

AFROTC Physical Fitness Assessment Scoring and Minimum Requirements

Males under 30

Cardio	
1.5 Mile Run Time (min)	Points
≤9:12	60.0
9:13 - 9:34	59.7
9:35 - 9:45	59.3
9:46 - 9:58	58.9
9:59 - 10:10	58.5
10:11 - 10:23	57.9
10:24 - 10:37	57.3
10:38 - 10:51	56.6
10:52 - 11:06	55.7
11:07 - 11:22	54.8
11:23 - 11:38	53.7
11:39 - 11:56	52.4
11:57 - 12:14	50.9
12:15 - 12:33	49.2
12:34 - 12:53	47.5
12:54 - 13:14	44.9
13:15 - 13:36	42.3
13:37 - 14:00	39.3
14:01 - 14:25	35.8
14:26 - 14:52	31.7
14:53 - 15:20	27.1
15:21 - 15:50	21.7
15:51 - 16:22	15.5
16:23 - 16:57	8.3
≥ 16:58	0.0

Body Composition	
Waist Measure	Points
<35.0	20.0
35.5	17.6
36.0	17.0
36.5	16.4
37.0	15.8
37.5	15.1
38.0	14.4
38.5	13.5
39.0	12.6
39.5	11.7
40.0	10.6
40.5	9.4
41.0	8.2
41.5	6.8
42.0	5.3
42.5	3.7
43.0	1.9
43.5	0.0

Muscle Fitness			
1 minute push-up (# reps)	Points	1 minute crunch (# reps)	Points
≥67	10.0	≥58	10.0
62	9.5	55	9.5
61	9.4	54	9.4
60	9.3	53	9.2
59	9.2	52	9.0
58	9.1	51	8.8
57	9.0	50	8.7
56	8.9	49	8.5
55	8.8	48	8.3
54	8.8	47	8.0
53	8.7	46	7.5
52	8.6	45	7.0
51	8.5	44	6.5
50	8.4	43	6.3
49	8.3	42	6.0
48	8.1	41	5.5
47	8.0	40	5.0
46	7.8	39	4.5
45	7.7	38	4.0
44	7.5	37	3.5
43	7.3	36	3.3
42	7.2	35	3.0
41	7.0	34	2.5
40	6.8	33	2.0
39	6.5	32	1.5
38	6.3	31	1.3
37	6.0	30	1.0
36	5.8	≤ 29	0.0
35	5.5		
34	5.3		
33	5.0		
32	4.8		
31	4.5		
30	4.3		
29	4.0		
28	3.8		
27	3.5		
26	3.0		
25	2.8		
24	2.5		
23	2.3		
22	2.0		
21	1.8		
20	1.7		
19	1.5		
18	1.0		
≤ 17	0.0		

Male Minimum Requirements	
1.5 Mile Run	13:36
Push-ups	33
Crunches	42
Waist	39 inches

Females under 30

Cardio	
1.5 Mile Run Time (min)	Points
≤10:23	60.0
10:24 - 10:51	59.9
10:52 - 11:06	59.5
11:07 - 11:22	59.2
11:23 - 11:38	58.9
11:39 - 11:56	58.6
11:57 - 12:14	58.1
12:15 - 12:33	57.6
12:34 - 12:53	57.0
12:54 - 13:14	56.2
13:15 - 13:36	55.3
13:37 - 14:00	54.2
14:01 - 14:25	52.8
14:26 - 14:52	51.2
14:53 - 15:20	49.3
15:21 - 15:50	46.9
15:51 - 16:22	44.1
16:23 - 16:57	40.8
16:58 - 17:34	36.7
17:35 - 18:14	31.8
18:15 - 18:56	25.9
18:57 - 19:43	18.8
19:44 - 20:33	10.3
≥ 20:34	0.0

Body Composition	
Waist Measure	Points
≤ 31.5	20.0
32.0	17.6
32.5	17.1
33.0	16.5
33.5	15.9
34.0	15.2
34.5	14.5
35.0	13.7
35.5	12.8
36.0	11.8
36.5	10.7
37.0	9.6
37.5	8.3
38.0	6.9
38.5	5.4
39.0	3.8
39.5	2.0
≥ 40	0.0

Muscle Fitness			
1 minute push-up (# reps)	Points	1 minute crunch (# reps)	Points
≥ 47	10.0	≥ 54	10.0
42	9.5	51	9.5
41	9.4	50	9.4
40	9.3	49	9.0
39	9.2	48	8.9
38	9.1	47	8.8
37	9.0	46	8.6
36	8.9	45	8.5
35	8.8	44	8.0
34	8.6	43	7.8
33	8.5	42	7.5
32	8.4	41	7.0
31	8.3	40	6.8
30	8.2	39	6.5
29	8.1	38	6.0
28	8.0	37	5.5
27	7.5	36	5.3
26	7.3	35	5.0
25	7.2	34	4.5
24	7.0	33	4.3
23	6.5	32	4.0
22	6.3	31	3.5
21	6.0	30	3.0
20	5.8	29	2.8
19	5.5	28	2.5
18	5.0	27	2.0
17	4.5	26	1.8
16	4.3	25	1.7
15	4.0	24	1.5
14	3.5	23	1.0
13	3.0	≤ 22	0.0
12	2.8		
11	2.5		
10	2.0		
9	1.5		
8	1.0		
≤ 7	0.0		

Female Minimum Requirements	
1.5 Mile Run	16:22
Push-ups	18
Crunches	38
Waist	35.5 inches

