

**ACCEPTANCE CRITERIA FOR APPLICANTS  
TO THE NROTC COLLEGE PROGRAM**

1. Acceptance is based upon ability to participate in strenuous physical activity and the absence of contagious disease, illness, or history of injury that will or is likely to require medical care and cause restriction of participation during training exercises or physical readiness testing.
2. Special attention should be given to orthopedic and cardiovascular conditions or complaints.
3. Conditions that are considered disqualifying include:
  - a. Symptomatic or recurrent orthopedic complaints.
  - b. Allergies or hypersensitivity to foods, medications, or insect bites.
  - c. History of asthma, seizures or convulsions, head injuries requiring hospitalization, or loss of consciousness.
  - d. Diabetes requiring dietary restrictions or medication.
  - e. History of chronic motion sickness, sleep walking, or bed-wetting since age 9.
4. Specific clinical examinations that are required include urinalysis, hemoglobin and/or hemocrit. When clinically indicated, laboratory test for hemoglobinopathies is recommended.
5. For purposes of this examination, there is no specific limit for defective vision. However, applicants who wear glasses or contact lenses but cannot participate in training activities that require removal of glasses (or contacts) should be reviewed on a case-by-case basis.
6. There is no provision for “waiver” of the acceptance criteria for participating in the NROTC College Program. Examining physicians may submit appropriate statements for consideration of acceptance when the examiner is of the opinion that the applicant will not encounter any restriction of participation in the program and that the condition in question does not present an unacceptable risk for aggravation or worsening as the result of participation in the activities of the program. Conditions that will require medication or treatment during the period of training should be considered as not meeting the criteria for qualification.
7. Final authority for acceptance of applicants is the Commanding Officer, Marquette University NROTC Unit.
8. The following are the minimum standards for physical testing for Navy and Marine Corps Option students in the NROTC Program. These are only the minimums. All midshipmen will be required to perform at higher levels during NROTC training.

**MINIMUM Navy Physical Readiness Test Standards**

	<u>17-19 Years</u>		<u>20-24 Years</u>	
	Male	Female	Male	Female
Curl-ups (Sit-Ups) [2 minutes]	62	62	58	58
Push-Ups [2 minutes]	51	24	47	21
1.5 Mile Run Time	11:00	13:30	12:00	14:15

**MINIMUM Marine Corps Physical Fitness Test Standards**

	<u>Male</u>	<u>Female</u>
Curl-Ups (Sit-Ups) [2 minutes]	50	40
Pull-Ups [2 minutes]	3	Not Required
Flexed Arm Hang Time	Not Required	15 Seconds
3 Mile Run Time	28:00	31:00

**REPORT OF MEDICAL EXAMINATION**

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Last Name	First Name	Middle Name	Age
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**INSTRUCTIONS FOR MEDICAL EXAMINER:**

The standard for acceptance into the NROTC College Program is the ability to fully participate in training activities. This includes strenuous physical exercise and activities which may occur in a hot and humid environment to include distance running, sprinting, swimming, other aerobic exercises, push-ups, sit-ups, and other strength exercises. Defects that have the potential to result in illness or injury brought on by physical exercise should be identified. The examiner should list any condition(s) that may interfere with full and unrestricted participation. Conditions that will or are likely to require treatment, particularly unresolved injuries and recurrent illness must be listed. History of immunization should be verified to the satisfaction of the medical examiner.

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Ht \_\_\_\_\_ Wt \_\_\_\_\_ Obese: Yes \_\_\_ No \_\_\_ Pulse: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_/\_\_\_\_\_

Eyes, Ears, Nose: \_\_\_\_\_

Vision: Wears glasses: Yes \_\_\_ No \_\_\_ Wears contacts lenses: Yes \_\_\_ No \_\_\_

Hemoglobin: \_\_\_\_\_ and/or Hematocrit: \_\_\_\_\_

Urinalysis: Glucose \_\_\_\_\_ Albumin \_\_\_\_\_ Blood \_\_\_\_\_

Lungs: \_\_\_\_\_ Heart: \_\_\_\_\_ Abdomen: \_\_\_\_\_ Genitalia: \_\_\_\_\_ Hernia: \_\_\_\_\_ Spine: \_\_\_\_\_

Orthopedic oriented examination (evaluation of conditions that may limit involvement in physical activities i.e., sports, physical training, etc.):

Body Symmetry: \_\_\_\_\_ Cervical Spine Motion: \_\_\_\_\_ Upper Body Flexibility: \_\_\_\_\_

Lower Body Flexibility: \_\_\_\_\_ Knee Stability: \_\_\_\_\_ Other: \_\_\_\_\_

Remarks:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

It is the opinion of the medical examiner that the examinee has \_\_\_\_\_ does not have \_\_\_\_\_ a communicable (or other) disease, injury, or other condition that will restrict his / her participation in the NROTC College Program. (List any disqualifying defects above.)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Typed or printed name of Examiner

\_\_\_\_\_  
Date