

NROTC APPLICANT FITNESS ASSESSMENT: Marine Option

The NROTC Physical Fitness Test (PFT) is a component of the NROTC application and must be submitted to the unit in order for the application to be complete. The test consists of pullups, crunches, and a 3 mile run. The purpose of the test is to evaluate your level of physical fitness. Contact your local Marine Corps recruiting office to observe the test and record the score. Being properly conditioned prior to reporting to your NROTC Unit cannot be overemphasized. You will be far better prepared to meet the stringent physical demands of the NROTC Program if you maintain a high level of physical fitness during high school.