



United States Merchant Marine Academy Candidate Fitness Assessment Score Sheet

Test Date: _____

First Attempt ☐

Retake ☐

Applicant Name: _____

Email Address: _____

Home State of Record: _____

DOB: _____ Height: _____ (inches) Weight: _____ (pounds)

Name of Evaluator: _____

Position / Title: _____ Phone: _____

*Evaluator Signature: _____

1. Basketball Throw (best of three attempts will be submitted)

1st Throw: _____ (feet)

2nd Throw: _____

3rd Throw: _____

2. Pull-Ups (men or women): _____ (repetitions)

OR

Flexed-Arm Hang (women's option): _____ (nearest tenth of a second)

3. Shuttle Run (best of two attempts will be submitted)

1st Run: _____ (nearest tenth of a second)

2nd Run: _____

4. Crunches: _____ (repetitions)

5. Push-Ups: _____ (repetitions)

6. Mile-Run: _____ : _____ (minutes : seconds)

**This form must be submitted by an approved evaluator directly into the USMMA Evaluator Portal. More information on the Candidate Fitness Assessment is available at <https://www.usmma.edu/admissions>.*