



**The University of Idaho NJROTC Pathways to STEM (NPS)
Applicant Physical Fitness Assessment**

INCLUDE COMPLETED SCORE SHEET WITH YOUR NPS APPLICATION

Applicant Name (Last, First, Middle): _____

Applicant height (inches): _____ Applicant weight (pounds): _____

READ TO APPLICANT:

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

Start time: _____

Maximum forearm plank time (up to maximum of 3:25 for males, 3:14 for females): _____

Number of pushups completed in 2:00 minutes: _____

1 mile run time: _____

End time: _____

Evaluators signature: _____

Evaluators printed name: _____

Evaluators title/position: _____

Date: _____