

AFROTC PRE-PARTICIPATORY SPORTS PHYSICAL

Name of Candidate: _____, AFROTC Detachment 790

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 to include vigorous calisthenics, such as sit-ups and push-ups, and running 1.5 – 2.0 miles.

Candidates Height: _____ Weight: _____ shows that he/she is/is not within Air Force weight standards (per chart below).

Signature of Physician or Medical Authority

Date of Examination

MAXIMUM AND MINIMUM AIR FORCE ALLOWABLE WEIGHT STANDARDS

TABLE 1. MAXIMUM ALLOWABLE WEIGHTS FOR BMI OF 27.5 (REGARDLESS OF AGE) (58 - 80 INCHES)

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
MAXIMUM WEIGHT (POUNDS)	131	136	141	145	150	155	160	165	170	175	180	186	191	197	202	205	214	220	225	231	237	244	250

TABLE 2. MINIMUM ALLOWABLE WEIGHTS FOR BMI OF 19.0 (58 - 80 INCHES)

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
MAXIMUM WEIGHT (POUNDS)	91	94	97	100	104	107	110	114	117	121	125	128	132	136	140	144	148	152	156	160	164	168	172

Information contained on this form may need to be safeguarded IAW the Privacy Act of 1974
This form will 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; however, 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.