

## PHYSICAL SCREENING TEST

Applicant's Name

Rank/Rate

Date

Administrator's Name

Rank/Rate

1. 500 yard SWIM: In swimming attire, swim nonstop 500 yards utilizing the side or breast stroke. Applicant may push off pool sides during turns.

Maximum Time Limit: 14min

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

Ten-minute rest period.

2. PUSH-UPS: The exercise will be performed with the back straight, head up, and knees together. Begin by bending the elbow and lowering entire body until the top of the arms, shoulder and lower back are aligned and parallel to the deck. They may stop and rest in the up position. They will then push their body up, keeping their back straight, and locking their elbows. They will count each repetition aloud as they complete a push-up.

Minimum Number: 42

Maximum Time Limit: 2min

Number: \_\_\_\_\_

Two-minute rest period.

3. SIT-UPS: Lie flat on back with knees bent, heels close to buttocks (approximately 10 inches) with arms folded across the chest and feet held to the floor by partner. Sit up touching elbow to thighs. Each time you touch your thighs will count as one sit-up. Lie back touching shoulder blades to deck. Repeat as many times as required in the allotted time frame. You may stop and rest in the up or down position, however, if you lower your legs, fail to keep your feet to the ground, or fail to keep your arms folded across your chest, the test is ended.

Minimum Number: 50

Maximum Time Limit: 2min

Number: \_\_\_\_\_

Two-minute rest period.

4. PULL-UPS: The exercise will be performed by grasping the pull-up bar and hanging straight down. Hands should be placed on the bar with palms away, at shoulder width. Repetitions will be counted aloud by applicants each time they pull their chins over the bar. Applicants shall not swing or bicycle their feet as they pull their chin over the bar, and they must maintain a vertical position during the exercise.

Minimum: 6

Number: \_\_\_\_\_

Ten-minute rest period.

5. 1.5 mile RUN: Applicants may wear sneakers and standard PT gear.

Maximum Time Limit: 12min 45sec

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