

Crusaders in America

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Physical Fitness Test

General Information

This physical fitness test is to be accompanied by the scholarship application posted on www.crusadersinamerica.org. This test is based around the basic Navy Physical Readiness Test (PRT). The **Navy PRT** consists of push-ups, curl-ups (sit-ups), and either running or swimming. In basic training, swimming is not an option. All boot camp recruits are measured by performing push-ups, curl-ups (sit-ups) and running 1 1/2 miles. Please complete the PRT test as described below, fill out all applicable information, ensure your physical education teacher completes their portion; and submit this form with the complete scholarship application.

Personal Information

Name: _____

Female or Male: _____

Age: _____

Physical Readiness Test (see page two for scoring guidelines)

Push-ups (2 minute time) _____

Your score is determined by how many push-ups you can complete in two minutes. Resting is permitted, but only in the up position.

Curl-ups/Sit-ups (2 minute time) _____

Your score is based on how many sit-ups you can do correctly in two minutes. Resting is permitted.

Running (1 1/2 mile) time: _____

Physical Education Teacher

Name: _____

High School: _____

Phone Number: _____

I certify that the facts contained in this Physical Fitness Test are true and correct. The Crusaders in America organization is hereby authorized to verify any information contained in this application. I understand that any falsification or misrepresentation will result in disqualification for the student.

Signature: _____ Date: _____



Physical Readiness Test Scoring Guidelines

Male Guidelines

Test	Maximum (5 pts.)	Outstanding (4 pts.)	Excellent (3 pts.)	Good (2 pts.)	Satisfactory (1 pts.)
Push Ups (2 mins)	87	81	71	47	37
Sit Ups (2 mins)	105	98	87	58	46
Running (1 ½ mi.)	8:30 min	9:15 min	10:30 min	12:00 min	13:30 min

Female Guidelines

Test	Maximum (5 pts.)	Outstanding (4 pts.)	Excellent (3 pts.)	Good (2 pts.)	Satisfactory (1 pts.)
Push Ups (2 mins)	51	47	42	24	19
Sit Ups (2 mins)	109	102	90	62	50
Running (1 ½ mi.)	9:29 min	11:30 min	12:30 min	13:30 min	14:15 min

Additional Information

1. Curl-Ups

Curl-ups are performed with a partner holding the member's feet. Any other means of securing the member's feet is not authorized. Members are required to wear shoes.

Curl-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used, however the member must be entirely on or off the padding, i.e., member's upper body cannot be on the padding with feet off.

a. Proper Procedures.

(1) The member will begin by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with palms of hands touching upper chest and shoulders (thumbs touching clavicle (collarbone)).

(2) Feet shall be flat on the deck and held by partner's hands. If preferred the partner may use their knees (on the side of the feet only) in addition to their hands to secure member's feet. Any other means of securing the member's feet is not authorized.

(3) Member curls upper body up, touching elbows to thighs (anywhere between the knees and hips) while keeping hands held firmly against the chest and shoulders (thumbs remaining in contact with clavicle (collarbone)).

(4) After touching elbows to thighs, member returns to starting position ensuring lower back and shoulder blades touch the deck.

(5) Member may rest in either the up or down position.

Monitor will watch members for correct form and count only the number of correctly performed curl-ups. Curl-ups performed incorrectly shall not be counted. Results for an event that ended in less than two minutes shall



be the number of curl-ups properly performed at time of termination. Curl-up event is ended when the member:

- (1) Lowers legs.
- (2) Lifts feet off deck.
- (3) Lifts buttocks off deck.
- (4) Fails to keep arms folded across the chest and or lowers arms.

2. Push-Ups

Push-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, member must be entirely on the padding or off, i.e., member's upper body cannot be on the padding with feet off. Members are required to wear shoes.

a. Push-ups procedures:

- (1) Member will begin in leaning rest position on the deck so that body forms a straight line through the shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface.
- (2) Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width.
- (3) Member shall lower entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck.
- (4) Member pushes entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows.
- (5) Member may rest only in up position maintaining a straight line with shoulders, back, buttocks, and legs.

b. Push-ups are repeated correctly as many times as possible in 2 minutes. Monitor will watch the members for correct form and count only the number of correctly performed push-ups. Push-ups performed incorrectly shall not be counted. Results for an event that ended in less than 2 minutes shall be number of push-ups properly performed at time of termination. Push-up event is ended when the member:

- (1) Touches deck with any part of body except hands and feet.
- (2) Raises one hand or foot off the deck.
- (3) Fails to maintain proper body alignment (i.e., shoulders, back, buttocks, and legs in a straight line with head and heels).

3. 1.5-mile Run and/or Walk

Event consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete the event.

a. Event Procedures:

- (1) Conducted on a flat and solid surface track or outdoor course.
- (2) Member will stand at start line.
- (3) Timer will signal start and call out time intervals until completion of test.
- (4) Time is recorded with stopwatch to nearest second.

b. 1.5 Mile Run and/or Walk Event is ended when:

- (1) The member completes the 1.5 mile.
- (2) Takes a short cut or does not complete the entire 1.5 mile course.