

AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL

1. CADET/APPLICANT NAME:

2. AFROTC DETACHMENT:

MEDICAL AUTHORITY: *Measure height and weight of cadet/applicant. Compare results to AF standards located below.*

AFROTC CADRE: *If cadet exceeds AF weight standards, conduct a Body Fat Measurement IAW 1308.3, the check the applicable block.*

3. CADET/APPLICANT MEASUREMENTS

HEIGHT:

WEIGHT:

4. AIR FORCE WEIGHT STANDARDS
Reference tables on Page 2

MINIMUM:

MAXIMUM:

5. BODY FAT MEASUREMENT
MALES: WAIST - NECK
FEMALES: WASIT + HIP - NECK

Note: To be done if candidate exceeds maximum AF weight

AIR FORCE BODY FAT STANDARDS

FEMALE
29 YEARS OLD AND YOUNGER- 28%
30 YEARS AND OLDER- 32%

MALE
29 YEARS AND YOUNGER- 20%
30 YEARS AND OLDER- 24%

6. CHECK APPLICABLE BOX:

- IS WITHIN AIR FORCE WEIGHT STANDARDS
 EXCEEDS AIR FORCE WEIGHT STANDARDS
 IS BELOW AIR FORCE WEIGHT STANDARDS

MEDICAL AUTHORITY CERTIFICATION

7. **(FOR MEDICAL AUTHORITY):** PLEASE REVIEW THE ABOVE INFORMATION. CONDUCT COUSELING BELOW IN APPLICABLE AREAS, AND SIGN AT THE BOTTOM.

I, (print name) _____, HAVE EXAMINED THIS CADET/APPLICANT AND REVIEWED HIS/HER MEDICAL HISTORY. THE FOLLOWING ARE THE RESULTS:

8. **(IF CADET/APPLICANT IS BELOW AIR FORCE WEIGHT STANDARDS)**

I CERTIFY THIS CADET/APPLICANT'S LEAN BODY MASS POSES NO HEALTH RISK; NO SIGNS OF ANOREXIA OR BULIMIA EXIST. I HAVE DISCUSSED THE IMPORTANCE OF NUTRITION AND WEIGHT MANAGEMENT. _____ *(Medical Authority Initials)*

9. **(FOR CADET/APPLICANT EXCEEDS AIR FORCE WEIGHT STANDARDS)**

I HAVE DISCUSSED APPROPRIATE AND SAFE WEIGHT LOSS WITH THE CADET/APPLICANT. _____ *(Medical Authority Initials)*

10. **(FOR ALL)**

I FOUND / DID NOT FIND *(please circle one)* MEDICAL CONDITION(S) OR PHYSICAL IMPAIRMENT(S) THAT WOULD PRECLUDE THIS CADET/APPLICANT FROM PARTICIPATING IN A RIGOROUS PHYSICAL TRAINING PROGRAM.

11. **NOTE:** IF A MEDICAL CONDITION/PHYSICAL IMPAIRMENT EXISTS THAT MAY PRECLUDE INDIVIDUAL FROM PARTICIPATING, PLEASE EXPLAIN:

PHYSICIAN OR MEDICAL AUTHORITY SIGNATURE

EXAMINATION DATE