

U.S. Naval Sea Cadet Corps Field Operations Iowa	<b>FIELD OPERATIONS PHYSICAL FITNESS TEST</b>	To be completed with training request (NSCTNG001)
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1. This form must be used to certify physical fitness standards for attendance at **FIELD OPERATIONS** Training. This test exists to ensure the safety of participants who select this training evolution.
2. Cadets are required to perform each task for the entire time. Do NOT stop when the minimum is achieved.
3. Upload this form to Magellan or email to [command@iowacadets.org](mailto:command@iowacadets.org).
4. The criteria is the **minimum** required to attend **FIELD OPERATIONS**. Cadets should strive to exceed the minimum.
5. The test administrator should initial in the box provided once the cadet achieves the performance criteria listed for each exercise.
6. The test administrator must be an NSCC instructor or officer or an active-duty military member.
7. This test **WILL BE ADMINISTERED** at check in. **CADETS FAILING WILL BE SENT HOME! NO FEES REFUNDED!**

1a. Last Name	2b. First Name	2c. Cadet ID	
1d. Address	2e. City	2f. State	2g. Zip Code +4
1h. Unit Name	2i. Region	2j. Rank	2k. Age

1i. Testing Location

OBJECTIVE	CRITERIA	TIME OR NUMBER PERFORMED	ADMIN INITIALS
2a. Perform 50 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.		

Maximum of 2 minute break before next evolution

2b. Perform 80 or more crunches in two minutes.	Perform this exercise with the arms crossed and hands on opposite shoulders, knees bent at approximately a 90-degree angle, feet held on the ground by an assistant. Raise your body to an upright position and touch your elbows to your thighs prior to lowering your upper body to the ground. Count repetitions aloud as you reach the "up" position.		
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Maximum of 10 minute break before next evolution

2d. Ruck 4 miles in 55 minutes or less with a minimum of 40 lb in ruck.	Must be in full CUU or NWU uniform with boots. Cover must be worn. Sleeves are down. Place 40 pounds of gear in a ruck or backpack with both shoulder straps in place. A sea bag may be used but is not recommended. Distribute weight evenly to prevent shifting in load. Maintain proper hydration during the course. Once the time starts time cannot be stopped for any reason until cadet completes the 4 mile course or exceeds the time limits. Any equipment adjustments or blister care happen on the clock.		
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### ENDORSEMENTS

I certify that the above listed Cadet has met or exceeded the minimum requirement, that all requirements above were met as presented, and that this cadet is qualified for **FIELD OPERATIONS** Training. This test will be repeated at training check-in on the first day of reporting.

3a. Name and Rank of test Administrator	3b. Signature	3c. Date (DD MMM YY)
3d. Name and Rank of Commanding Officer	3e. Signature	3f. Date (DD MMM YY)