

FITNESS



CADET CHALLENGE

1. **Curl-ups:** Conduct this event on a flat, clean surface, preferably with a mat. Start cadets in a lying position on their backs with their knees up so their feet are flat on the floor and about 12 inches from their buttocks. Cadets should have their arms crossed with their hands placed on opposite shoulders and their elbows held close to the chest throughout the exercise. The feet are to be held by a partner at the instep. At the command “ready, go,” cadets raise the trunks of their bodies, curling up to touch the elbows to the thighs. They must then lower their backs so that their shoulder blades touch the floor/mat. This constitutes one repetition of a curl-up. During each repetition, bouncing off the floor/mat is not allowed and the fingers must touch the shoulders at all times. Cadets have two minutes to complete curl-ups.
2. **Right Angle Push-ups:** The cadet lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The cadet straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner may hold his/her hand at the point of 90-degree angle so that the cadet being tested goes down only until his/her shoulder touches the partner’s hand. Cadets have two minutes to complete push-ups.
3. **One-Mile Run/Walk:** Conduct this event on a flat area that has a known measured distance of 1 mile with a designated start and finish line. (Note: Giving the cadets a lightweight numbered device to carry or wear in any manner that will not slow them down while running makes it possible to have many cadets run at one time. A good practice would be to have them pair off before the start of the event, then have one cadet from each pair run while the other cadets keep track of the number of laps their partners complete as well as listening for their times as they cross the finish line.) Start cadets at the standing position. At the command “ready, go,” the cadets start running the 1-mile distance. Although walking is permitted, encourage cadets to cover the distance in the shortest time possible. Scoring should be to the nearest second.

AWARDS FOR COMPLETING THE CADET CHALLENGE

The NJROTC Physical Fitness Ribbon will be awarded to cadets who attain satisfactory or better in each of the three Cadet Challenge events (curl-ups, push-ups and the one mile run/walk). Additional recognition of a gold, silver or bronze lamp is determined by overall point score. The most recent PRT cycle determines which device, if any, is worn by the cadet.

JROTC PRT Standards

Curl-Ups (2 min no cadence)

	FEMALE					MALE				
AGE:	13	14	15	16	17	13	14	15	16	17
Outstanding	73	74	75	76	77	92	93	94	95	96
Excellent	58	59	60	61	62	77	78	79	80	81
Good	43	44	45	46	47	61	62	63	64	65
Satisfactory	29	30	31	32	33	45	46	47	48	49



Push-Ups (2 min no cadence)

	FEMALE					MALE				
AGE:	13	14	15	16	17	13	14	15	16	17
Outstanding	20	20	20	24	25	39	40	42	44	53
Excellent	17	18	18	21	22	35	37	39	40	47
Good	14	15	16	18	19	31	34	35	36	42
Satisfactory	12	13	14	15	16	27	28	30	32	37



1-Mile Run/Walk











	FEMALE					MALE				
AGE:	13	14	15	16	17	13	14	15	16	17
Outstanding	8:35	8:31	8:27	8:23	8:15	6:50	6:26	6:20	6:08	6:06
Excellent	9:20	9:15	9:10	9:05	9:00	7:20	7:10	7:00	6:48	6:45
Good	10:05	10:00	9:55	9:50	9:45	8:05	7:55	7:45	7:28	7:20
Satisfactory	11:40	11:30	11:20	11:10	11:00	9:05	8:55	8:45	8:30	8:20



Steps for Finding Your Physical Fitness Award

Note: You must achieve at least a Satisfactory in all three categories to receive a PRT award.

- Assign a number to each of the three categories (curl-ups, push-ups, run/walk).
Use: **4** if you scored an **outstanding**,
 3 for **excellent**,
 2 for **good**,
 1 for **satisfactory**.
- Add the three numbers to find your total points.
- Find your number in the chart to see your award level.

TOTAL POINTS	AWARD	
12	Ribbon with Gold lamp	
11	Ribbon with Gold lamp	
10	Ribbon with Silver lamp	
9	Ribbon with Silver lamp	
8	Ribbon with Bronze lamp	
7	Ribbon with Bronze lamp	
6	Ribbon with Bronze lamp	
5	Ribbon	
4	Ribbon	
3	Ribbon	

Examples:

- Outstanding run/walk (4), Excellent curl-ups is (3), Outstanding push-ups (4). $4+3+4=11$.
Award is Ribbon with Gold Lamp.
- Excellent run/walk (3), Outstanding curl-ups (4), Good push-ups (2). $3+4+2=9$.
Award is Ribbon with Silver lamp.
- Excellent run/walk (3), good curl-ups (2), Satisfactory push-ups (1). $3+2+1=6$.
Award is PRT ribbon with Bronze lamp.
- Satisfactory run/walk (1), Satisfactory curl-ups (1), excellent push-ups (3). $1+1+3=5$.
Award is PRT ribbon.
- Good run/walk (2), Satisfactory curl-ups (1), below Satisfactory push-ups.
No award since you must achieve at least Satisfactory in each category.