

TMA PHYSICAL FITNESS:

These exercises and charts are mandatory for NROTC Cadets only.

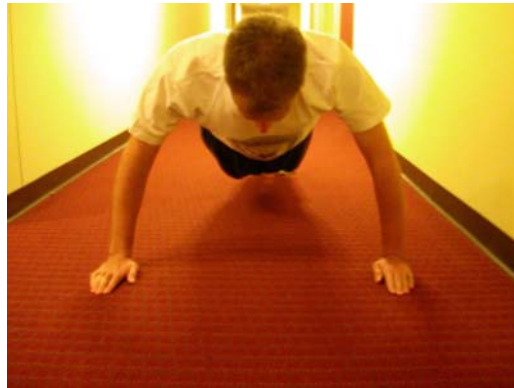
It is recommended for all other Cadets in the Corps.

1. PUSH-UPS

- (a) Assume the front leaning position with hands approximately shoulder-width apart. The arms, back, buttocks, and legs must be straight from head to heels and must remain so throughout the test. Shoes should be worn.
- (b) Begin push-up by bending the elbow and lowering the entire body until the top of the upper arms, shoulders and lower back are aligned and parallel to the deck.
- (c) Return to the starting position by extending the elbows until the arms are straight.
- (d) Repeat as many times as possible in two minutes. You may stop in the up position, but if you rest your body on the deck the test is ended. A timer begins with "Ready, Go" to signal the start simultaneously for all persons being tested and will call out 15-second intervals until the completion of the test. A partner will monitor for correct form and count the number of correctly done push-ups.



Proper "Down" Position With
Upper Arms Parallel To The Deck



Proper "Up" Position With Arms Straight



Shoulders And Lower Back Are Aligned

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2. SIT-UPS

- (a) Lie on the grass or use a blanket, mat, or other suitable padding.
- (b) Lie flat on back with knees bent, heels close to buttocks (approximately 10 inches), arms folded across the chest, and feet held to floor by partner.
- (c) Curl up, touching elbows to thighs.
- (d) Lie back, touching shoulder blades to the deck.
- (e) Repeat as many times as possible in two minutes. You may stop and rest in the up or down position; however, if you lower your legs, fail to keep your feet on the ground, or fail to keep your arms folded across your chest, the test is ended. A timer begins with "Ready, Go" to signal the start simultaneously for all persons being tested and will call out 15-second intervals until the completion of the test. A partner will monitor for correct form and count the number of correctly done sit-ups.



Position Of The Arms For Sit-Ups



Curl Up, Touching Elbows To Thighs

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3. SIT-REACH

(a) Sit on the deck, keeping legs straight, with the backs of knees touching the deck, and ankles at right angles to the deck. Reach slowly forward and touch tips of toes with the fingertips of both hands. Hold the reach for one second - DO NOT BOUNCE OR LUNGE.

(b) Practice this; it is more difficult than you may think.



4. 1.5 MILE TIMED RUN

For ages 17-19 years scoring in the events is as follows:

Category	Level	Push-ups		Sit-ups	1.5 Mile Run	
		Male	Female	Male/Female	Male	Female
Outstanding	High	92	51	109	8:15	9:29
Outstanding	Medium	91	50	107	8:45	11:15
Outstanding	Low	86	47	102	9:00	11:30
Excellent	High	82	45	98	9:15	11:45
Excellent	Medium	79	43	93	9:30	12:00
Excellent	Low	76	42	90	9:45	12:30
Good	High	68	36	81	10:00	12:45
Good	Medium	60	30	71	10:30	13:00
Good	Low	51	24	62	11:00	13:30

5. The following page includes a copy of the Navy’s Height and Weight Standards for you to take a glance at. It is required by the U.S. Navy to have all incoming NROTC Freshmen to be aware of these standards before coming to orientation week.

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Navy-Option	Male	Female
Height	Maximum	Maximum
51	97	102
52	102	106
53	107	110
54	112	114
55	117	118
56	122	123
57	127	127
58	131	131
59	136	136
60	141	141
61	145	145
62	150	149
63	155	152
64	160	156
65	165	160
66	170	163
67	175	167
68	181	170
69	186	174
70	191	177
71	196	181
72	201	185
73	206	189
74	211	194
75	216	200
76	221	205
77	226	211
78	231	216
79	236	222
80	241	227
81	246	233
82	251	239
83	256	245
84	261	251
85	266	257
86	271	263

	Maximum Navy Option	Maximum Marine Option
Male	22%	18%
Female	33%	26%

Ma-rine-Option	Male		Female	
Height	Minimum	Maximum	Minimum	Maximum
58	91	132	91	120
59	94	136	94	124
60	97	141	97	128
61	100	146	100	132
62	104	150	104	137
63	107	155	107	141
64	110	160	110	146
65	114	165	114	150
66	117	170	117	155
67	121	196	121	160
68	125	181	125	164
69	128	186	128	169
70	132	192	132	174
71	136	197	136	179
72	140	203	140	184
73	144	208	144	189
74	148	214	148	195
75	152	220	152	200
76	156	226	156	205
77	160	232	160	211
78	164	238	164	216
79	168	244	168	222
80	173	250	173	228

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SWIMMING

The Navy and Marine Corps have traditionally been the seagoing arms of our nation's forces; thus, swimming is an important part of being a member of this service. The Navy and Marine Corps standard is divided into the three skill classes listed below. To test your proficiency, a swim test will be administered during Orientation Week. **You are required, at a minimum, to pass the third-class swim standards by the end of your first semester.** Those passing the minimum standards will have the opportunity to test for the second- and first-class swim qualification during orientation week and throughout the school year. If you are not able to meet these minimum standards during orientation week, you must complete an introductory swim class by the end of the fall semester.

Begin preparing now for the following events:

Swimmer, Third Class:

- Enter the water feet first from a minimum height of five feet.
- Remain afloat for a minimum of five minutes; during this time, swim a total distance of 50 yards, using any stroke or combination of strokes (side, elementary back, and breast).

Swimmer, Second Class:

- Enter the water feet first from a minimum height of ten feet
- Remain afloat for a minimum of ten minutes; during this time, swim a total distance of 100 yards, using any stroke or combination of strokes, and demonstrate an ability to perform the dead man's float.