

THE ROTC SCHOLARSHIP PHYSICAL FITNESS ASSESSMENT SCORECARD

Administrative Data

Scholarship applicants are required to complete The ROTC Physical Fitness Assessment Scorecard as part of the High School application process. The assessment consists of three events: Curl-ups, Push Ups, and 1 Mile Run. Upon completion, forward to US Army Cadet Command G2 Incentive Division. FAX: 757-788-5781 or via email to train2lead@usacc.army.mil

ROTC Applicant Information

Name:	Last 4 SSN:	Gender:	Age:	Ht (in):	Wt (lbs):
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High School:

Signature:	Comments:
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Test Administrator Information

Name:	Title:	Test Date:
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Signature:	Comments:
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The ROTC Physical Fitness Assessment Scorecard Events

Push Up event (1 Min)	Curl Up event (1 Min)	Run event (1 Mile)
<p>Instructions: 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.</p>	<p>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.</p>	<p>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.</p>
Number of Repetitions:	Number of Repetitions:	Time: ____Min____Sec