

THE ROTC SCHOLARSHIP PHYSICAL FITNESS ASSESSMENT SCORECARD		OMB Control Number: 0702-XXXX OMB Expiration Date: XX/XX/XX	
<p>The public reporting burden for this collection on, 0702-XXXX, is estimated to average 10 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering, and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding the burden estimate or burden reduction suggestions to the Department of Defense, Washington Headquarters Services, at whs.mc.alex.esd.mbx.dd-dod-information-collections@mail.mil. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to any penalty for failing to comply with a collection of information if it does not display a currently valid OMB Control Number.</p>			
DATA REQUIRED BY THE PRIVACY ACT OF 1974			
Authority	10 USC 2102 and 2107		
Principle Purpose	Form is used to record the results of applicants' Physical Fitness Assessment.		
Routine Use	Form is used to obtain information on applicants applying for a scholarship through the Army ROTC National Program.		
Disclosure	Information provided on this form is voluntary. Failure to provide information may delay consideration for a scholarship.		
Administrative Data			
<p>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: Push Ups, Sit-Ups and 1 Mile Run. Upon completion upload the form to your online application or forward to HQCC (RMID) via email: ROTCScholarships@army.mil. This assessment may be monitored by any adult NOT related to the person taking the assessment. It is generally recommended that the person monitoring the assessment be a JROTC Instructor, Coach, Physical Education Teacher or an adult with similar experience with monitoring fitness assessments.</p>			
ROTC Applicant Information			
Name:		Signature:	Gender:
Test Administrator Information			
Name:		Signature:	Date:
Push-Up Event (1 Min)			
<p>Instructions: (1) This is a timed event to perform as many push-ups as possible in one minute. This event can be conducted either indoors or outdoors. (2) To begin the student will assume a normal push-up position, placing the hands where comfortable. When viewed from the side, the body should form a generally straight line from the shoulders to the ankles. (3) Student will start in the up position and begin the push-up by bending the elbows and lowering body as a single unit until the upper arms are at least parallel (90-degrees) to the ground. Then, return to the starting position by raising the entire body until the arms are fully extended. Students may not rest on the floor. (4) If the Student fails to keep the body generally straight, to lower the whole body until the upper arms are at least parallel to the ground, or to extend the arms completely, that repetition will not count. (5) When resting the student may sag in the middle or flex the back. When flexing the back, the knees may be bent, but not to such an extent that the student is supporting most of the body weight with the legs.</p>			<p># Reps:</p> <p>_____</p>
Modified Sit-Up Event (1 Min)			
<p>Instructions: (1) This is a timed event to do as many sit-ups as possible in one-minute. This event can be conducted either indoors or outdoors. (2) On a flat surface, Students will lie flat on their back with shoulder blades touching the ground, knees bent, and both feet flat on the ground. (3) Arms will be folded across the chest or rib cage. The hands must be in constant contact with the upper arm between the elbow and shoulder. Thumbs may be wrapped around the upper arm or together with the rest of the hand on top of the upper arm. (4) A single repetition consists of raising the upper body from the starting position with shoulder blades touching the ground until both forearms or elbows simultaneously extend out to touch the upper thighs, while hands remain on the biceps, and then return to the starting position with the shoulder blades touching the ground. (5) No arching of the lower back or lifting of the buttocks is permitted. (6) An assistant may be used to hold a student's feet.</p>			<p># Reps:</p> <p>_____</p>
Run Event (1 Mile)			
<p>Instructions: (1) This is a timed event to run one mile as fast as possible. This event can be conducted either indoors or outdoors, running this event on a treadmill is not authorized. (2) The run course will be one mile exactly and set over reasonably level ground. (3) The course should be an "out and back" or a wide loop course. The run course should not include numerous sharp turns that would force a participant to slow down excessively to remain on the course.</p>			<p>Min:Sec</p> <p>_____:____</p>