



**The University of Maine Naval ROTC Preparatory Program
Physical Fitness Assessment**

INCLUDE COMPLETED SCORE SHEET WITH YOUR APPLICATION

Applicants Name (Last, First, Middle): _____

Applicants height (inches): _____

Applicants weight: _____

The Physical Fitness Assessment may be administered by a coach, teacher, or Senior Naval Science Instructor.

READ TO APPLICANT

“You are about to take the Physical Fitness Assessment. The results of this test will be used in the NPP selection process by demonstrating your level of physical fitness. It is important that you do your best on every event. You have 25 total minutes to complete this test. After you complete each event, your scorer will record your score and/or 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: _____

Pushups completed in 2:00 minutes: _____

Maximum duration plank: _____

1 Mile run time: _____

End time: _____

Evaluators signature: _____

Evaluators printed name: _____

Evaluators title/position: _____

Date: _____