

Please check the NROTC program you are applying for:

Navy Option

Marine Option

If you have any questions, please call (334) 844-4364.

Instructions for College Program Applicants

Complete numbers 1-14 on the instructions sheet. Marine applicants must also complete number 15. Check each box to the right to confirm you have satisfied all requirements.

1. Answer all questions to the best of your ability. ☐
2. Complete NSTC 1533/355 (Rev 08/19) NROTC College Program Application. ☐
3. Complete FF "Hqto "4: 29/2 and bring it with you to your medical examination. ☐
4. The medical examination may be completed by your family physician or at a military medical facility. The examining physician must complete and sign the Preparation Physical Evaluation Physical Examination Form **AND** DD 2807-2. ☐
5. The following disqualifying items are commonly overlooked:
 - a. Navy ROTC students cannot be colorblind. (Waivers available for Marine options.) ☐
 - b. Visual acuity must be correctable to 20/20 in each eye. ☐
6. Please write your Auburn Student ID# (i.e. 902...903...) ☐

7. Complete and sign Drug Statement for NROTC Application NSTC 1533/101 AND the NROTC Drug and Alcohol Statement of Understanding NSTC 1533/153. Anyone who is a legal adult may sign as a witness EXCEPT family members.

Instructions for College Program Applicants

8. All applicants must complete a physical assessment. Navy options will complete the NROTC AFA and Marine options will complete the NROTC PFA. Instructions are provided in this application. You do not need to complete both. ☐
9. Hard copies of SAT/ACT scores must be submitted with the application. ☐
10. Submit your high school transcript. Any applicant with college credit must also submit their most recent college transcript. ☐
11. Complete the uniform fitting chart IN FULL. ☐
12. Provide two letters of reference. These can be from a guidance counselor/school administrator; a math, science, or English teacher; and another teacher, counselor (NJROTC included), coach, or employer. ☐
13. Complete the essay portion of the application. You are required to compose your own statements. You should think carefully about what you wish to say and attempt to answer the questions as concisely and completely as possible. You will be required to sign the essay that certifies that the statements are original work and that you composed them yourself. This is a short essay that should consist of 250 words per paragraph. If you need more space than the amount provided, attach another page to the application. ☐
14. Submit with your package a copy of your most recent immunization records.
15. **Marine applicants** must submit a recent full length color photo with the application. The applicant should be in business casual attire with a plain background.

**** If any of the requirements are not submitted or are incomplete, the applicant WILL NOT be considered for acceptance into the program.****

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RNGCUG'Y TKG'NGI HDN['Y J GTG'TGS WKTGF0**SIGNATURES MUST BE
WRITTEN, NOT DIGITALLY SIGNED****

ACCEPTANCE CRITERIA FOR APPLICANTS TO THE NROTC COLLEGE PROGRAM

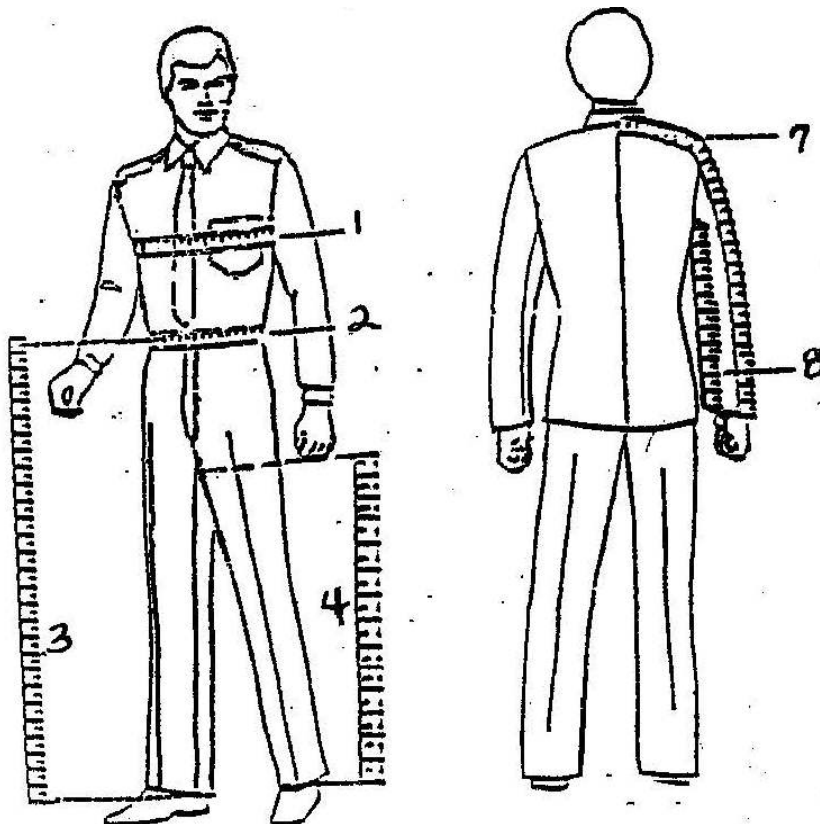
1. Acceptance is based upon ability to participate in strenuous physical activity and the absence of contagious disease, illness, or history of injury that will or is likely to require medical care or restriction of participation during training exercises or physical readiness testing.
2. Special attention should be given to orthopedic and cardiovascular conditions or complaints.
3. Conditions that are considered disqualifying include:
 - a. Symptomatic or recurrent orthopedic complaints
 - b. Allergies or hypersensitivity to foods, medications, or insect bites/stings
 - c. History of asthma, seizures or convulsions, head injuries requiring hospitalization, loss of consciousness
 - d. Diabetes requiring dietary restrictions or medication
 - e. History of chronic motion sickness, sleep walking, or bed wetting since age 9
 - f. Use of certain forms of medication
4. Specific clinical examinations that are required include urinalysis, hemoglobin and/or hemocrit. When clinically indicated, laboratory test for hemoglobinopathies is recommended.
5. For purpose of this examination, there is no specific limit for defective vision. However, applicants who wear glasses or contact lenses but cannot participate in training activities that require removal of glasses (or contacts) should be reviewed on a case-by-case basis.
6. There is no provision for "waiver" of the acceptance criteria for participating in the NROTC College Program. Examining physicians may submit appropriate statements for consideration of acceptance when the examiner is of the opinion that the applicant will not encounter any restriction of participation in the program and that the condition in question does not present an unacceptable risk for aggravation or worsening as the result of participation in the activities of the program. Conditions that will require medication or treatment during the period of training should be considered as not meeting the criteria for qualification.
7. Final authority for acceptance of applicants is the Commanding Officer, NROTC Unit, Auburn University.

NAVAL ROTC MALE UNIFORM FITTING CHART

NAME: _____

Please complete measurement chart below. Use same pictures at bottom as guide for taking measurements. Be advised that the sizes you list below will be used to issue your uniforms to you. The chart can be returned via email nrotc@auburn.edu or fax to (334) 844-3428.

1. Chest (measure all the way around body): _____
2. Waist (snug, not tight): _____
3. Outseam (measure from top of waistband to top of shoe heel): _____
4. Inseam (measure from crotch to top of shoe heel): _____
5. Hat size: _____
6. Shoe size: _____
7. Outside sleeve (from middle of back around elbow to wrist) : _____
8. Inside sleeve (measure along underarm seam with coat on): _____
9. Neck size: _____
10. Height: _____ Weight: _____



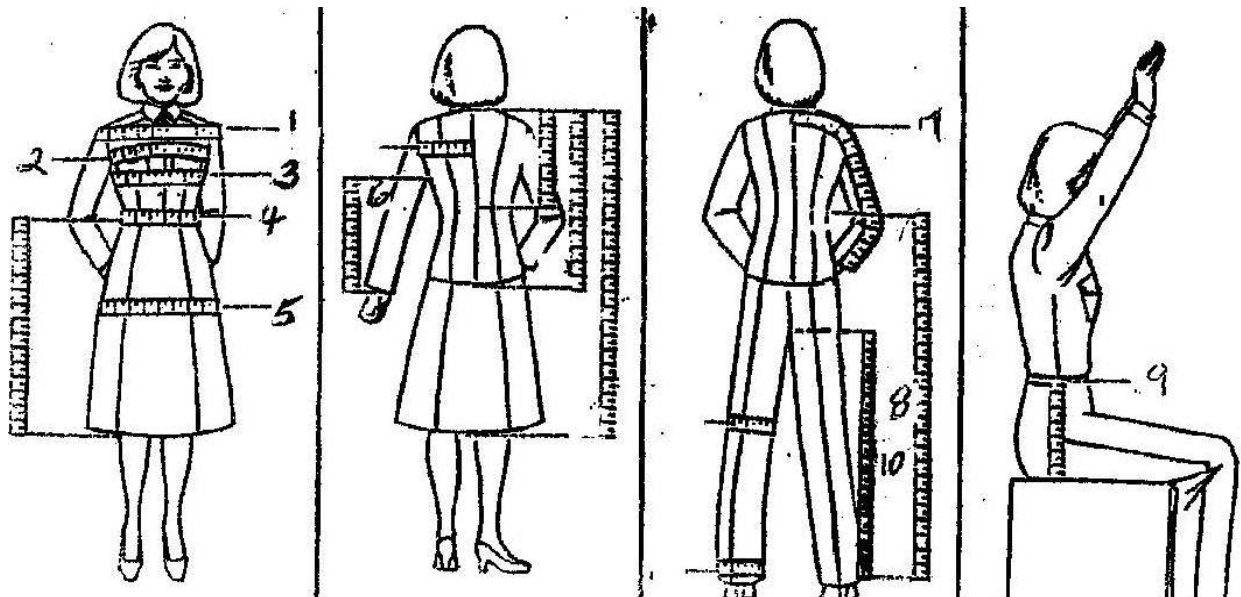
NAVAL ROTC

FEMALE UNIFORM FITTING CHART

NAME: _____ SSN: _____

Please complete measurement chart below. Use same pictures at bottom as guide for taking measurements. Be advised that the sizes you list below will be used to issue your uniforms to you. The chart can be returned via email nrotc@auburn.edu or fax to (334) 844-3428.

1. Over the arm (measure around shoulders with arms down): _____
2. Chest (above breast): _____
3. Bust (across breast): _____
4. Waist (snug, not tight): _____
5. Hip: _____
6. Inside sleeve (measure along underarm seam with coat on): _____
7. Outside sleeve (from undercollar to shoulder seam down to wrist): _____
8. Slack length (measure from top of waistband to top of shoe heel): _____
9. Slack crotch depth (measure from top of waistband to seat): _____
10. Slack inseam length (from slack crotch to top of shoe heel): _____
11. Neck size: _____
12. Height: _____ Weight: _____
13. Shoe Size: _____
14. Hat Size (head circumference): _____



Auburn NROTC Physical Fitness Assessment

(Marine Option)

Auburn University NROTC Physical Fitness Assessment is to gauge whether a prospective Marine Option candidate possesses the physical aptitude to make him or her competitive for selection of an NSTC 2 or 3-year Marine Option NROTC Scholarship. Candidates are required to complete the USMC Physical Fitness Test and Body Composition Analysis under the direction of qualified personnel on Active Duty (Officer Selection Officer or USMC Recruiter) as per MCO 6100.13.

Section I - BODY COMPOSITION ANALYSIS

Name: _____ Date: _____

Gender: Male Female Age: _____

Height: inches Weight: lbs

BCA Measurements if required:

	1 st Measurement	2 nd Measurement	3 rd Measurement
NECK			
WAIST/ABDOMEN			
HIP			

MALE [Circumference Value = (Abdomen) - (Neck)]:

FEMALE [Circumference Value = (Waist) + (Hip) – (Neck)]:

Is Marine Option Candidate with USMC Height and Weight Standard as per MCO 6100.13?

YES NO

Section II - PHYSICAL FITNESS TEST

Date Complete:

PULL – UPS (Male):

FLEXED - ARM HANG (Female): seconds

ABDOMINAL CRUNCH:

3-MILE RUN: minutes seconds

Section III - ADMINISTRATOR INFORMATION

Name: Rank/MOS:

Command: Phone Number:

NROTC APPLICANT FITNESS ASSESSMENT

(Navy Option)

The NROTC Applicant Fitness Assessment (AFA) is a component of the NROTC application and must be submitted to your recruiter in order for the application to be complete. The test consists of abdominal crunches, push-ups, and a one-mile run. The purpose of the test is to evaluate your level of physical fitness. The test can be administered by any physical education instructor, athletics coach, an active duty officer, active duty E-7 or NJROTC instructor. Applicants accustomed to regular physical activity should have no difficulty with the AFA. 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.

The three test events of the AFA are administered consecutively in a 25-minute time period. Applicants should attempt to do their best on all events, keeping in mind that the events are sequenced to produce a cumulative loading effect. Applicants' scores will be included in their application to the scholarship selection board. The maximum score, by event and gender, are listed in the table below. An applicant who achieves the maximum level on either of the first two events should not attempt further repetitions, as this will not improve his/her score.

	Crunches	Push-Ups	1-Mile
Male	95	75	5:20
Female	95	50	6:00

Test Site

The AFA can be administered in two adjacent venues; an indoor gymnasium and an outdoor track.

The 1-mile run is the last event administered in the AFA. Although it may be administered in an indoor gymnasium or stadium, time has been allotted for transit to an outdoor track. Regardless of the 1-mile run course, the running surface should be flat and free of debris. In either the indoor or outdoor facility, it is imperative that the 1-mile distance be measured accurately. In submitting the time for the run, the applicant and scorer are affirming that the 1-mile distance has been measured and is accurate.

Test Procedures

The AFA may be conducted at any time during the application period (April thru January) but must be accomplished in order for the application to be processed by the recruiter. Results of each event will be recorded on the [AFA score sheet](#) ; the score sheet will be given to the recruiter for inclusion in the application package.

On test day, the applicant should be encouraged to spend 20-30 minutes in active warm-up and stretching prior to beginning the test. The test battery must be completed according to the timeline below, and applicants are not permitted to warm up, rest, or practice other than during the time officially allotted. The administering official will read and be familiar with these test instructions prior to administration. The following statement must be read verbatim to the applicant prior to beginning the test:

"You are about to take the Naval ROTC Applicant Fitness Assessment. The results of this test will be used in the NROTC scholarship application process by demonstrating your level of physical fitness. You may cease work when you have scored the maximum for any individual event. Otherwise, do your best on each event. You have 25 minutes to complete the entire test. After you complete each event, the scorer will record your score and the time the event was tested. If at any time you cannot continue to meet the timed requirements, the test will be terminated."

Testing Sequence

The test sequence will follow the order listed below. This order cannot be modified. There are no exceptions to this sequence or timing.

Events	Test Start Time	Event Testing Time	Rest	Total Elapsed Time
Crunches	0:00	2 minutes	3 minutes	5:00
Push-Ups	5:00	2 minutes	3 minutes	10:00
1-Mile Run	15:00	10 minutes	5 minutes*	25:00

** The 5-minute rest includes the transition time to the outdoor track. If the 1-mile run cannot be started by minute 15, an alternative arrangement for a running surface must be found.*

Abdominal Crunches

This measures abdominal/core body muscular endurance.

The applicant must:

Assume a supine (back on floor), bent-knee position (approximately 90-degree bend) on a mat with arms crossed, fingers extended, touching the top of the shoulders, with shoulder blades touching the floor/mat.

Upon the command "GO", flex from the hip, raising the elbows so that they touch the front midpoint (or higher) of the thigh without finger tips losing contact with the top of the shoulders; extend from the hip until the shoulder blades touch the floor/mat.

Applicants cannot rest in the down position. Resting is only permitted in the up position. Fingers must stay in contact with the top of the shoulders while resting, and applicants cannot grab their legs or touch the ground with their hands.

The scorer will:

Note the event start time (should be 0:00 elapsed).

Monitor the start position to determine that the applicant's shoulder blades are touching the mat, fingers are touching the shoulders, knees are bent approximately 90 degrees, and an assistant is properly holding the applicant's feet (hands only on top of each ankle or foot).

Give the command "GO" and start a stopwatch for the 2-minute trial.

Count one repetition each time the applicant's shoulder blades touch the floor/mat.

Monitor body position making sure during each repetition that the buttocks stay in contact with the mat, knees are bent appropriately, hands remain in contact with the shoulders, elbows make contact with the mid-thigh, and shoulder blades touch the floor/mat.

Verbalize "NO" for any repetition that does not meet the criteria listed above.

Stop the test at the 2-minute mark and record the number of repetitions.

Push-ups

This measures upper body muscular endurance.

The candidate must:

Assume a prone (abdomen toward the ground) position supported on one knee on a 1-inch mat or a hard surface floor.

On the command "READY POSITION", assume the front-leaning rest position (arms extended) by placing your hands where they are comfortable (Width is variable). Feet may be together or up to 12 inches apart. When viewed from the side, your body should form a straight line from your shoulders to your ankles.

On the command "GO", begin the push-up event by bending elbows and lowering entire body as a single unit until your upper arms are at least parallel to the ground (90-degree bend). Return to the starting position by extending arms and raising entire body as a single unit until arms are fully extended.

May rest in the up position, flexing or bowing the back as long as hands and feet remain in contact with the floor, and no other body part touches the floor.

Must return to the generally straight body position before attempting another repetition.

The scorer will:

Note the event start time (should be 10:00 elapsed).

Give the command "GO" and start a stopwatch for a 2-minute trial.

Monitor each repetition, making sure body remains straight, moving as a single unit, upper arm is parallel to the floor in the down position, and the arms come to full extension in the up position.

Verbalize "NO" for any repetition that does not meet the criteria listed above.
Stop the test at the 2-minute mark and record the number of repetitions.

Terminate the event if the candidate lifts a hand or foot off the ground or touches the ground with any body part other than the hands or feet.

Mile Run

This measures aerobic capacity and endurance.

The candidate must:

Run continuously for one mile (walking is allowed although strongly discouraged).

The scorer will:

Certify the 1-mile run distance.

Note the start time (should be 15:00 elapsed)

Give the command "GO" and start a stopwatch.

Monitor the candidate to make sure that he/she does not:

Receive physical help during the event.

Leave the designated running course for any reason.

Receive pacing by another person.

Stop the watch as the candidate crosses the finish line, and record the score in minutes and seconds.

NROTC APPLICANT FITNESS ASSESSMENT

Applicant's Name (Last, First, MN):

Applicants height (inches): _____

Applicant's weight: _____

READ TO APPLICANT:

"You are about to take the Naval ROTC Applicant Fitness Assessment. The results of this test will be used in the NROTC scholarship application process by demonstrating your level of physical fitness. You may cease work when you have scored the maximum for any individual event. Otherwise, do your best on each event. You have 25 minutes to complete the entire test. After you complete each event, the scorer will record your score and the time the event was tested. If at any time you cannot continue to meet the timed requirements, the test will be terminated."

Start Time: _____

Number of Crunches completed in 2 minutes: _____

Number of Push-ups completed in 2 minutes: _____

1 Mile Run Time: _____minutes _____seconds

End Time: _____

Evaluator's Signature: _____

Evaluator's Printed Name: _____

Evaluator's Title/Position: _____

Date: _____

Essay

- First paragraph: What do you believe has been your greatest accomplishment to date?
- Second paragraph: Why do you want to become a Navy/Marine Officer?
- Third paragraph: Provide your biographical essay. Give a brief description of your family, schooling, military experience, employment, hobbies, athletics, interests, and type of duty desired when commissioned.

Signed: _____