

NROTC Applicant Fitness Assessment (AFA) — Administration Guide

Reference: Guide-5A, Physical Readiness Test (PRT), Dec 2025 Form: NSTC 1533/168 (10-23)

This guide adapts the Navy PRT procedures in Guide-5A for administering the NROTC AFA score sheet, which tests three events: **Push-ups (2 min)**, **Forearm Plank (max time)**, and **1-Mile Run**. Total time allowed for the applicant to complete all events is 25 minutes.

Part 1: Administrator Instructions — Sequencing & Setup

Before Testing

1. Confirm the applicant is free of any condition that would prevent safe participation (illness, chest pain, joint pain, recent injury). Do not test if in doubt.
2. Select a flat, level, obstacle-free area for push-ups and planks, and a flat, measured 1-mile course free of steep inclines, sharp turns, or surface irregularities.
3. Have a stopwatch (not a cellphone stopwatch), the score sheet, water, and a means to summon emergency assistance on hand.
4. Lead the applicant through a brief warm-up (dynamic stretching, light movement) before beginning.

Testing Sequence

Events must be conducted in this order, with **5–15 minutes** between each event:

1. **Push-ups** (2 minutes)
2. **Forearm Plank** (timed, max effort)
3. **1-Mile Run**

Record the **Start Time** on the score sheet before beginning push-ups, and the **End Time** after the run is complete. The applicant has 25 minutes total to complete all three events; if the applicant cannot maintain pace requirements, the test may be terminated. The applicant may cease participation in any event where discomfort or pain is felt and seek medical attention as needed. In either case, the Testing Sequence will need to be restarted at a later date for recording of scores.

Recording Scores

- **Push-ups:** Record the total number of correctly performed repetitions completed in 2 minutes.
- **Forearm Plank:** Record time to the nearest second. Maximum credited time is **3:25 for males / 3:14 for females** — stop the clock at that point even if the applicant continues.
- **1-Mile Run:** Record time in minutes and seconds to the nearest second.

Read-Aloud Script (before starting)

“You are about to take the Naval ROTC Applicant Fitness Assessment. The results of this test will be used in the NROTC scholarship application process by demonstrating your level of physical fitness. You may cease work when you have scored the maximum for any individual event. Otherwise, do your best on each event. You have 25 minutes to complete the entire test. After you complete each event, the 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.”

Part 2: Event Techniques (Participant Instructions)

Event 1: Push-Ups (2 minutes)

Starting position

- Begin in a leaning-rest (front-plank) position: body in a straight line from head to heels, weight on toes and palms only.
- Arms straight, palms flat on the ground directly under or slightly wider than the shoulders.
- Feet no more than hip-width apart; feet may not touch a wall or other vertical surface.

Execution

1. Lower your entire body until your elbows bend to at least 90 degrees, keeping head, shoulders, back,

- buttocks, and legs aligned and parallel to the ground.
2. Push back up to the starting position with arms fully extended (do not lock elbows).
 3. You may rest only in the “up” (arms-extended) position, maintaining a straight body line.
 4. Repeat as many times as possible with correct form until time expires.

Form violations that stop the count for a rep

- Touching the ground with any part of the body other than hands and feet
- Raising one hand or foot off the ground
- Failing to keep the body in a straight line (“sagging” hips or raised buttocks)
- “Pulsing” (small partial-range repetitions) — not permitted

Event 2: Forearm Plank (max time)

Starting position

- Lie face down, then rise onto forearms and toes: elbows aligned directly below the shoulders at a 90-degree angle.
- Forearms parallel or angled slightly inward — hands may not be clasped together.
- Hands either in fists (pinky-side down) or flat, palms down; you may switch between these positions during the hold.
- Feet hip-width apart; hips lifted so only forearms, hands, and toes touch the ground.

Execution

1. Keep the body in one straight line from head to heels — no sagging or piking at the hips, knees straight, neutral pelvis.
2. Keep the head and neck neutral, eyes looking straight down at the ground.
3. Hold the position for as long as possible. Minor shaking/trembling from exertion is normal and allowed as long as form is maintained.
4. The clock stops (and that becomes your score) when:
 - Any body part other than hands/forearms/toes touches the ground,
 - You lower your head to your hands,
 - You lift hands, forearms, or feet off the ground,
 - You lose the 90-degree elbow angle, or
 - Maximum time is reached (3:25 male / 3:14 female).

Event 3: 1-Mile Run

Procedure

1. Stand at the start line. The timer starts your watch the moment you cross the line and calls out time intervals as you run.
2. Run and/or walk any combination you choose to complete the 1-mile course as fast as possible.
3. Stay within the marked course — cutting the course short results in an incomplete/failed event.
4. Cross the finish line; the administrator will stop the watch and record your time to the nearest second.

Tips for pacing

- Settle into a sustainable pace early rather than starting too fast.
- Controlled breathing (inhale through the nose and exhale through the mouth) and an upright, relaxed running posture help conserve energy over the full distance.

Quick-Reference Standards (from [Guide-5A Physical Readiness Test](#))

Push-up and 1-mile scoring benchmarks vary by age/category per Guide-5A Section 4 tables; the AFA form itself only records raw performance — reps, time, and run time — for scholarship evaluation.