

U.S. NAVAL SEA CADET CORPS U.S. NAVY LEAGUE CADET CORPS	NSWOC SEAL/SWCC/EOD PHYSICAL FITNESS TEST	<i>To be submitted with NSWOC Application Package</i>	
INSTRUCTIONS			
<ol style="list-style-type: none"> 1. This form must be used to certify physical fitness standards for attendance at NSWOC Training. 2. Cadets are required to perform each task for the entire time. Do <u>NOT</u> stop when the minimum is achieved. The total number of repetitions or time completed will be recorded. 3. Include this completed form with NSCTNG 001 when applying for NSWOC Advanced Trainings. 4. The criteria listed are the minimum required standards for attendance at NSWOC Training. Cadets should strive to exceed these minimum standards. 5. <u>ALL</u> requirements MUST be met to achieve eligibility to attend training. 6. The testing administrator should initial in the box provided when the Cadet achieves the performance criteria listed for each exercise. 7. Personnel interested in obtaining the Physical Fitness Ribbon should consult the NSCC Awards Manual for criteria. 8. Cadets interested in NSCC minimum physical readiness standards for Recruit Training should use the NSCTNG 020 for testing requirements. 			
1. PERSONNEL INFORMATION			
1a. Last Name	1b. First Name	1c. Social Security Number	
1d. Address	1e. City	1f. State	1g. Zip Code +4
1h. Unit Name	1i. Region	1j. Rank	1k. Age
1l. Testing Location			
2. REQUIRED EXERCISES			
OBJECTIVE	CRITERIA	TIME OR NUMBER PERFORMED	ADMINISTRATOR'S INITIALS
2a. Swim 500 yards continuously in 12 minutes and 30 seconds or less	Utilizing only the side stroke and/or breast stroke. If performed in a pool, Cadet may push off of pool sides.		
2b. Perform 42 or more push-ups in two minutes,	Perform this exercise with the back straight, head up, and knees together. Lower yourself to the ground, bending your elbows, keeping your body straight, until you touch your chest to the ground. Then push your body up, keeping your back straight and locking your position. You will be expected to perform more than the minimum required on demand.		
2c. Perform 50 or more sit-ups in two minutes.	Perform this exercise with the hands clasped behind the head, knees bent at approximately a 120-degree angle, feet held on the ground by an assistant. Raise your body to an upright position and attempt to touch your knees to your forehead (left and right kneed on alternating counts) prior to lowering your upper body to the ground. Count repetitions aloud as you reach the "up" position.		
2d. Perform 6 or more pull-ups. (No time limit)	Perform this exercise by grasping the pull-up bar and hanging straight down. Palms away, at shoulder width. Count repetitions aloud each time you pull your chin over the bar. Do not swing or bicycle your feet as you pull your chin over the bar, and maintain a vertical position throughout the exercise		
2e. Run 1 ½ miles in 11 minutes and 30 seconds or less	Wearing full-length trousers and high quality athletic shoes.		
3. CERTIFICATIONS			
<p>"This test has been performed meeting the NSWOC training requirements. I certify that the above listed Cadet has met or exceeded the minimum requirements and is qualified for NSWOC Two Week Training."</p>			
3a. Full Name and Rank of Active Duty Administrator (Print or Type)	3b. Signature	3c. Date (DD MMM YY)	
3d. Full Name and Rank of Commanding Officer (Print or Type)	3e. Signature	3f. Date (DD MMM YY)	