

AIR FORCE ROTC SCHOLARSHIP PHYSICAL FITNESS ASSESSMENT (PFA) CERTIFICATION FORM

Description					
Air Force ROTC require High School Scholarship applicants to complete a Physical Fitness Assessment (PFA) and record the results using this certification form. The PFA consists of three events: one-minute push-ups, one-minute sit-ups, and a 1.5 mile run. There is a rest period of up to five (5) minutes in between events. Upon completion, scan and upload form to your online application at https://wings.holmcenter.com by 11:59pm Central Time on <b style="background-color: red; color: black;">31 JANUARY 2019					
AFROTC Applicant Information					
Name:	Date of Birth:	Gender:	Age:	Ht (in):	Wt (lbs):
High School:					
<input type="checkbox"/> I certify that I, the applicant named above, do not have any current or pre-existing medical conditions and that I am not taking any medications which would preclude me from participating in, and completing the PFA. I am in good health and I do not suffer from any physical illness or injury.					
<input type="checkbox"/> I am requesting an exemption from taking the PFA due to a documented physical injury (i.e., a broken leg, arm, mono, etc.), which preclude me from completing the PFA. I have attached a letter from my doctor with my full name, date of birth, address, and a description of my injury/illness.					
Applicant Signature/Date:		Parent/Legal Guardian Signature/Date: <i>(Required for applicants under 18 years of age)</i>			
Test Administrator Information <i>(ONLY high school officials may administer the Physical Fitness Assessment (PFA) and certify results.)</i>					
Name:			Title:		Test Date:
Telephone/Email: (___) ___ - ____		Signature:			
Air Force ROTC Physical Fitness Assessment Instructions					
Push-Up Event (1 Minute)	Sit-Up Event (1 Minute)	Run Event (1.5 Mile)			
Instructions: The start position begins with the hands shoulder width apart, elbows fully extended, body straight and feet together or up to 12 inches apart. To complete a repetition, the applicant lowers his/her body, maintaining a straight back, until the upper arm is parallel with ground, then returns to the start position. Once the one-minute push-up period has started, candidate may not lift their arms or legs off the ground. They may rest in the “start” position. They may also bend at the waist and the knees to relax the back, always maintaining 4-point contact with the ground. Before resuming push-ups, they must return to the “start” position.	Instructions: The start position is lying on the floor with face up, knees bent at a 90-degree angle, and feet/heels in contact with the floor at all times. The heels and buttocks must remain on the floor during the entire assessment. The applicant’s arms will be crossed over the chest with the hands at the shoulders or resting on the upper chest. A complete crunch is accomplished when the upper torso of the applicant is raised off the floor, the elbows touch the knees or thighs, and the upper torso is lowered back to the floor until the shoulder blades touch the floor. The hands must stay in contact with the shoulders/upper chest at all times. Once the one- minute crunch period has started, the applicant may only rest in the up position. If the applicant rests in the down position, the test will be terminated. The applicant may secure their feet under a stationary object or have an observer hold their feet (no higher than the ankles).	Instructions: The 1.5-mile run must be performed on a measured track or course. The applicant may walk during the event, as long as they stay on the track/ course. The applicant may not receive physical assistance from anyone while performing the event, however, verbal encouragement is acceptable. <b style="color: red;">DO NOT USE A TREADMILL			
Number of Repetitions:	Number of Repetitions:	Time: ___Min ___Sec			