

NAVAL RESERVE OFFICERS TRAINING CORPS HAMPTON ROADS CONSORTIUM
PHYSICAL READINESS TEST ACKNOWLEDGMENT STATEMENT

In accordance with NSTC M-1533.2B (Regulations for Officer Development) new midshipmen attending New Student Orientation will be evaluated for physical fitness and swim testing to determine readiness to meet NROTC Program and Navy/Marine Corps requirements. Any midshipman that fails to qualify as a 3rd Class swimmer (in accordance with MILPERSMAN 1414.010) within the first year is subject to a Performance Review Board convened by the HRNROTC Unit. All new midshipmen accepted by HRNROTC are required to pass the Navy Physical Readiness Test (PRT) with a score of "GOOD LOW" or better at New Student Orientation. The specific number of push-ups, sit-ups, and run times required are outlined in OPNAVINST 6110.1J. Any midshipman that fails to pass the PRT is subject to a Performance Review Board convened by the HRNROTC Unit. All incoming midshipmen are expected to follow the guidance of the NEHC pre-entry physical conditioning program found at <http://www.nrotc.navy.mil/faq.html>.

I, _____, SSN: XX – XXX - _____, fully understand the requirements listed above in regards to my initial physical fitness evaluation if I am accepted into the HRNROTC Program.

(Date)

(Signature)

Witness:

(Printed Name/Rank)

(Signature)

Enclosure(7)

Entrance PRT Self-Assessment Sheet

The NROTC program standard for the Physical Readiness Test (PRT) is a “GOOD LOW” in all three categories (push ups, forearm plank, and and 1.5 mile run).

In order to better assess your current physical fitness level, you are required to perform a self-assessed PRT. To ensure your health and safety, do not perform your PRT until you have completed your sport’s physical and been cleared for physical activity. Please adhere to the PRT administration guidelines found at:

[https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/Physical/Guide%205-Physical%20Readiness%20Test%20%20\(MAR%202021\).pdf?ver=ZDdLAWzZ_GJnePrIgOgkxA%3D%3D](https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/Physical/Guide%205-Physical%20Readiness%20Test%20%20(MAR%202021).pdf?ver=ZDdLAWzZ_GJnePrIgOgkxA%3D%3D)

Upon completion of your self-assessed PRT, fill out the following:

Pushups: _____ (reps)

Forearm Plank: _____ (min:sec)

1.5 mile run: _____ (min:sec)

Navy PRT standards for males and females in the average applicant’s age range are below:

Performance		Points	Males: Age 17-19 Years		
Category	Level		Pushups	Forearm Planks	1.5 mile run
Outstanding	High	100	92	3:40	8:15
Outstanding	Medium	95	91	3:35	8:45
Outstanding	Low	90	86	3:30	9:00
Excellent	High	85	82	3:23	9:15
Excellent	Medium	80	79	3:17	9:30
Excellent	Low	75	76	3:10	9:45
Good	High	70	68	2:50	10:00
Good	Medium	65	60	2:30	10:30
Good	Low	60	51	2:10	11:00
Satisfactory	High	55	49	1:50	12:00
Satisfactory	Medium	50	46	1:30	12:15
Probationary		45	42	1:10	15:45

Performance		Points	Females: Age 17-19 Years		
Category	Level		Pushups	Forearm Planks	1.5 mile run
Outstanding	High	100	51	3:40	9:29
Outstanding	Medium	95	50	3:35	11:15
Outstanding	Low	90	47	3:30	11:30
Excellent	High	85	45	3:23	11:45
Excellent	Medium	80	43	3:17	12:00
Excellent	Low	75	42	3:10	12:30
Good	High	70	36	2:50	12:45
Good	Medium	65	30	2:30	13:00
Good	Low	60	24	2:10	13:30
Satisfactory	High	55	22	1:50	14:15
Satisfactory	Medium	50	20	1:30	14:45
Probationary		45	19	1:10	15:00

Measuring and fitting Techniques for Military Uniforms

1. The measuring and fitting of military uniforms can be very challenging when you are not sure how to determine the right size. When garments are sized properly, they may need little or no alterations.
2. These are key points for physical measurements and fitting techniques to help determine the correct size and fit for military uniforms:
 - a) Head - The measurement is taken by placing the tape around the back of the head meeting at the forehead about one inch above the eyebrows, one inch below the hairline and one inch above the ears.
 - b) Neck - When measuring for the neck size, place the tape measure around the neck at the collar line and with one finger between the neck and the tape. This will allow the shirt collar to be fitted with one half inch of space for comfort.
 - c) Chest or Bust - To obtain these sizes, place the tape over the bulk of the shoulder-blades, under the arms, over the fullest part of the chest with ease.
 - d) Sleeve - Raise the right arm even with the shoulder with the elbow bent at an angle, forearm parallel with the floor, and palms down. Measure from the center of the back and round the bend of the elbow, down to one inch past the wrist bone.
 - e) Waist - The tape should be placed directly over the hipbone to get the best results. In cases where you cannot locate the hipbone, place the tape around the fullest part, as close to the top of the waistband as possible.
 - f) Hip - The measuring tape should be placed around the largest part of the hip area, across the lower pelvis or fly.
 - g) Inseam - Measure from the crotch to the heel of the shoe.
 - h) After you received your measurement, use the enclosed male and female sizing charts to determine your correct size. Following these instructions are very important for obtaining your uniform. Please submit uniform sizing sheet promptly.

UNIFORM SIZING SHEET

Circle One: HU NSU ODU

Name: _____ M/F Height: _____ Weight: _____

Permanent Home Address: _____

Phone #: _____ Cell #: _____

Email: _____

Shoe Size: _____ (Specify if: N, R, W, XW, XXW)

Men:

Trouser: Waist: _____ Inseam: _____

Circle One: Short Reg Long X-Long

Shirt:

Long Sleeve: Neck: _____ Chest: _____ Sleeve Length: _____

Short Sleeve: Circle One: SM MED LG X-LG

Combination Cover (head) Size: _____

Women:

Slacks: Estimated Size: -- Inseam: _____ Waist: _____

Shirt: Neck Size: _____ Bust Size: _____ Sleeve Length: _____

Combination Cover (head) Size: _____ Hip: _____

Note: Ensure you measure carefully to get correct sizes for your uniforms to **prevent delays in ordering**. You can go to a tailor shop to get your correct measurements if you do not know.

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PRIVACY ACT STATEMENT

Under the authority of the 5 U.S.C.A. sect. 562, 10 U.S.C.A. sect. 6011, U.S. Navy Regulations (articles 0802 and 0819) and NSTCNOTE 5210 information regarding your personal background may be requested in order to provide the Naval Service Training Command's Selection and Placement Directorate with additional information upon which to recommend you for the NROTC College Program. The information provided by you will become a permanent part of the NROTC College Program application and may be used by officials of the Department of the Navy in making recommendations or decisions regarding your acceptance and by employees and officials of the Department of Defense, the Veterans' Administration and/or other Federal or State agencies in the performance of their official duties. You are not required to provide this information; however, failure to do so could result in the failure to obtain approval for acceptance into the NROTC College Program.

I, _____, SSN: XX – XXX - _____, fully understand the privacy act statement listed above in regards to my NROTC College Program application.

(Date)

(Signature)

Witness:

(Printed Name/Rank)

(Signature)