

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