacent venues; an indoor gymnasium and an outdoor track.

The 1-mile run is the last event administered in the AFA. Although it may be administered in an indoor gymnasium or stadium, time has been allotted for transit to an outdoor track. Regardless of the 1-mile run course, the running surface should be flat and free of debris. In either the indoor or outdoor facility, it is imperative that the 1-mile distance be measured accurately. In submitting the time for the run, the applicant and scorer are affirming that the 1-mile distance has been measured and is accurate.

### **Test Procedures**

The AFA may be conducted at any time during the application period (April thru January) but must be accomplished in order for the application to be processed by the recruiter. Results of each event will be recorded on the [AFA score sheet](#); the score sheet will be given to the recruiter for inclusion in the application package.

On test day, the applicant should be encouraged to spend 20-30 minutes in active warm-up and stretching prior to beginning the test. The test battery must be completed according to the timeline below, and applicants are not permitted to warm up, rest, or practice other than during the time officially allotted. The administering official will read and be familiar with these test instructions prior to administration. The following statement must be read verbatim to the applicant prior to beginning the test:

"You are about to take the Naval ROTC Applicant Fitness Assessment. The results of this test will be used in the NROTC scholarship application process by demonstrating your level of physical fitness. You may cease work when you have scored the maximum for any individual event. Otherwise, do your best on each event. 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."

### Testing Sequence

The test sequence will follow the order listed below. This order cannot be modified. There are no exceptions to this sequence or timing.

Events	Test Start Time	Event Testing Time	Rest	Total Elapsed Time
Push-Ups	0:00	2 minutes	3 minutes	5:00
Forearm Planks	5:00	2-3 minutes	3 minutes	10:00
1-Mile Run	12:00	10 minutes	5 minutes*	25:00

*\* The 4-minute rest includes the transition time to the outdoor track. If the 1-mile run cannot be started by minute 15, an alternative arrangement for a running surface must be found.*

### Push-ups

This measures upper body muscular endurance. The candidate must:

Assume a prone (abdomen toward the ground) position supported on one knee on a 1-inch mat or a hard surface floor.

On the command "READY POSITION", assume the front-leaning rest position (arms extended) by placing your hands where they are comfortable (Width is variable). Feet may be together or up to 12 inches apart. When viewed from the side, your body should form a straight line from your shoulders to your ankles.

On the command "GO", begin the push-up event by bending elbows and lowering entire body as a single unit until your upper arms are at least parallel to the ground (90-degree bend). Return to the starting position by extending arms and raising entire body as a single unit until arms are fully extended.

May rest in the up position, flexing or bowing the back as long as hands and feet remain in contact with the floor, and no other body part touches the floor.

Must return to the generally straight body position before attempting another repetition.

The scorer will:

Note the event start time (should be 10:00 elapsed).

Give the command "GO" and start a stopwatch for a 2-minute trial.

Monitor each repetition, making sure body remains straight, moving as a single unit, upper arm is parallel to the floor in the down position, and the arms come to full extension in the up position. Verbalize "NO" for any repetition that does not meet the criteria listed above.

Stop the test at the 2-minute mark and record the number of repetitions. Terminate the event if the candidate lifts a hand or foot off the ground or touches the ground with any body part other than the hands or feet.

### **Forearm Planks:**

This measures abdominal/core body muscular endurance.

Procedures for applicant and scorer:

- (1) The forearm plank will be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. The applicant must be entirely on or off the padding, (i.e., upper body cannot be on the padding with feet off). The event will consist of maintaining a proper forearm plank position for the maximum time allowed.
- (2) The Official Timekeeper will record time with a stopwatch to the nearest second and will give the preparatory command "EVERYBODY UP" which will prompt participants to assume the forearm plank position. Immediately afterward, the execution command "START" will be given which prompts the official timekeeper to start the stopwatch. Once the time has begun, the official timekeeper will also announce 15-second intervals until the last participant is finished.
- (3) Applicant will begin face down on the deck with elbows bent, forearms flat on deck, with the body in a straight line through the head, shoulders, back, buttocks and legs.
- (4) Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Forearms may be parallel or angled inward, but the hands cannot be clasped together. Hands will either be in fists with the pinky side of the hand touching the deck or lying flat with palms touching the deck. Applicants may switch between the two hand positions, but hands and forearms cannot be lifted from the deck.
- (5) Feet should be placed hip-width apart. Hips must be lifted off the deck with only the forearms, hands and toes on the deck.
- (6) Knees are straight, pelvis in a neutral position and back flat. The back, buttocks and legs must be straight from head to heels and must remain so throughout the test.
- (7) The head and neck should be kept neutral (face looking straight down at the deck) throughout the duration of the test so the body remains straight from the head to the heels.
- (8) Toes, forearms and fists or palms must remain in contact with the deck at all times and clasping of hands is not permitted. No part of the body of the applicant may contact a vertical support surface.
- (9) Involuntary muscle spasms (e.g., shaking, trembling, or quivering) resulting from maximum exertion during the exercise is anticipated and permitted as long as the proper forearm plank position is maintained.

Forearm plank ends when:

- (1) Maximum time for the forearm plank has elapsed or until the last participant stops prior to the maximum time allowed.
- (2) Any part of the body other than hands (fists/palms) forearms, or feet touch the deck.
- (3) Applicant lowers head to hands.
- (4) Applicant lifts hands, forearms or feet off the deck.
- (5) Applicant does not maintain 90 degrees at the elbow (i.e., applicant shifts weight forward or back on forearms/toes decreasing or increasing the 90-degree bend).
- (6) Applicant receives more than two corrections on form. On the third correction on form, the time keeper will stop and record the time.

### **Mile Run:**

This measures aerobic capacity and endurance.

The candidate must:

Run continuously for one mile (walking is allowed although strongly discouraged).

The scorer will:

Certify the 1-mile run distance.  
Note the start time (should be 15:00 elapsed)  
Give the command "GO" and start a stopwatch.  
Monitor the candidate to make sure that he/she does not:

Receive physical help during the event.  
Leave the designated running course for any reason. Receive pacing by another person.

Stop the watch as the candidate crosses the finish line, and record the score in minutes and seconds.



Full Name (First, MI, Last) \_\_\_\_\_

Height (inches) \_\_\_\_\_ Weight (lbs) \_\_\_\_\_

**READ TO APPLICANT:**

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

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

Timed forearm planks:  
(Maximum 3:25 Male/3:14 Female) \_\_\_\_\_

1 Mile Run Time \_\_\_\_\_ Minutes \_\_\_\_\_ Seconds

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

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

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

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

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