

AFROTC PRE-PARTICIPATORY SPORTS PHYSICAL

Name of Candidate: _____ AFROTC Detachment _____
Height: _____ Weight: _____ Max BMI: _____ Min BMI: _____

I, _____, have examined this candidate and reviewed his/her medical history. I have found no medical condition or physical impairment, which would preclude this candidate from participating in a physical training program designed to meet and or exceed the AFROTC standards listed below:

	Push-Ups	Crunches	1.5 Mile Run
Male	33	40	12:30
Female	18	35	14:30

This candidate DOES/ DOES NOT meet the Body Mass Index (BMI) standards located on the back of this form. If the candidate does not fall in their BMI range (min to max) they could potentially not meet the Air Force body-fat standards. I have discussed appropriate and safe weight loss strategies with the candidate if they exceed their maximum BMI. If the candidate is under their minimum BMI, I still pronounce them fit to participate in an AFROTC physical training program designed to meet or exceed the above standards.

Signature of Physician or Medical Authority

Date of Examination

The Privacy Act of 1974; F036 AETCI AUTHORITY 10 U.S.C 33; 10 U.S.C 103; AFI 36-2001; AFI 45-3 and E.O. 9397 (SSN) grants the authority of this form to be used for screening a candidate for participation as an AFROTC cadet in the AFROTC Physical Training (PT) Program. This form is for internal use only. Disclosure is voluntary; failure to disclose will result in a requirement for a new physical, inability to participate in PT activities, and or disenrollment from the AFROTC program.

Excerpt from DoDI 1308.3, 5 Nov 2002

DoDI 1308.3, Table E2.T1, identifies AF entry standards for maximum and minimum allowable weight at a given height.

1. The following table represents maximum allowable weights for a BMI of 27.5.

Represents Maximum Allowable Weights for BMI of 27.5 (regardless of age)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	131	136	141	145	150	155	160	165	170	175	180	186	191	197	202	208	214	220	225	231	237	244	250

2. The following table represents minimum weights for BMI of 19.0.

Represents Minimum Allowable Weights for BMI of 19.0 (regardless of age)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	91	94	97	100	104	107	110	114	117	121	125	128	132	136	140	144	148	152	156	160	164	168	173