

VIRGINIA MILITARY INSTITUTE
Lexington, Virginia

GENERAL ORDER
NUMBER 31)

21 October 2019

Corps of Cadets Physical Training Program

1. Purpose and Applicability. This order establishes the policy for the Corps of Cadets Physical Training Program, to include the VMI Fitness Test (VFT) and Remedial Physical Training (RPT). It applies to the Corps of Cadets during the academic year.
2. Responsible Officials. The Commandant of Cadets is responsible for managing the Corps Physical Training Program (PTP), to include the body composition measurement. Each Company Tactical Officer is responsible for managing the PTP for their company and has oversight for monitoring the body composition measurement and body fat assessment for cadets on RPT in their company. The Post Physician is responsible for conducting the body fat assessment if and when it is required. The Professors of Military Science, Naval Science, and Aerospace Studies are responsible for managing their respective ROTC service specific physical fitness programs.
3. General. Health and fitness are directly related to a successful VMI experience. The Physical Training Program is designed to encourage a lifestyle of year-round fitness as well as promote aerobic and muscular fitness, flexibility, and optimal body composition. The goal of the PTP is to improve the health and fitness of cadets by incorporating all fitness components (cardiovascular endurance, muscular strength, muscular endurance, flexibility, and appropriate body composition) into a rigorous exercise regimen, thus reducing their health risk both now and in the future.
4. Physical Training Program. The PTP has four components – physical training time (PTT), individual training time (ITT) formerly and sometimes referred to as ‘personal workout’ (PW), VFT, and RPT.
 - A. Physical Training Time (PTT) - 1605 – 1800 hours on Mondays and 1105 – 1215 hours on Fridays.
 - 1). The time allocated for PTT is for the conduct of physical exercising. PTT is the primary opportunity for the corps to conduct mandated physical conditioning and training.
 - 2) The ROTC departments have primary responsibility for the conduct of physical training during this period for 3rd and 4th class cadets, and for contracted and commission seeking 1st and 2nd class cadets. These cadets must participate with their respective ROTC departments during the PTT sessions, and ROTCs are responsible for accountability of these cadets. ROTCs must notify the Commandant of any cadets dropped from this group, and direct them to participate in PTT IAW 4.A.3.
 - 3) The Commandant is responsible for the physical training of all non-commissioning 1st and 2nd class cadets and any other select cadets not part of the ROTC department’s PTT program, during PTT
 - 4) In accordance with General Order #1, all Cadets on NCAA permit are exempt from participation in PTT on Mondays and must report to their respective team training.

NCAA athletes are not permitted to remain in barracks or academic buildings during PTT unless they have approved all-duty status.

All Cadets on in-season NCAA permit are exempt from participation in PTT on Fridays and must report to their respective team training. All Cadets on NCAA out-of-season status must participate in PTT on Fridays. NCAA athletes are not permitted to remain in barracks or academic buildings during PTT unless they have approved all-duty status.

- 5) Uniform for PTT is the Cadet Physical Fitness Uniform. Cadets must wear the designated VMI physical fitness uniform during PTT sessions and when conducting physical fitness training on Post. Cadets are not authorized to wear ROTC physical fitness uniforms when conducting physical fitness training at VMI unless approved by the Commandant.
- 6) During PTT, the following guidelines are in effect:
 - a. The Professors of Military Science, Naval Science and Aerospace Studies schedule physical training activities related to their physical fitness programs. ROTC departments and the Commandant have facility scheduling priority for the Friday PTT.
 - b. The Commandant, through the use of Company TAC officers and Cadets-in-Charge, schedule physical training activities in support of the intent of this order.
 - c. The Director of Intercollegiate Athletics may schedule in-season athletic team activities on Monday and Friday and out-of-season athletic team activities on Mondays. Cadets on NCAA permits are not authorized to remain in barracks or academic buildings during PTT unless they have All Duty status.

B. Individual Training Time (ITT) / Personal Workout (PW). All cadets should complete at least one hour PW a week. The PW should include cardiovascular endurance and muscular strength exercises. In addition, exercises should also include motor skills, speed, agility, muscle power, eye-hand coordination and eye-foot coordination.

C. VMI Fitness Test (VFT).

- 1) VFT Administration. Every cadet will take the VFT during each semester.
- 2) Scheduling.
 - a. The first VFT for new cadets (except those on NCAA in-season permit at the beginning of the semester) is diagnostic and is used as the baseline measurement to gauge improvement over time. It is administered during Matriculation week.
 - b. A record VFT is administered in August for designated NCAA in-season teams, typically prior to Registration day.
 - c. Readmitted cadets must take a diagnostic VFT. The VFT is scheduled by the Registrar and conducted by the Commandant's staff, typically the day prior to Registration day.
 - d. The scored VFT is given in the fall semester for all cadets, typically in late September or October. Another scored VFT is given in the spring semester for all cadets, typically in early March.
 - e. The VFT schedule is included in the Corps weekly training schedule.
 - f. The Company Tactical Officer may make special arrangements for testing cadets on guard, the GIM, NCAA-related practices and events, or other conflicts.
- 3) Testing Procedures and Standards.

- a. The cadet S6 staff publishes testing procedures in the VFT OPORD/SOP annually.
 - b. The Commandant and his staff are overall responsible for the administration of the VFT. Pull ups must be graded by a member of the Commandant’s staff. Selected and approved cadets or other staff or faculty may assist with the grading of the sit ups and run.
 - c. Cadets must pass the VFT to hold rank in the Corps of Cadets.
 - (1) Cadets holding rank who fail the VFT will be allowed one opportunity to retest. Failure of the VFT retest will result in immediate loss of rank.
 - (2) Cadets who lose rank and subsequently pass the VFT may apply for rank vacancies and/or rank for the upcoming year.
 - d. Cadets who do not pass the VFT are placed in remedial physical training (see paragraph 4.D. for details).
 - e. Cadets may not take a ‘partial VFT’; they are either excused by the Post Physician or must take the entire VFT.
- 4) Scoring.
- a. Passing the VFT is defined as achieving a minimum score of 60 points in each of the three VFT events. Failing the VFT is defined as not achieving a minimum score of 60 points in any of the three VFT events regardless of the total points scored (see the table below for minimum scores).

MINIMUM PASSING VFT SCORES				
EVENT	MEN		WOMEN	
	MINIMUM	SCORE	MINIMUM	SCORE
Pull-ups (no time)	5	60	1	60
Sit-ups (2 minutes)	60	60	60	60
Run (2400 Meters)	12:30	60	14:20	60

- b. There is no maximum score. Points are awarded based on performance.
- c. The point scale for each VFT event (pull-up, sit-up, and 2400 meter run) is found in Annex A, and credit is awarded for performance below 60 scaled score points and above 100 scaled score points, determined as follows:

Sit-ups (male and female): 93= +1, 94= +2, 95= +3, 96= +4, etc.
 Pull-ups (male): +3 points for each additional pull-up
 Pull-ups (female): +5 points for each additional pull-up
 Run (male): +1 point for each 6 second decrease in time
 Run (female): +1 point for each 7 second decrease in time
- d. The overall score on the VFT is determined by the total number of points achieved on the scored events.
- e. Recognition of exceptional performance.
 - (1) The highest scoring male and female cadets overall and in each event are recognized on the VFT board located in the Commandant’s Office. Cadets must pass the VFT to be recognized as a high scorer.

- (2) The VMI Physical Fitness Badge is awarded to cadets for physical fitness excellence. To be awarded the gold badge cadets must obtain a minimum total scaled score of 270 or above, with a minimum of 90 points per event on the VFT. To be awarded the silver badge cadets must obtain a minimum total scaled score of 270 or above and have a passing score in each of the three events. Cadets are required to meet the above criteria on each record VFT in order to continue to wear the gold or silver badge.
- (3) Commandant's Cup points are awarded to each company based on the average total VFT score and percent pass rate as of Reading day each semester. Company tactical officers are responsible for testing cadets and/or retesting cadets in their company who want to retake the VFT to raise their score in support of this competition, prior to 1500 hrs on Reading day. Cadets who do not take the VFT by 1500 hrs on Reading day and have not been excused by the Post Physician receive a score of zero which is included in the computation of average VFT score for the company. Included in the Commandant's Cup computation in the spring semester are the results from the North Post Challenge and Third Class Marksmanship events. See also Commandant's Cup OPORD.
 - f. See Annex B for VFT event instructions.
 - g. See Annex C for details on the Alternate Event VFT rendered to select Athletes within the Cadet Corps.

D. Remedial Physical Training (RPT).

- 1) Cadets who do not pass the record VFT are placed in remedial physical training the week following the failed VFT. Cadets who pass the VFT are excused from RPT until such time they fail a record VFT.
- 2) RPT is conducted during military duty on Wednesday from 1605-1800 and Saturday from 0600-0700. Additionally, RPT is held during Monday and Friday PTT for cadets who are in the Commandant's PTT group; cadets form up with their normal PTT company for accountability and then depart to conduct RPT with the RPT group.
- 3) In accordance with General Order #1, cadets on in-season and in-season (non-traditional) NCAA permit are exempt from participation in RPT. Cadets on out-of-season NCAA permits who fail to meet the minimum VFT scores must participate in RPT (except on Monday afternoon during PTT).
- 4) In accordance with General Order #1, during the Wednesday military duty period participation in NCAA meetings or practices take precedence over RPT which then takes precedence over all other duty to include penalty tours and Club Sports (except when the club sport has an approved permit for a scheduled competition). On official Rat Challenge Wednesdays, upper class cadets on Rat Challenge station cadre are excused from RPT. Company Rat Challenge cadre are not excused from RPT.
- 5) ROTC RPT Guidance.
 - a. Cadets enrolled in ROTC will not conduct RPT on Mondays and Fridays during PTT, and must stay with their ROTC affiliated PTT group.
 - b. ROTC departments may direct a cadet that fails to meet/maintain service specific physical fitness standards to participate in VMI RPT, regardless of whether or not the cadet has passed the VFT. Although the cadet must abide by all stipulations above with regards to RPT, the ROTC department is responsible for said cadet's

accountability and duration of time to be spent on RPT.

- c. ROTC departments may also design and implement remedial physical fitness programs of their own, provided those programs do not conflict with the VMI RPT program. Exceptions may be granted by permit to the Deputy Commandant.

5. Cadet Height, Weight, Body Mass Index (BMI), and Body Fat Assessment.

- A. General. The Physical Training Program is designed to encourage a lifestyle of year-round fitness which may include routine body composition measurement. The goal is to achieve and maintain optimal body composition by incorporating proper nutrition into a rigorous exercise regimen. For commission-seeking cadets, each service ensures compliance with acceptable body composition standards specific to their service. The VMI physician may monitor select cadets as needed for health reasons and may in conjunction with the Cadet Counselors, counsel cadets on healthy body composition and nutrition. The Commandant and/or Company Tactical officers may counsel cadets in a professional manner who are not maintaining appropriate body composition. Cadets on RPT may be required to undergo body fat assessment and BMI analysis.
- B. Body Composition Measurement. During each semester that a cadet is on RPT, that cadet may be directed to have their height and weight measured in order to calculate their BMI. Cadets exceeding the required height/weight or BMI standard will be notified by their Company Tactical Officer to report to the VMI Health Center for a body fat assessment. Cadets are required to have their body fat assessment completed within three days after they are notified.
 - 1) Height. Measurement can be taken with the cadet in any uniform. Shoes will not be worn. The cadet stands on a flat surface with the head held horizontal looking directly forward, with the line of vision horizontal, and the chin parallel to the floor. The body should be straight, but not rigid, similar to the body position when at attention. Measurement is recorded to the nearest inch. If the height fraction is less than 1/2 inch, round down to the nearest inch. If the height fraction is 1/2 inch or greater, round up to the nearest inch.
 - 2) Weight. Measurement can be taken with the cadet in any uniform. Shoes will not be worn. Any extraneous equipment or outer clothing will be removed (e.g. jackets, covers). The measurement must be made on calibrated scales and recorded to the nearest pound with the following guidelines: If the weight fraction is less than 1/2 pound, round down to the nearest pound. If the weight fraction is 1/2 pound or greater, round up to the nearest pound. Subtract 3 pounds for clothing worn during official weight checks.
 - 3) Body Mass Index. According to the Centers for Disease Control, "Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems." Overweight is defined as a BMI of 25 to 29.9, while obesity is defined as a BMI of 30 or above (See charts below). The recommended upper limit of body fat as a percentage of body mass is 25.0%.

<i>BMI Formula</i>	
BMI = (lbs/inches²)	(weight in pounds x 703) <hr/> height in inches²

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5--24.9	Normal
25.0--29.9	Overweight
30.0 and Above	Obese

4) Body Fat Assessment. VMI Health Center personnel or qualified instructors in the Physical Education Department will administer the body fat assessment or will operate the “bod pod”. These authorized personnel measure body fat using only the circumference-based method with one set of measurements: Males - height, neck circumference, and abdominal circumference at the navel, and Females - height, neck circumference, waist circumference at the thinnest portion of the abdomen, and hips). Use of the “bod pod” as an alternate method of assessment is permitted. These methods are valid because of the emphasis on abdominal circumference; the site of human body fat deposition that is most strongly associated with health risks, and which corresponds to other VMI goals of appropriate appearance and healthy exercise habits.

C. Body Fat Standard Remediation. Cadets on RPT who exceeds the body fat standard may be required to report to the VMI Health Center at least once each semester for a body fat assessment, medical screening, and nutritional counseling by the Post Physician. Once cadets meet the acceptable body fat standards they will no longer be required to report to the VMI Health Center on a monthly basis.

FOR THE SUPERINTENDENT:

James P. Inman
Colonel, USA (Ret)
Chief of Staff

ANNEX A: VFT SCORING AND POINTS

ANNEX B: VFT EVENT INSTRUCTIONS

ANNEX C: ALTERNATE EVENT VFT

DIST: E, Cadets

OPR: Commandant of Cadets

ANNEX A: VFT Point Scale

MEN				WOMEN			
Scaled Score	Pull ups	Sit ups	2400 Meter Run	Scaled Score	Pull ups	Sit ups	2400 Meter Run
	Add 3 pts for each add'l p/u	Scaled in groups of 4	Add 1 pt for each 6 second decrease		Add 5 pts for each add'l p/u	Scaled in groups of 4	Add 1 pt for each 7 second decrease
133	31	119	5:12	133		119	5:55
132		118	5:18	132		118	6:02
131		117	5:24	131		117	6:09
130	30	116	5:30	130	14	116	6:16
129			5:36	129			6:23
128		115	5:42	128		115	6:30
127	29	114	5:48	127		114	6:37
126		113	5:54	126		113	6:44
125		112	6:00	125	13	112	6:51
124	28		6:06	124			6:58
123		111	6:12	123		111	7:05
122		110	6:18	122		110	7:12
121	27	109	6:24	121		109	7:19
120		108	6:30	120	12	108	7:26
119			6:36	119			7:33
118	26	107	6:42	118		107	7:40
117		106	6:48	117		106	7:47
116		105	6:54	116		105	7:54
115	25	104	7:00	115	11	104	8:01
114			7:06	114			8:08
113		103	7:12	113		103	8:15
112	24	102	7:18	112		102	8:22
111		101	7:24	111		101	8:29
110		100	7:30	110	10	100	8:36
109	23		7:36	109			8:43
108		99	7:42	108		99	8:50
107		98	7:48	107		98	8:57
106	22	97	7:54	106		97	9:04
105		96	8:00	105	9	96	9:11
104			8:06	104			9:18
103	21	95	8:12	103		95	9:25
102		94	8:18	102		94	9:32
101		93	8:24	101		93	9:39

ANNEX A: VFT Point Scale (Continued)							
MEN				WOMEN			
Scaled Score	Pull ups	Sit ups	2400 Meter Run	Scaled Score	Pull ups	Sit ups	2400 Meter Run
100	20	92	8:30	100	8	92	9:46
99			8:36	99			9:53
98		91	8:42	98		91	10:00
97	19	90	8:48	97		90	10:07
96		89	8:54	96		89	10:14
95	18	88	9:00	95	7	88	10:21
94			9:06	94			10:28
93	17	87	9:12	93		87	10:35
92		86	9:18	92		86	10:42
91		85	9:24	91		85	10:49
90		84	9:30	90		84	10:54
89	16		9:36	89	6		11:03
88		83	9:42	88		83	11:10
87		82	9:48	87		82	11:17
86	15	81	9:54	86		81	11:24
85		80	10:00	85		80	11:31
84			10:06	84			11:38
83	14	79	10:12	83	5	79	11:45
82		78	10:18	82		78	11:52
81	13	77	10:24	81		77	11:59
80		76	10:30	80		76	12:06
79	12		10:36	79			12:13
78		75	10:42	78		75	12:20
77	11	74	10:48	77	4	74	12:27
76		73	10:54	76		73	12:34
75		72	11:00	75		72	12:41
74	10		11:06	74			12:48
73		71	11:12	73		71	12:55
72		70	11:18	72		70	13:02
71	9	69	11:24	71	3	69	13:09
70		68	11:30	70		68	13:16
69			11:36	69			13:23
68	8	67	11:42	68		67	13:30
67		66	11:48	67		66	13:37
66		65	11:54	66		65	13:44
65	7	64	12:00	65	2	64	13:51

ANNEX A: VFT Point Scale (Continued)

MEN				WOMEN			
Scaled Score	Pull ups	Sit ups	2400 Meter Run	Scaled Score	Pull ups	Sit ups	2400 Meter Run
64			12:06	64			13:58
63		63	12:12	63		63	14:05
62	6	62	12:18	62		62	14:12
61		61	12:24	61		61	14:16
60	5	60	12:30	60	1	60	14:20
59		59	12:33	59		59	14:24
58		58	12:36	58		58	14:28
57		57	12:39	57		57	14:32
56		56	12:42	56		56	14:36
55		55	12:45	55		55	14:40
54		54	12:48	54		54	14:44
53		53	12:51	53		53	14:48
52		52	12:54	52		52	14:52
51		51	12:57	51		51	14:56
50		50	13:00	50		50	15:00
49		49	13:03	49		49	15:04
48	4	48	13:09	48		48	15:08
47		47	13:12	47		47	15:12
46		46	13:15	46		46	15:16
45		45	13:18	45		45	15:20
44		44	13:21	44		44	15:24
43		43	13:24	43		43	15:28
42		42	13:27	42		42	15:32
41		41	13:30	41		41	15:36
40		40	13:33	40		40	15:40
39		39	13:36	39		39	15:44
38		38	13:39	38		38	15:48
37		37	13:42	37		37	15:52
36	3	36	13:45	36		36	15:56
35		35	13:48	35		35	16:00
34		34	13:51	34		34	16:04
33		33	13:54	33		33	16:08
32		32	13:57	32		32	16:12
31		31	14:00	31		31	16:16
30		30	14:03	30		30	16:20
29		29	14:06	29		29	16:24
28		28	14:09	28		28	16:28
27		27	14:12	27		27	16:32
26		26	14:15	26		26	16:36
25		25	14:18	25		25	16:40
24	2	24	14:21	24		24	16:44
23		23	14:24	23		23	16:48
22		22	14:27	22		22	16:52

ANNEX A: VFT Point Scale (Continued)

MEN				WOMEN			
Scaled Score	Pull ups	Sit ups	2400 Meter Run	Scaled Score	Pull ups	Sit ups	2400 Meter Run
21		21	14:30	21		21	16:56
20		20	14:33	20		20	17:00
19		19	14:36	19		19	17:04
18		18	14:39	18		18	17:08
17		17	14:42	17		17	17:12
16		16	14:45	16		16	17:16
15		15	14:48	15		15	17:20
14		14	14:51	14		14	17:24
13		13	14:54	13		13	17:30
12	1	12	14:57	12		12	17:34
11		11	15:00	11		11	17:36
10		10	15:03	10		10	17:40
9		9	15:06	9		9	17:44
8		8	15:09	8		8	17:48
7		7	15:12	7		7	17:52
6		6	15:15	6		6	17:56
5		5	15:18	5		5	18:00
4		4	15:21	4		4	18:04
3		3	15:24	3		3	18:12
2		2	15:27	2		2	18:16
1		1	15:30	1		1	18:20
0		0		0		0	



Annex B:

VIRGINIA MILITARY INSTITUTE FITNESS TEST (VFT)
INSTRUCTIONS

Pull Up Instructions: The goal of the pull-up event is to execute as many accurate and complete pull-ups before dropping off the bar. This is not a timed event. Assistance to the bar with a step up, being lifted up or jumping up is authorized. Any assistance up to the bar will not be used to continue into the first pull-up. The bar must be grasped with both palms facing away from you and your thumbs wrapped underneath the bar. The correct starting position begins when your arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless. When the scorer says "Up", pull yourself up so that your chin comes visibly over the bar. When the number "1" is called, lower yourself to the starting position. That is one repetition. Repeat the exercise as many times as you can. Your legs may be positioned in a straight or bent position, but may not be raised above the waist. You may lift them to a 90-degree position, as long as you don't kick. At no time during the execution of this event can you rest your chin on the bar. The intent is to execute a vertical "dead hang" pull-up. A certain amount of inherent body movement will occur as the pull-up is executed, however, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pull-up. Whipping, kicking, kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. If excessive movement is observed, the repetition will not count for score. A repetition is counted only when an accurate and complete pull-up is performed. Passing score is five pull-ups for men and one pull-up for women.

Sit up Instructions: The goal of the sit-up event is to execute as many accurate and complete sit-ups as you can in two minutes. On the command "Get ready" assume the start position by lying flat on your back with your knees bent at approximately a 90-degree angle, with feet flat on the ground with another individual holding your ankles on the ground with hands only. Your fingers must be interlocked behind the head with the back of the hands touching the ground. Your arms and elbows need not touch the ground. On the command "Begin", raise the upper body to the 90 degree vertical position. Touching your elbows to your knees is not correct. Your back must reach the 90 degree vertical position. After you have reached the vertical position, lower your upper body to the ground until your shoulder blades have touched the ground. Again, your arms and elbows need not touch the ground. This is one repetition. You may rest in the up or down position at any time, but if you lower your legs, fail to keep your feet on the ground, fail to keep your fingers interlocked and behind your head, arch your back (raise buttocks) to raise your upper body, or do not attain the vertical position, that repetition will not count. Each repetition is counted when you reach the vertical position. Your score will be the number of correct sit-ups done in two minutes. Passing score for men and women is 60 sit-ups.

2400 Meter Run Instructions: Execute this run on a 400 meter track. Run six laps around the track and time your run using a stopwatch. Start and stop the run at the same place and stay in lane one for the most accurate distance. Passing score is 12:30 for men and 14:20 for women.

ANNEX C: Alternate Event VFT for select athletes

1. Purpose and Applicability. This annex details the parameters for the Alternate Event VFT rendered to select Athletes within the Cadet Corps. Eligibility for the Alternate Event VFT is limited to cadets who fit the following criteria:
 - a. VMI cadet athletes who have been recruited for and are playing an NCAA sport in which obtaining high levels of body mass is competitively beneficial.
 - b. VMI cadet athletes who are undergoing a training regime for an NCAA sport actively promoting athlete gains in size and strength.
 - c. Participants must weigh at least 225 lbs or more, to be eligible to undertake the Alternate Event VFT.
2. Responsible Officials. The Commandant of Cadets is responsible for administrating the Alternate Event VFT as part of the overall management of the Corps Physical Training Program. NCAA coaches nominate a select few cadet athletes, who meet the criteria, to the Commandant's office for VFT testing IAW "the Alternate Event Test" parameters. Submissions from NCAA Coaches will be in writing, with the cadet athlete's height, weight and sports position indicated. Nominated cadet athletes will be approved for the Alternate Event VFT after concurrence from the Commandant's Office. "
3. General: VMI's institutional promotion of cadet physical fitness rightfully includes not only evaluation (the VFT) but also punitive sanctions to spur compliance. Current sanctions for VFT failure include compelling those cadets who fail the VFT to attend remedial physical training and also restricting them from attaining rank within the Cadet Corps. One of the unintended consequences of this policy has proved to be that these sanctions inadvertently penalize cadet athletes recruited to VMI's NCAA programs where the body mass of competitors is competitively beneficial. Additionally, once at VMI, these large and powerful cadet athletes then undergo physical training regimes (pertinent to their particular NCAA sport) that further promote continued athlete gains in size and strength (power). Accordingly, the necessary power training regimes required for select cadet athletes to remain competitive in certain NCAA sports, inadvertently work at cross purposes and impede meeting passing standards with such VFT events as the 2400 meter run and pull ups event.

It should be noted that these challenges to commonality with fitness testing are not particular to just VMI. Other institutions with similar mandatory physical training and testing regimes have seen fit to develop similar alternate fitness tests specifically for the purpose of allowing their NCAA athletes to build and retain the necessary body mass to remain competitive while representing their school. In that regard, Army, Navy, Air Force, and The Citadel all modify their versions of their fitness tests to accommodate cadets they consider "Power Athletes".

4. Components of the "Alternate Event" VFT. For ease and simplicity of testing, the "Alternate Event" VFT is intended to be evaluated along side and concurrently with the standard VFT.

Furthermore, the Alternate Event VFT has been developed to have as much commonality as possible with the standard VFT. In that regard, like the standard VFT, the “Alternate Event” VFT employs three events to assess fitness components (cardiovascular endurance, muscular strength and muscular endurance). The three testing criteria for the “Alternate Event” VFT are as follows:

- a. Sit ups: Sit ups, a tested event from the standard VFT, is retained as a testing event for the “Alternate Event” VFT. Sit ups are an essential metric for assessing the abdominal endurance of NCAA “Power Athletes”. Similarly to the standard VFT, the “PASS” standard for Sit ups when undertaking the “Power Athlete VFT will be correspond to the 60 repetitions (within two minutes) used for the standard VFT.
- b. Push ups: The Pull up event is used on the standard VFT to assess the strength of a contestant’s pectoral, shoulder, and triceps strength. Unfortunately, an NCAA “Power Athlete” with high levels of body mass, is at considerable disadvantage executing the Pull up exercise. Accordingly, for the “Alternate Event” VFT , the Pull up event is replaced by a Push up evaluation. Push ups still effectively gage the strength of a contestant’s pectoral, shoulder, and triceps but is not as problematic as Pull ups for a large athlete to effectively execute. Further, the Push up action is more commonly used by Power Athletes requiring trunk stability and the ability to transfer force from the lower body to the upper body. NCAA Sports like Football involve pushing with the upper limbs against an opponent
 - 1) The “PASS” standard for Push ups when undertaking the “Power Athlete VFT is 38 repetitions in two minutes. Of note, this number of Push up repetitions to achieve a PASS is a small bit more than the corresponding “Power Athlete” fitness test currently used at the Air Force Academy.
 - 2) Contestant’s start their Push up evaluation in the front-leaning rest position, with the contestant placing his hands palms down, flat on the ground, apart and at an interval most comfortable for the contestant. The contestant’s feet may be together or up to 12 inches apart. When viewed from the side, the contestant’s body should form a generally straight line from his shoulders to his ankles, with his elbows fully locked out.

Push ups will be evaluated by a scorer who will place his fist on the ground under the contestant directly beneath the contestant’s sternum. While evaluating, the scorer’s fist will be remained closed with the counter’s thumb positioned top most on his fist.

On the command 'GO,' contestants begin the Push up by bending their elbows and lowering their entire body as a single unit with upper arms kept parallel to the ground until the ' contestant’s chest makes fleeting contact with the scorer’s fist. At point the contestant then, returns to the starting position by raising his entire body until his arms are fully extended. The contestant’s body must remain rigid in a generally straight line and move as a unit while performing each repetition of the Push up. The scorer will count a correctly completed repetition (out loud) when the contestant returns to the position where his arms are fully extended.

3) Push up prohibitions:

- a) Should the contestant fail to keep his body generally straight, fail to lower his whole body until his chest contacts the scorer's fist or extend his arms completely, that repetition will not count, and the scorer will repeat the number of the last correctly performed repetition conducted by the contestant.
 - b) If the contestant fail to perform the first ten Push ups correctly, the scorer will tell him to go to his knees and will explain to him what his mistakes are. The contestant will then be sent to the end of the line to be retested.
 - c) After the first 10 Push ups have been performed by a contestant and counted, no restarts will be allowed. The test will continue, and any incorrectly performed push-ups will not be counted.
 - d) An altered, front-leaning rest position is the only authorized rest position. that is, a contestant may sag in the middle or flex his back. When flexing his back, a contestant may bend his knees, but not to such an extent that he is supporting most of his body weight with his legs. Should this occurs, the contestant's performance will be terminated. A contestant must return to, and pause in, the correct starting Push up position before continuing.
 - e) If a contestant rests on the ground or raises either hand or foot from the ground, his performance will be terminated. A contestant may reposition his hands and/or feet during the event as long as they remain in contact with the ground at all times.
- c. 2400 meter run: The 2400 meter run used for the standard VFT is retained for the "Alternate Event" VFT, however, the PASS times are adjusted according to the contestant's weight. In that regard, the 2400 meter run aerobic fitness evaluation is an important metric to assess Power Athletes, however, it must be taken into account that the muscle mass build up that Power Athletes seek to attain & retain for NCAA competitive purposes hinder them from excelling in such events. Consequently, for the "Alternate Event" VFT the following "PASS" standards for the 2400 meter run will be adhered to according to a cadet athlete's weight:
- 1) 225 to 249 pounds = 13:30 minimum PASS time
 - 2) 250 to 274 pounds = 14:15 minimum PASS time
 - 3) ≥ 275 = 15:00 minimum PASS time

- 5. Scoring of the "Alternate Event" VFT: The "Alternate Event" VFT will be graded according to the scale at TAB 1: **Alternate Event VFT Point Scale Comparative.**
- 6. Other: A cadet athlete who quits playing an NCAA sport is no longer eligible to undertake the "Alternate Event" VFT and must revert to being testing with the standard VFT. For those cadet athletes that have completed their eligibility in good standing, they may continue availing themselves of the "Alternate Event" VFT until they graduate.

TAB 1: Alternate Event VFT Point Scale Comparative

MEN' VFT				ALTERNATE EVENT VFT				
Scaled Score	Pull ups	Sit ups	2400 Meter Run	Scaled Score	Push ups	2400 Meter Run (225-249 lbs)	2400 Meter Run (250-274 lbs)	2400 Meter Run (275 lbs <)

100	20	92	8:30	100	70	9:30	10:15	11:00
99			8:36	99	69	9:36	10:21	11:06
98		91	8:42	98	68	9:42	10:27	11:12
97	19	90	8:48	97	67	9:48	10:33	11:18
96		89	8:54	96		9:54	10:39	11:24
95	18	88	9:00	95	66	10:00	10:45	11:30
94			9:06	94	65	10:06	10:51	11:36
93	17	87	9:12	93	64	10:12	10:57	11:42
92		86	9:18	92	63	10:18	11:03	11:48
91		85	9:24	91		10:24	11:09	11:54
90		84	9:30	90	62	10:30	11:15	12:00
89	16		9:36	89	61	10:36	11:21	12:06
88		83	9:42	88	60	10:42	11:27	12:12
87		82	9:48	87	59	10:48	11:33	12:18
86	15	81	9:54	86		10:54	11:39	12:24
85		80	10:00	85	58	11:00	11:45	12:30
84			10:06	84	57	11:06	11:51	12:36
83	14	79	10:12	83	56	11:12	11:57	12:42
82		78	10:18	82	55	11:18	12:03	12:48
81	13	77	10:24	81		11:24	12:09	12:54
80		76	10:30	80	54	11:30	12:15	13:00
79	12		10:36	79	53	11:36	12:21	13:06
78		75	10:42	78	53	11:42	12:27	13:12
77	11	74	10:48	77	51	11:48	12:33	13:18
76		73	10:54	76		11:54	12:39	13:24
75		72	11:00	75	50	12:00	12:45	13:30
74	10		11:06	74	49	12:06	12:51	13:36
73		71	11:12	73	48	12:12	12:57	13:42
72		70	11:18	72	47	12:18	13:03	13:48
71	9	69	11:24	71		12:24	13:09	14:54
70		68	11:30	70	46	12:30	13:15	14:00
69			11:36	69	45	12:36	13:21	14:06
68	8	67	11:42	68	44	12:42	13:27	14:12
67		66	11:48	67	43	12:48	13:33	14:18
66		65	11:54	66		12:54	13:39	14:24
65	7	64	12:00	65	42	13:00	13:45	14:30
64			12:06	64	41	13:06	13:51	14:36
63		63	12:12	63	40	13:12	13:57	14:42
62	6	62	12:18	62	39	13:18	14:03	14:48
61		61	12:24	61		13:24	14:09	14:54
60	5	60	12:30	60	38	13:30	14:15	15:00
59		59	12:33	59		13:33	14:18	15:03

58		58	12:36		58	37	13:36	14:21	15:06
57		57	12:39		57	36	13:39	14:24	15:09
56		56	12:42		56		13:42	14:27	15:12
55		55	12:45		55	35	13:45	14:30	15:15
54		54	12:48		54		13:48	14:33	15:18
53		53	12:51		53	34	13:51	14:36	15:21
52		52	12:54		52		13:54	14:39	15:24
51		51	12:57		51	33	13:57	14:42	15:27
50		50	13:00		50		14:00	14:45	15:30
49		49	13:03		49	32	14:03	14:48	15:33
48	4	48	13:09		48		14:09	14:51	15:36
47		47	13:12		47	31	14:12	14:54	15:39
46		46	13:15		46		14:15	14:57	15:42
45		45	13:18		45	30	14:18	15:00	15:45
44		44	13:21		44		14:21	15:03	15:48
43		43	13:24		43	29	14:24	15:06	15:51
42		42	13:27		42	28	14:27	15:09	15:54
41		41	13:30		41		14:30	15:12	15:57
40		40	13:33		40	27	14:33	15:15	16:00
k39		39	13:36		39	26	14:36	15:18	16:03
38		38	13:39		38	25	14:39	15:21	16:06
37		37	13:42		37		14:42	15:24	16:09
36	3	36	13:45		36	24	14:45	15:27	16:12
35		35	13:48		35	23	14:48	15:30	16:15
34		34	13:51		34	22	14:51	15:33	16:18
33		33	13:54		33		14:54	15:36	16:21
32		32	13:57		32	21	14:57	15:39	16:24
31		31	14:00		31	20	15:00	15:42	16:27
30		30	14:03		30	19	15:03	15:45	16:30
29		29	14:06		29	18	15:06	15:48	16:33
28		28	14:09		28		15:09	15:51	16:36
27		27	14:12		27	17	15:12	15:54	16:39
26		26	14:15		26	16	15:15	15:57	16:42
25		25	14:18		25		15:18	16:00	16:45
24	2	24	14:21		24	15	15:21	16:03	16:48
23		23	14:24		23	14	15:24	16:06	16:51
22		22	14:27		22		15:27	16:09	16:54
21		21	14:30		21		15:30	16:12	16:57
20		20	14:33		20	13	15:33	16:15	17:00
19		19	14:36		19	12	15:36	16:18	17:03
18		18	14:39		18		15:39	16:21	17:06
17		17	14:42		17		15:42	16:24	17:09
16		16	14:45		16	11	15:45	16:27	17:12
15		15	14:48		15	10	15:48	16:30	17:15
14		14	14:51		14		15:51	16:33	17:18
13		13	14:54		13	9	15:54	16:36	17:21
12	1	12	14:57		12	8	15:57	16:39	17:24

11		11	15:00		11		16:00	16:42	17:27
10		10	15:03		10	7	16:03	16:45	17:30
9		9	15:06		9	6	16:06	16:48	17:33
8		8	15:09		8		16:09	16:51	17:36
7		7	15:12		7	5	16:12	16:54	17:39
6		6	15:15		6	4	16:15	16:57	17:42
5		5	15:18		5		16:18	17:00	17:45
4		4	15:21		4	3	16:21	17:03	17:48
3		3	15:24		3	2	16:24	17:06	17:51
2		2	15:27		2		16:27	17:09	17:54
1		1	15:30		1	1	16:30	17:12	17:57
0		0			0				