

## NROTC APPLICANT FITNESS ASSESSMENT

*Applicants to IIT's NROTC Preparatory Program can submit a previously completed Applicant Fitness Assessment submitted for NROTC National Scholarship consideration, provided that the assessment has been completed within the past 6 months.*

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 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.

**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.

<b>Events</b>	<b>Test Start Time</b>	<b>Event Testing</b>
---------------	------------------------	----------------------



