



United States Merchant Marine Academy Candidate Fitness Assessment Scoring Sheet

Candidate Name: _____

Address: _____

City, State, Zip: _____

Height: _____ Weight: _____

SSN: _____ - _____ - _____

Signature: _____

Name of Examiner: _____

Position / Title: _____

Test Date: _____ Phone: _____

Signature: _____

1. Basketball Throw

1st Throw (in Feet): _____

2nd Throw: _____

3rd Throw: _____

2. Pull-Ups (For Men or Women) OR Flexed-Arm Hang (For Women Only)

Number of Repetitions: _____ OR Seconds: _____

3. 40-Yard Agility Run (Only the best of two times will be submitted)

1st Run: _____ - _____

2nd Run: _____ - _____

4. Crunches:

Number of Repetitions: _____

5. Push-ups:

Number of Repetitions: _____

6. 1-Mile Run:

Time: _____ minutes, _____ seconds