



**United States Merchant Marine Academy**  
Candidate Fitness Assessment Scoring Sheet

Candidate Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Height: \_\_\_\_\_ (inches)    Weight: \_\_\_\_\_ (pounds)

SSN: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Signature: \_\_\_\_\_

Name of Examiner: \_\_\_\_\_

Position / Title: \_\_\_\_\_

Test Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

**1. BASKETBALL THROW (Record the best of 3 attempts, in feet)**

1st Throw: \_\_\_\_\_

2nd Throw: \_\_\_\_\_

3rd Throw: \_\_\_\_\_

**2. PULL-UPS (For Men or Women)            OR            FLEXED-ARM HANG (For Women Only)**

Number of Repetitions: \_\_\_\_\_            Seconds: \_\_\_\_\_

**3. SHUTTLE RUN (2 round-trips required per attempt - Record the best of two attempts)**

Seconds: \_\_\_\_\_ Tenths: \_\_\_\_\_

**4. MODIFIED SIT-UPS:**

Number of Repetitions: \_\_\_\_\_

**5. PUSH-UPS:**

Number of Repetitions: \_\_\_\_\_

**6. 1-MILE-RUN:**

Minutes: \_\_\_\_\_ Seconds: \_\_\_\_\_