



**The University of Maine NROTC Preparatory Program (NPP)
Applicant Physical Assessment**

INCLUDE COMPLETED SCORE SHEET WITH YOUR NPP APPLICATION

Applicants Name (Last, First, Middle): _____

Applicants height (inches): _____ Applicants weight: _____

Evaluator can be a JROTC Instructor, Coach, or Teacher.

READ TO APPLICANT:

“You are about to take the NPP Applicant Fitness Assessment. The results of this test will be used in the NPP scholarship application process by demonstrating your level of physical fitness. It is important that you do your best at every event. You have 25 total minutes to complete this test. After you complete each event, your 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.”

Start time: _____

Number of pushups completed in 2:00 minutes: _____

Timed forearm plank: _____ minutes _____ seconds

1 Mile run time: _____ minutes _____ seconds

End time: _____

Evaluators signature: _____

Evaluators printed name: _____

Evaluators title/position: _____

Date: _____