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# OPOTC BASIC TRAINING PHYSICAL ASSESSMENT FORM

**School Name:** _____ **School #:** _____

**Student's Name:** _____
(Last) (First) (MI)

**Gender:** _____ **M** _____ **F** **DOB:** _____/_____/_____ **Age:** _____

**Initial Assessment Date:** _____ **Final Assessment Date:** _____ **Retest Date:** _____

**Status at Final Assessment:** Appointed ☐ Open Enrollment ☐

| Age and Gender Minimum Scores 50th Percentile | | | Initial Assessment | Final Assessment (Score/P-F) | Retest (Score/P-F) |
|---|---|---|---|---|---|
| Sit-ups (1 min.)<br>Push-ups (1 min.)<br>1.5 Mile Run | Males (≤29)<br>40<br>33<br>11:58 | Females (≤29)<br>35<br>18<br>14:15 | | | |
| Sit-ups (1 min.)<br>Push-ups (1 min.)<br>1.5 Mile Run | Males (30-39)<br>36<br>27<br>12:25 | Females (30-39)<br>27<br>14<br>15:14 | _____<br># Sit-ups Completed | _____<br># Sit-ups Completed | _____<br># Sit-ups Completed |
| Sit-ups (1 min.)<br>Push-ups (1 min.)<br>1.5 Mile Run | Males (40-49)<br>31<br>21<br>13:05 | Females (40-49)<br>22<br>11<br>16:13 | _____<br># Push-ups Completed | _____<br># Push-ups Completed | _____<br># Push-ups Completed |
| Sit-ups (1 min.)<br>Push-ups (1 min.)<br>1.5 Mile Run | Males (50-59)<br>26<br>15<br>14:33 | Females (50-59)<br>17<br>13* Modified<br>18:05 | _____<br>1.5 Mile Time | _____<br>1.5 Mile Time | _____<br>1.5 Mile Time |
| Sit-ups (1 min.)<br>Push-ups (1 min.)<br>1.5 Mile Run | Males (60+)<br>20<br>15<br>16:19 | Females (60+)<br>8<br>8* Modified<br>20:08 | _____<br>OVERALL (P/F) | _____<br>OVERALL (P/F) | _____<br>OVERALL (P/F) |

*Based on The Cooper Institute, Physical Fitness Specialist Course and Certification, 2002, pp 108-123

| | | | |
|---|---|---|---|
| Fitness Specialist Signature | Date | Commander Signature | Date |
| Fitness Specialist Signature | Date | Commander Signature | Date |
| Fitness Specialist Signature | Date | Commander Signature | Date |