

**The Jacksonville University NROTC Preparatory Program  
Applicant Physical Fitness Assessment**

**INCLUDE COMPLETED SCORE SHEET WITH YOUR APPLICATION**

Applicants Name (Last, First, Middle): \_\_\_\_\_

Applicants Height (inches): \_\_\_\_\_

Applicants Weight: \_\_\_\_\_

READ TO APPLICANT:

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scholarship application 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 the time the event was tested. If at any time you cannot  
F R Q W L Q X H W R P H H W W K H W L P H G U H T X L U H P H Q W V W K H W H V W Z L

Start Time: \_\_\_\_\_

Number of crunches completed in 2:00 minutes: \_\_\_\_\_

Number of pushups completed in 2:00 minutes: \_\_\_\_\_

1-Mile Run Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Evaluators Signature: \_\_\_\_\_

Evaluators Printed Name: \_\_\_\_\_

Evaluators Title/Position: \_\_\_\_\_

Date: \_\_\_\_\_