



**Maine Maritime Academy NROTC Preparatory Program (NPP)  
Applicant Physical Assessment**

**INCLUDE COMPLETED SCORE SHEET WITH YOUR NPP APPLICATION**

Applicants Name (Last, First, Middle): \_\_\_\_\_

Applicants height (inches): \_\_\_\_\_

Applicants weight: \_\_\_\_\_

Evaluator can be a JROTC Instructor, Coach, or Teacher.

READ TO APPLICANT:

“You are about to take the NPP Applicant Fitness Assessment. The results of this test will be used in the NPP scholarship application process by demonstrating your level of physical fitness. It is important that you do your best at every event. You have 25 total minutes to complete this test. After you complete each event, your scorer will record your score and the time the event was tested. If at any time you cannot continue to meet the timed requirements, the test will be terminated.”

Start time: \_\_\_\_\_

Number of pushups completed in 2:00 minutes: \_\_\_\_\_

Timed forearm plank: \_\_\_\_\_minutes \_\_\_\_\_seconds

1 Mile run time: \_\_\_\_\_minutes \_\_\_\_\_seconds

End time: \_\_\_\_\_

Evaluators signature: \_\_\_\_\_

Evaluators printed name: \_\_\_\_\_

Evaluators title/position: \_\_\_\_\_

Date: \_\_\_\_\_