

VIRGINIA MILITARY INSTITUTE
Lexington, Virginia

GENERAL ORDER)
NUMBER 31)

28 August 2026

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 non-commissioning cadet Corps Physical Training Program (PTP). The Professors of Military Science, Naval Science, Aerospace Studies, and the Coast Guard AUP Advisor are responsible for managing their respective ROTC/AUP service specific physical fitness programs. The Athletic Director is responsible for ensuring the NCAA Athletic Program supports the Corps PTP within structured team activities.
3. General. Health and fitness are directly related to a successful VMI experience. PTP is designed to encourage a lifestyle of year-round fitness and 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 cadet health risk both now and in the future.
4. Physical Training Program. The PTP has four components: (1) physical training time (PTT), (2) remedial physical training (RPT), (3) physical fitness assessment (PFA), and (4) individual training time (ITT).

a. **PTT**

1) PTT is held during the military duty period on Mondays and Thursdays. ROTC/AUP programs, the Athletic Director, and Commandant of Cadets have full discretion of the physical training activities scheduled during PTT provided activities are overseen by professional staff and coaches. Cadets may lead PTT sessions if supervised by professional staff members.

(a) AD PTT is executed through scheduled NCAA team activity during both “In Season” and “Out of Season” athletic permits. ***Scheduled team activity (practice, workout, etc.) is PTT for NCAA cadet-athletes.*** AD PTT executes as follows:

- NCAA “In Season Segment” Athletic Permit Periods. NCAA student-athletes are excused from **ALL** Service ROTC and Non-Commissioning PTT sessions during “In Season Segment” athletic permit periods.
- NCAA “Out of Season Segment” Athletic Permit Periods. NCAA Student-Athletes on a ROTC scholarship and/or contracted to commission will participate in PTT with their respective ROTC/Coast Guard AUP unit during “Out of Season Segment” athletic permit periods **when there is no daily organized team activity scheduled during the military duty period** (i.e., no morning lift or afternoon practice session). Non-commissioning NCAA student-athletes will participate in

regimental battalion PTT whenever there is no daily organized team activity scheduled for a designated PTT period.

- (b) The ROTC/AUP departments are responsible for conducting most 3rd and 4th Class cadet and all contracted and commission seeking 1st and 2nd Class cadet physical training.
- (c) The Commandant is responsible for the physical training of all non-commissioning 1st and 2nd Class cadets, international student cadets, and some excepted non-commissioning 3rd and 4th Class cadets. The Commandant's Staff administers PTT at the regimental battalion level with tactical officer oversight.
- (d) Attendance. The Commandant of Cadets, AD, and ROTC/AUP programs will ensure cadet attendance is taken at each scheduled PTT session with an attendance roster submitted to the Commandant's Staff Accountability Office within 24 hours of each PTT session.
- (e) Physical Fitness Uniform. All cadets must wear the designated VMI physical fitness uniform during PTT sessions and when conducting physical fitness training on post. The Cadet Physical Training Uniform, ROTC/AUP Service physical training uniforms, and Athletic Director/Commandant of Cadets approved athletic NCAA and Club Sport team gear are authorized PT uniforms for on-post PTT.
- (f) Scheduling. All requests for PT facilities during PTT must be submitted and approved in the 25 Live on-line scheduling tool. PT programs have facility scheduling priority on those days when physical fitness assessments are completed.

b. RPT

- 1) RPT is held two times per week for cadets enrolled in the Fitness Improvement Program (FIP). Cadets enter and/or remain in FIP for the following reasons:
 - Failure to record a physical fitness assessment score by reading day each term
 - Not completing a physical fitness assessment in the required components for which they are medically cleared to participate
 - Failing a physical fitness assessment
 - Not meeting semester FIP improvement goals once enrolled in FIP
 - Not meeting maximum allowable weight/body fat standards

Exception: Cadets passing their VFT or Service fitness test with a composite score of 80% or higher shall not be placed in FIP solely for not meeting maximum allowable weight/body fat standards. These cadets are waived from the VFT body fat requirement provided they sustain an 80% or higher score on their VFT, or service fitness test each semester.

See Annex B for further details and guidance regarding the FIP.

- (a) RPT is held on Tuesdays and Fridays from 0600 - 0715:

NOTE: AFROTC cadets will complete Friday RPT sessions with the assigned regimental battalion versus with AFROTC cadre

- (b) Athletic Department RPT is primarily executed through NCAA team activity and AD oversight. The AD will coordinate with the Commandant's Staff and ROTC

departments to ensure all required fitness assessments/RPT counseling events are completed. AD RPT is executed as follows:

- NCAA cadet athlete weekly RPT requirements are completed during scheduled team activity under oversight of strength and conditioning staff and team coaches for student athletes enrolled in the FIP except as noted below.
 - ***NCAA “out of season segment” athletic permit cadet-athletes placed into Fitness Probation (FitPro) status will complete RPT with their respective ROTC/AUP service or cadet regimental battalion.***
- (c) The ROTC/AUP departments are responsible for conducting RPT during their respective time blocks. Any exception to this guidance is highlighted in notes in paragraph 4.b.1) (a) above.
- (d) The Commandant conducts RPT for all non-commissioning 1st and 2nd class cadets, international student cadets, some excepted non-commissioning 3rd and 4th Class cadets. In addition, the Commandant oversees Friday RPT for AFROTC cadets. The Commandant’s Staff administers RPT at the cadet regimental battalion level with tactical officer oversight.
- (e) Attendance for RPT is completed in the same manner as PTT.
- (f) Physical Fitness Uniform is the same as PTT.
- (g) Scheduling. All requests for PT facilities during RPT must be submitted and approved in the 25 Live on-line scheduling tool. RPT programs have facility scheduling priority over club sport activities.

c. PFA

- 1) Cadets complete one diagnostic PFA and one PFA for score each academic term. Cadets receiving a passing PFA score during the diagnostic test may count the diagnostic test as their semester PFA scored test if desired. Cadets complete one of the following assessments for their PFA depending on their commissioning status:

- AROTC: U.S. Army Fitness Test (AFT)
- NROTC: U.S. Navy Physical Readiness Test (PRT) or U.S Marine Corps Physical Fitness Test (PFT)
- AFROTC: U.S. Air Force Physical Fitness Readiness Assessment (PFRA)
- CG AUP: U.S. Coast Guard Academy Physical Fitness Exam (PFE)
- Non-Commissioning and International Student Cadets: VMI Fitness Test (VFT)

The individual PFA components measured for cadet VFT scoring are as follows:

- USA AFT: hand-release pushups (2 minutes), 3-repetition maximum deadlift, sprint-drag-carry, timed plank, and timed 2.0-mile run
- USMC PFT: pull-ups, timed plank, and timed 3.0-mile run
- USN PRT: push-ups (2 minutes), timed plank, and timed 1.5-mile run
- USAF/USSF PFRA: body composition, push-ups (1 minute), sit-ups (1 minute), and timed 2.0-mile run
- USCGA PFE: push-ups (2 minutes), sit-ups (2 minutes), and timed 1.5-mile run
- VFT: push-ups (1 minute), sit-ups (1 minute), and timed 1.5-mile run

2) Scheduling.

- (a) New matriculating cadets will complete the VFT following their acceptance of an appointment to attend VMI and paying their full or partial reservation fee. The VFT shall be completed prior to reporting for Matriculation. The results of this assessment will be entered into Colleague to help cadet regimental, battalion, and company leaders design Hell Week PT plans by aligning the company's new cadets into fitness level groups to mitigate PT injuries and build *esprit de corps*. New cadets shall complete their fitness assessments by the following suspense dates:
 - Due by **30 June** for those with appointment acceptance with full or partial reservation paid **prior** to 15 June.
 - Due by **1 August** for those with appointment acceptance with full or partial reservation paid **after** 15 June
- (b) New cadets will complete the fitness assessment using the instructions posted at <https://www.vmi.edu/pfa/> and submit their fitness test results via the "Online Scorecard" function.
- (c) New cadets will complete their fall semester physical fitness assessment with their respective Service ROTC or Coast Guard AUP program. Any new cadet not enrolled in ROTC classes will complete a diagnostic/official VFT through their assigned regimental battalion within the first two months of each academic semester.
- (d) NCAA student-athletes will complete their fitness assessment during early return workouts or during the initial formal practice sessions each academic term. The AD and NCAA coaching staff shall coordinate testing dates with the Commandant's Staff and Service ROTC departments at least two (2) weeks prior to each team's desired test date. NCAA student-athletes pursuing a commission, or under contract with a Service ROTC unit, will complete the Service ROTC/Coast Guard AUP fitness test. NCAA student-athletes not commissioning will complete the VFT.
- (e) Non-commissioning and international student cadets will complete their fitness assessment through their assigned cadet regimental battalion.

3) Testing Procedures and Standards.

- (a) The regimental S9 staff shall publish cadet PFA testing procedures in the Corps S9 Standard Operating Procedures (SOP) each academic year.
- (b) The Commandant's Staff is responsible for overall cadet PFA administration. Approved cadets, staff, and/or faculty members may assist with the recording of fitness test component scores.
- (c) Cadet Height and Weight Measurements. Cadet height and weight will be measured during the PFA process to determine whether the cadet is sustaining VMI entrance fitness and/or ROTC officer accession standards throughout their cadetship. Cadet height and weight shall be assessed within 72 hours prior to or after the cadet PFA is completed.
 - (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, like 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 three (3) pounds for clothing worn during official weight checks.
- (d) Body Fat Assessment. Cadets will be assessed to the VMI entrance and/or ROTC officer accessions body fat standard as part of their PFA each academic term. The applicable service ROTC/Coast Guard AUP unit or company tactical officer shall assess whether the cadet meets their maximum allowable weight standard and conducts body fat measurement calculations for any cadet exceeding the maximum allowable weight. The body fat assessment can be taken within 72 hours prior to or after the cadet PFA is completed. The following procedures will be used during the body fat assessment:
 - (1) Service ROTC units shall use service-specific guidance to determine body fat standard compliance.
 - (2) Non-commissioning and international student cadet maximum allowable weight will be assessed according to the guidance listed in *US Army Regulation 40-501*, Table 2-1 at https://armypubs.army.mil/epubs/DR_pubs/DR_a/ARN37720-AR_40-501-002-WEB-4.pdf.
 - (3) Any Non-commissioning or international student cadet exceeding their maximum allowable weight shall be administered the U.S. Army 1-point tape test for body fat estimation. The cadet's assigned regimental company tactical officer will use the guidance from ALARACT 032/2025 (https://armypubs.army.mil/epubs/DR_pubs/DR_a/ARN43352-ALARACT_0322025-000-WEB-1.pdf) to record the cadet's estimated body fat percentage. They Army's body fat calculator can be found here: <https://www.armyresilience.army.mil/abcp/BodyFatCalculator.html>
- (d) PFA Scoring.
 - (1) The VMI PFA comprises three scored components which test cadet strength, flexibility, and endurance. Cadets will be evaluated in specific components based on which fitness assessment they complete. Evaluated components for each fitness assessment offered are:
 - AROTC AFT (500 total points): hand-release push-ups (2 minutes); 3-repetition maximum deadlift, sprint-drag-carry, plank timed; 2.0-mile timed run
 - NROTC (USMC PFT – 300 total points): pull-ups; plank timed; 3.0-mile timed run
 - NROTC (USN PRT – 300 total points): push-ups (2 minutes); plank timed; 1.5-mile timed run
 - AFROTC PFRA (100 total points): body composition, push-ups (1 minute); sit-

- ups (1 minute); 2.0-mile timed run
 - USCGA PFE (300 total points): push-ups (2 minutes); sit-ups (2 minutes); 1.5-mile timed run
 - VFT (100 total points): push-ups (1 minute); sit-ups (1 minute); 1.5-mile timed run
- (2) Minimum passing standards. Cadets must achieve a composite total score of at least 75 percent of the total available points (See Annex A, Table 1) for the fitness assessment they take (See Annex A, Table 2 below) to pass the VFT.
- (3) Component Maximum Score Standards. The PFA component standards to achieve the maximum score in the VFT PFA components are listed in Annex A, Table 3. Cadets taking ROTC/Coast Guard AUP fitness assessments should consult with their Service ROTC representatives to get the most current fitness assessment score sheet information.
- (e) Cadets who do not achieve a passing PFA score are subject to possible sanctions. These sanctions can include:
- (1) Placement in the FIP - See paragraph 4.b.1) above and Annex B for additional FIP guidance.
 - (2) Enrollment in RPT.
 - (3) Loss of cadet regimental rank – regimental ranking cadets will be given one PFA retest opportunity to avoid loss of rank.
 - (4) ROTC department sanctions.
 - (5) Placement on Fitness Probation – See paragraph 4.c.3) (e) below and Annex C for additional Fitness Probation guidance.
- (f) Fitness Probation (FitPro) Criteria. FitPro is a cadet restrictive status equivalent to Academic Probation whereby a cadet is restricted to post. Cadets on FitPro will not have full class privileges until they pass a fitness assessment or achieve their semester FIP goals and are removed from FitPro. See Annex C for further details regarding FitPro.
- (f) Retesting. Cadets failing the PFA may request **one** retest opportunity to avoid potential fitness sanctions.
- (1) Non-commissioning and international student cadets shall coordinate VFT retest requests through the Commandant's Staff and/or regimental company tactical officer
 - (2) Cadets failing service ROTC/Coast Guard AUP fitness assessments must coordinate retests through their service ROTC staff or Coast Guard AUP advisor
 - (3) NCAA student athletes wishing to retest shall follow the guidance in the two preceding paragraphs depending on their commissioning status to schedule retests
 - (4) Cadets who lose regimental rank due to failing their PFA are eligible to apply for rank vacancies and/or rank opportunities in the next academic year upon achieving a passing PFA score
- (g) Medical Profiles (GIM). Cadets with medical restrictions must be evaluated by the

(h) VMI Infirmary and have a current GIM tag outlining all physical limitations to be medically excused from the cadet PFA requirement.

(1) Medical restriction GIM tags will specify which VFT or Service ROTC/Coast Guard AUP fitness test components a cadet is medically cleared to perform

(2) Cadets not physically cleared to complete at least one of the three PFA scored components will be medically exempted from the VFT requirement.

(3) Cadets on GIM status will complete the PFA in those fitness components they are medically cleared to participate in

(4) NCAA athletic trainers and/or coaching staff members **may not** exempt student-athletes from completing the PFA. The VMI Infirmary Staff are the sole agents authorized to exempt any cadet from the VFT requirement.

(h) PFA Incentives. See Annex D for a breakdown of cadet PFA performance incentives.

d. **ITT**

1) All cadets are encouraged to complete **at least** one 60-minute ITT per week. ITT sessions 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.

2) During the Rat Line, new cadets **MAY** engage in voluntary ITT **from the completion of academic duty on Friday until 2100 Sunday**. Weekday ITT outside of these times is **NOT** permitted during the Rat Line.

3) Cadet cadre members will not direct or “highly encourage” new cadets to complete weekday ITT during the Rat Line.

5. The POC for this policy is the Commandant of Cadets. All requests for changes to this order should be submitted by email to commandantstaff@vmi.edu.

FOR THE SUPERINTENDENT:

Travis L. Homiak
Colonel, USMC (Ret)
Chief of Staff

ANNEX A: PFA Scoring Charts

ANNEX B: Fitness Improvement Program (FIP) Guidance

ANNEX C: Fitness Probation (FitPro) Guidance

ANNEX D: PFA Performance Incentives

ANNEX E: VFT Scorecard

ANNEX F: VFT Instructions

DIST: Cadets

OPR: Commandant of Cadets

ANNEX A: PFA Scoring Charts

Cadets should contact Service ROTC representatives and/or Commandant's Staff members to get the most current fitness assessment score sheet information. The information provided in the tables listed below is current as of June 2026.

Table 1: PFA Composite Score Standards

Composite (All Measured Components) Passing Score Requirement	
VFT	75 out of 100 available points
USA	375 out of 500 available points
USMC	225 out of 300 available points
USN	225 out of 300 available points
USAF/USSF	75 out of 100 available points
USCGA	225 out of 300 available points

Table 2: PFA Component Minimum Component Score Standards

Component Minimum Passing Score Requirement								
Test Standard	Gender	Body Composition	Push-Up / Pull Up	Sit-Up / Plank	1.5 - 3.0 Mile Run	3-Rep Max Deadlift	Sprint-Drag-Carry	Age Group
		Body Composition (0 Points)	Push Up (1 min / 20 points)	Sit-up (1 min / 20 points)	1.5 mile run (60 points)			
VFT	Female	Pass / Fail	15	35	18:56			<25
	Male	Pass / Fail	30	39	15:50			<25
	Female	Pass / Fail	14	31	19:43			25-29
	Male	Pass / Fail	27	38	16:22			25-29
USA		Body Composition (0 Points)	Hand Release Push Up (2 min / 100 points)	Plank (100 points)	2.0 mile run (100 points)	3-Rep Max Deadlift (100 points)	Sprint-Drag-Carry (100 points)	
	Female	Pass / Fail	10	1:30	23:22	70	4:14	17-21
	Male	Pass / Fail	10	1:30	22:00	90	3:27	17-21
	Female	Pass / Fail	10	1:25	23:15	70	4:14	22-26
	Male	Pass / Fail	10	1:25	22:00	90	3:30	22-26
	Female	Pass / Fail	10	1:20	23:13	70	4:14	27-31
	Male	Pass / Fail	10	1:20	22:00	90	3:32	27-31
USMC		Body Composition (0 Points)	Pull Ups (100 points)	Plank (100 points)	3.0 mile run (100 points)			
	Female	Pass / Fail	1	1:10	30:50			17-20
	Male	Pass / Fail	4	1:10	27:40			17-20
	Female	Pass / Fail	3	1:10	30:50			21-25
	Male	Pass / Fail	5	1:10	27:40			21-25
	Female	Pass / Fail	4	1:10	31:10			26-30
	Male	Pass / Fail	5	1:10	28:00			26-30
USN		Body Composition (0 Points)	Push Up (2 min / 100 points)	Plank (100 points)	1.5 mile run (100 points)			
	Female	Pass / Fail	19	1:01	15:00			17-19
	Male	Pass / Fail	42	1:11	12:45			17-19
	Female	Pass / Fail	16	1:00	15:30			20-24
	Male	Pass / Fail	37	1:10	13:30			20-24
	Female	Pass / Fail	13	0:53	16:08			25-29
	Male	Pass / Fail	34	1:09	14:00			25-29
USAF/USSF		Body Composition (20 Points)	Push Up (1 min / 15 points)	Sit-up (1 min / 15 points)	2.0 mile run (50 points)			
	Female	≤ .59 Waist to Height Ratio	15	29	1:23			<25
	Male	≤ .59 Waist to Height Ratio	30	33	19:45			<25
	Female	≤ .59 Waist to Height Ratio	14	25	1:40			25-29
	Male	≤ .59 Waist to Height Ratio	28	31	19:55			25-29
USCGA		Body Composition (0 Points)	Push Up (2 min / 100 points)	Plank (100 points)	1.5 mile run (100 points)			
	Female	Pass / Fail	1	0:30	16:00			N/A
	Male	Pass / Fail	30	0:30	14:00			N/A

Note: USAF/USSF body composition is worth 20 possible points but does not have minimum requirement. A Waist to Height Ratio (WHtR) of ≤ .59 is the lowest possible WHtR to receive category points, however.

Table 3: PFA Component Maximum Scoring Standards

Maximum Component Score Requirement								
Test Standard	Gender	Body Composition	Push-Up / Pull Up	Sit-Up / Plank	1.5 - 3.0 Mile Run	3-Rep Max Deadlift	Sprint-Drag-Carry	Age Group
USAF/USSF/VFT		Body Composition (0 Points)	Push Up (1 min / 20 points)	Sit-up (1 min / 20 points)	1.5 mile run (60 points)			
	Female	Pass / Fail	47	54	10:23			<25
	Male	Pass / Fail	67	58	9:12			<25
	Female	Pass / Fail	47	50	10:37			25-29
	Male	Pass / Fail	62	56	9:22			25-29
USA		Body Composition (0 Points)	Hand Release Push Up (2 min / 100 points)	Plank (100 points)	2.0 mile run (100 points)	3-Rep Max Deadlift (100 points)	Sprint-Drag-Carry (100 points)	
	Female	Pass / Fail	53	3:40	15:29	220	1:55	17-21
	Male	Pass / Fail	57	3:40	13:22	340	1:29	17-21
	Female	Pass / Fail	50	3:35	15:00	230	1:55	22-26
	Male	Pass / Fail	61	3:35	13:27	350	1:30	22-26
	Female	Pass / Fail	10	3:30	15:00	240	1:55	27-31
	Male	Pass / Fail	10	3:30	13:31	350	1:30	27-31
USMC		Body Composition (0 Points)	Pull Ups (100 points)	Plank (100 points)	3.0 mile run (100 points)			
	Female	Pass / Fail	7	3:45	21:00			17-20
	Male	Pass / Fail	20	3:45	18:00			17-20
	Female	Pass / Fail	11	3:45	21:00			21-25
	Male	Pass / Fail	23	3:45	18:00			21-25
	Female	Pass / Fail	12	3:45	21:00			26-30
	Male	Pass / Fail	23	3:45	18:00			26-30
USN		Body Composition (0 Points)	Push Up (2 min / 100 points)	Plank (100 points)	1.5 mile run (100 points)			
	Female	Pass / Fail	51	3:14	9:29			17-19
	Male	Pass / Fail	92	3:24	8:15			17-19
	Female	Pass / Fail	48	3:10	9:47			20-24
	Male	Pass / Fail	87	3:20	8:30			20-24
	Female	Pass / Fail	46	3:06	10:17			25-29
	Male	Pass / Fail	84	3:16	8:55			25-29
USAF/USSF/VFT		Body Composition (20 Points)	Push Up (1 min / 15 points)	Sit-up (1 min / 15 points)	2.0 mile run (50 points)			
	Female	≤ .49 Waist to Height Ratio	50	54	15:30			<25
	Male	≤ .49 Waist to Height Ratio	67	58	13:25			<25
	Female	≤ .49 Waist to Height Ratio	47	50	15:55			25-29
	Male	≤ .49 Waist to Height Ratio	63	56	13:35			25-29
USCGA		Body Composition (0 Points)	Push Up (2 min / 100 points)	Plank (100 points)	1.5 mile run (100 points)			
	Female	Pass / Fail	48	4:15	10:00			N/A
	Male	Pass / Fail	60	4:15	8:30			N/A

Note: USAF/USSF body composition is worth 20 possible points but does not have minimum requirement. A Waist to Height Ratio (WHtR) of ≤ .59 is the lowest possible WHtR to receive category points, however.

Table 4: VFT Component Score Sheets

VMI Fitness Test (VFT) Scoring							
PUSH-UP SCORING STANDARDS (reps)							
Points	Under 25		Points	Points	25-29		Points
	M	F			M	F	
20.0	≥ 67	≥ 47	20.0	20.0	≥ 62	≥ 47	20.0
19.8	66	46	19.8	19.7	61	46	19.8
19.6	65	45	19.6	19.4	60	45	19.6
19.4	64	44	19.4	19.0	59	44	19.4
19.2	63	43	19.2	18.8	58	43	19.2
19.0	62	42	19.0	18.6	57	42	19.0
18.8	61	41	18.8	18.4	56	41	18.8
18.6	60	40	18.6	18.2	55	40	18.6
18.4	59	39	18.4	18.0	54	39	18.4
18.2	58	38	18.2	17.8	53	38	18.2
18.0	57	37	18.0	17.6	52	37	18.0
17.8	56	36	17.8	17.5	51	36	17.8
17.7	55	35	17.6	17.4	50	35	17.6
17.6	54	34	17.2	17.2	49	34	17.2
17.4	53	33	17.0	17.0	48	33	17.0
17.2	52	32	16.8	16.8	47	32	16.8
17.0	51	31	16.6	16.6	46	31	16.6
16.8	50	30	16.4	16.2	45	30	16.4
16.6	49	29	16.2	16.0	44	29	16.2
16.2	48	28	16.0	15.6	43	28	16.0
16.0	47	27	15.0	15.4	42	27	15.0
15.6	46	26	14.6	15.0	41	26	14.6
15.4	45	25	14.4	14.6	40	25	14.4
15.0	44	24	14.0	14.4	39	24	14.0
14.6	43	23	13.0	14.0	38	23	13.0
14.4	42	22	12.6	13.6	37	22	12.6
14.0	41	21	12.0	13.0	36	21	12.0
13.6	40	20	11.6	12.6	35	20	11.6
13.0	39	19	11.0	12.0	34	19	11.0
12.6	38	18	10.0	11.6	33	18	10.6
12.0	37	17	7.0	11.0	32	17	10.0
11.6	36	16	4.0	10.6	31	16	7.0
11.0	35	15*	1.0	10.0	30	15	4.0
10.6	34			7.0	29	14*	1.0
10.0	33			4.0	28		
7.0	32			1.0	27*		
4.0	31						
1.0	30*						

“*” denotes minimum passing score

VMI Fitness Test (VFT) Scoring							
SIT-UP SCORING STANDARDS (reps)							
Points	Under 25		Points	Points	25-29		Points
	M	F			M	F	
20.0	≥ 58	≥ 54	20.0	20.0	≥ 56	≥ 50	20.0
19.7	57	53	19.7	19.5	55	49	19.7
19.4	56	52	19.4	19.0	54	48	19.4
19.0	55	51	19.0	18.8	53	47	19.0
18.8	54	50	18.8	18.4	52	46	18.8
18.4	53	49	18.4	18.0	51	45	18.4
18.0	52	48	18.0	17.6	50	44	18.0
17.6	51	47	17.6	17.4	49	43	17.6
17.4	50	46	17.4	17.0	48	42	17.4
17.0	49	45	17.0	16.6	47	41	17.0
16.6	48	44	16.6	16.0	46	40	16.6
16.0	47	43	16.0	15.0	45	39	16.0
15.0	46	42	15.0	14.0	44	38	15.0
14.0	45	41	14.0	13.0	43	37	14.0
13.0	44	40	13.0	12.6	42	36	13.0
12.6	43	39	12.6	12.0	41	35	12.6
12.0	42	38	12.0	9.0	40	34	12.0
9.0	41	37	9.0	6.0	39	33	9.0
6.0	40	36	6.0	3.0	38*	32	6.0
3.0	39*	35*	3.0			31*	3.0

“*” denotes minimum passing score

Table 4: VFT Component Score Sheets

VMI Fitness Test (VFT) Scoring								
1.5 MILE RUN SCORING STANDARDS (min:sec)								
Points	Under 25		Points	Points	25-29		Points	Health Risk Category
	M	F			M	F		
60.0	≤ 9:12	≤ 10:23	60.0	60.0	≤ 9:22	≤ 10:37	60.0	Low Risk
59.5	9:34	10:51	59.5	59.5	9:45	11:06	59.5	Low Risk
59.0	9:45	11:06	59.0	59.0	9:58	11:22	59.0	Low Risk
58.5	9:58	11:22	58.5	58.5	10:10	11:38	58.5	Low Risk
58.0	10:10	11:38	58.0	58.0	10:23	11:56	58.0	Low Risk
57.5	10:23	11:56	57.5	57.5	10:37	12:14	57.5	Low Risk
57.0	10:37	12:14	57.0	57.0	10:51	12:33	57.0	Low Risk
56.5	10:51	12:33	56.5	56.5	11:06	12:53	56.5	Low Risk
56.0	11:06	12:53	56.0	56.0	11:22	13:14	56.0	Low Risk
55.5	11:22	13:14	55.5	55.5	11:38	13:36	55.5	Low Risk
55.0	11:38	13:36	55.0	55.0	11:56	14:00	55.0	Low Risk
54.5	11:56	14:00	54.5	54.5	12:14	14:25	54.5	Low Risk
54.0	12:14	14:25	54.0	54.0	12:33	14:52	54.0	Low Risk
53.5	12:33	14:52	53.5	53.5	12:53	15:20	53.5	Low Risk
52.0	12:53	15:20	52.0	52.0	13:14	15:50	52.0	Moderate Risk
50.5	13:14	15:50	50.5	50.5	13:36	16:22	50.5	Moderate Risk
49.0	13:36	16:22	49.0	49.0	14:00	16:57	49.0	Moderate Risk
46.5	14:00	16:57	46.0	46.5	14:25	17:34	46.0	High Risk
44.0	14:25	17:34	42.5	44.0	14:52	18:14	42.5	High Risk
41.0	14:52	18:14	39.0	41.0	15:20	18:56	39.0	High Risk
38.0	15:20	18:56*	35.0	38.0	15:50	19:43*	35.0	High Risk
35.0	15:50			35.0	16:22*			High Risk

ANNEX B: Fitness Improvement Program (FIP) Guidance

1. The purpose of the FIP is to guide and assist cadets in achieving the VMI fitness standards as part of the Three-Legged Stool cadet development process. **FIP is not a cadet restrictive status.** Cadets enrolled in FIP engage in individual counseling sessions with their company tactical officer (TAC), service ROTC representative, or athletic strength and conditioning staff member where semester fitness goals are established to help the cadet meet PFA component minimum passing scores and/or achieve military service body fat standards.

2. Cadets remain in FIP until they pass their PFA and/or meet military service body fat standards. A cadet can remain in “good fitness standing” while enrolled in FIP throughout their entire cadetship provided they achieve their FIP fitness goals each semester. **A cadet in FIP is not subject to post restrictions, Blue Book sanctions, or entry into a FitPro status if they meet their FIP goals.** However, a ROTC scholarship and/or contracted cadet enrolled in FIP may be subject to ROTC sanctions for not meeting service fitness standards.

3. FIP Program Requirements. The table below outlines FIP entry/exit criteria and program requirements.

Fitness Improvement Program (FIP) Requirements	
Enter/Remain in FIP	1. Failure to record a fitness test score by exam reading day each term without approved medical waiver for <u>all</u> fitness test components 2. Failed fitness assessment 3. Not meeting semester FIP goal(s) 4. Not meeting body fat standards 5. Failure to complete initial and final counseling session requirements
Counseling Sessions	1. Must complete an initial counseling session with TAC or ROTC representative to establish FIP goal(s) within 1st month of semester and/or within 1 week of failing a semesterly fitness assessment 2. Must complete a final counseling session with TAC or ROTC representative upon completion of fitness test or by exam reading day
Remedial PT Enrollment	1. Cadets enrolled in FIP and on FitPro must attend Corps <u>or</u> ROTC Service RPT two times a week - RPT is held 0600-0715 on Tuesdays and Fridays
Exit FIP	1. Achieve passing fitness test score

Note 1: Non-commissioning cadet student athlete counseling sessions WILL be completed by AD strength and conditioning staff members provided the record of the counseling session is submitted to the student athlete’s company TAC for FIP program administration. The AD will provide the Commandant of Cadets a list of strength and conditioning staff authorized to conduct FIP counseling sessions at the beginning of each Academic Year.

Body Fat Standard Exception: Cadets passing their PFA with a score of 80 percent or higher shall not be placed in FIP solely for not meeting maximum allowable weight/body fat standards. These cadets are waived from the body fat requirement provided they sustain an 80 percent or higher score on their PFA each semester. Cadets in this category are encouraged to meet with the VMI Staff Nutritionist to develop a dietary/exercise plan that can improve their overall body mass index, but they are not required to meet with the Staff Nutritionist as part of the FIP.

4. FIP Goal Establishment. Once enrolled in FIP, cadets must establish a specific improvement goal for each component of the PFA and/or body fat standard they fail to meet. Cadets will

discuss their target goal(s) with the TAC, ROTC, or AD strength and conditioning staff representatives within the first month of each academic term and/or within 1 week of failing a semester fitness assessment. Both the cadet and TAC/ROTC/strength and conditioning Representative will sign and document the established FIP goals. The established FIP goal(s) should be realistic, achievable, and tailored to the individual. FIP goals do not need to be set at the minimum component passing score criteria or acceptable body fat percentage. Incremental goal(s) should enable a cadet to make achievable progress towards meeting fitness standards by the end of their cadetship.

5. RPT Requirement. Cadets enrolled in FIP will complete two (2) additional mandatory remedial physical training sessions each week with their service ROTC unit or assigned cadet regimental company depending on their commissioning status. See paragraph 4.b.1) (a) above for details on the RPT program and schedule. NCAA student athletes will complete RPT requirements while engaged in scheduled athletic team activity under oversight of strength and conditioning staff and team coaches under most circumstances. NCAA student athletes placed on FitPro will complete RPT requirements with the service ROTC unit or cadet regimental company during “out of season” athletic permit periods.

6. FIP Nutritionist Consultation Requirements. Cadets failing the body fat percentage standard and who are not waived from meeting the body fat requirement as outlined in paragraph 4.b.1) above must consult with the VMI staff nutritionist to develop a dietary and workout regimen that will facilitate success with the cadet’s FIP body fat percentage reduction goal. FIP cadets who do not meet body fat standards will meet with the VMI staff nutritionist once a month to review progress towards the established FIP body fat reduction goal. Failure to complete the required monthly check-ins will result in placement on FitPro.

7. FIP Documentation Requirements. The Commandant’s Staff will update a cadet’s Colleague record to reflect enrollment in FIP. ROTC representatives and company TACs shall establish a FIP folder for each cadet placed into FIP. In addition, ROTC representatives, company TACs, and, in some cases, AD-appointed strength and conditioning staff members will complete initial and follow-up counseling sessions for each cadet placed into the FIP. Once a FIP folder is established, it becomes an official student record for the remainder of a cadet’s enrollment at VMI and shall be maintained by the Commandant’s staff in accordance with General Order 21, *Records Management Policy*, and shall be retained for **3 years after graduation or withdrawal from VMI**. The FIP folder remains “active” while a cadet is enrolled in FIP. Once a cadet passes their PFA and meets body fat standards, the cadet’s folder transitions to “inactive” status. The minimum contents required for the FIP folder are:

a. FIP Folder, Section A Contents:

- 1) Copy of PFA scorecard and/or body fat assessment that placed cadet in FIP status.
- 2) Copy of passing PFA scorecard and/or body fat assessment that allowed cadet to be removed from FIP status.

- 3) Copy of PFA scorecard(s) and/or body fat assessment(s) that placed cadet back into FIP status.

b. FIP Folder, Section B Contents:

Note: AD appointed strength and conditioning staff members WILL complete FIP counseling sessions for non-commissioning NCAA student athletes. In these situations, the strength and conditioning staff members will provide a copy of each counseling session to the company TAC for inclusion in the student athlete's FIP folder.

- 1) Initial term counseling memorandum(s) inclusive of established semester FIP goal(s) for each semester enrolled in FIP.
- 2) Final term counseling memorandum(s) summarizing FIP goal(s) performance, semester PFA score, retention, or removal from FIP, and recommendation to the Commandant of Cadets for placement into Fitness Probation (as required) for each semester enrolled in FIP.
- 3) Commandant's Memorandum of Notice for Placement into and/or Removal from Fitness Probation (as required).

ANNEX C: Fitness Probation (FitPro) Guidance

1. The purpose of FitPro is to level sanctions and restrictions against cadets that fail to comply with the VMI Fitness Program policy and/or fail to demonstrate positive progress in achieving PFA standards. **FitPro is a restrictive status equivalent to Academic Probation.** A cadet in FitPro **does not** have full class privileges until they are removed from FitPro for passing the PFA or meeting their semester FIP goal(s). See Blue Book, Chapter 18, for full listing of FitPro restrictions.

2. Cadets remain in FitPro until they achieve a passing PFA score or meet their established FIP goal(s) but still have a failing PFA score.

3. Any cadet placed in FitPro status over consecutive semesters will be evaluated by the Commandant of Cadets for ***possible conduct suspension*** under *Blue Book* standards. The Commandant shall document this evaluation by an approved retention letter or by forwarding a conduct suspension package recommendation to the Superintendent.

4. FitPro Requirements. The table below outlines FitPro entry/exit criteria and program requirements.

Fitness Probation (FitPro) Placement (** Commandant Suspend/Retain Recommendation Required For Consecutive Terms in FitPro Status)	
Enter FitPro	1. Failure to achieve semester FIP goal(s) 2. Failure to record a fitness test score by exam reading day in <u>two consecutive</u> academic terms 3. Failure to complete initial and final counseling session requirements
Counseling Sessions	1. Must complete an initial counseling session with TAC or ROTC representative to establish FIP goal(s) within 1st month of semester 2. Must complete a final counseling session with TAC or ROTC representative upon completion of fitness test or by exam reading day
Remedial PT Enrollment	1. Cadets enrolled in FIP and on FitPro must attend Corps or ROTC Service RPT two times a week - RPT is held 0600-0715 on Tuesdays and Fridays
Remain in FitPro	**1. Failure to achieve semester FIP goal(s) while in FitPro **2. Failure to record a fitness test score by exam reading day in <u>three consecutive</u> academic terms 3. Returning from suspension while previously in FitPro
Exit FitPro	1. Achieve passing fitness test score 2. Achieve FIP goal(s) but still have failing score

Note 1: NCAA cadet-athletes placed on FitPro will complete RPT requirements with the service ROTC unit or cadet regimental company during “out of season segment” athletic permit periods.

5. FitPro Documentation Requirements. The Colleague student record for any cadet placed on FitPro will be updated to reflect a restriction to post status. Cadets in FitPro are subject to daily confinement checks for cadet accountability for the duration of their time in FitPro. The ROTC Service representative or regimental company tactical officer is responsible for completing FIP counseling and documentation actions as outlined in Annex B, Paragraph 7.

ANNEX D: PFA Performance Incentives

1. The goal of the VMI Physical Training Program is to help cadets achieve and sustain a high standard of fitness over the course of their cadetship. It reinforces the Three-Legged Stool educational concept at VMI whereby cadets are challenged to maximize their potential across the academic, military, and athletic developmental pillars. The VMI PFA establishes a minimum performance standard for cadets to achieve baseline physical fitness, but the overarching goal of this program is for cadets to achieve their full physical fitness potential. To encourage cadets to achieve high level of fitness, the Commandant's Staff has developed a robust fitness incentive and recognition program.

2. The chart below outlines PFA performance incentives available to all cadets.

Fitness Test Incentives	
Test Score (% of total points achievable)	Incentives (<i>Note: Fitness Days, Weekend, and Optional BRC/SRC privileges take effect for Rats following Rat Line Breakout</i>)
100%	1. Two (2) Fitness Days following term (Equivalent to Class/Academic Days) 2. Two (2) Optional BRC with Hay Down/Month following term 3. Award of VMI Fitness Badge
95% - 99.9%	1. One (1) Fitness Day following term 2. Two (2) Optional BRC with Hay Down/Month following term 3. Award of VMI Fitness Badge
90% - 94.9%	1. One (1) Weekend following term 2. One (1) Optional BRC with Hay Down/Month following term 3. Award of VMI Fitness Badge
80% - 89.9%	1. One (1) Optional BRC/Month following term
From Failing (<75%) to Passing Score	1. One (1) Weekend 2. Plus Incentives for 80% or higher fitness test score in blocks above

Notes:

1. Cadets must have full class privileges to take Fitness Day and Weekend privileges
2. Hay Down, Optional BRC, and Weekend privileges granted under the Corps of Cadets Physical Fitness Program are individually tracked and taken by the cadet under their honor

3. In addition to the individual cadet incentives listed above, the VMI Physical Fitness Program rewards exceptional performance at the individual and cadet regimental company level. The following awards are presented at the Commandant's Award Ceremony at the end of the academic year.

a. Top Composite and Component Score Awards. These awards are given to the highest scoring male and female cadets in both the overall highest aggregate composite PFA score and highest individual PFA component scores.

b. Commandant's Cup. Each Regimental company earns points towards the Commandant's Cup for the company's average PFA score and overall percentage PFA pass rate. The company's average PFA and PFA percentage pass rate scores are calculated after reading day each academic term. The fitness test points accrued are combined with points awarded for the North Post Challenge competition and Third-Class Marksmanship event to determine the Commandant's Cup winner. PFA accrued points shall be determined as follows:

- (1) Cadets must take or retake their PFA by 1500 on reading day each term to support their company's Commandant's Cup average.
- (2) Any cadet that has not posted a PFA score by 1500 on reading day will receive a "0" score unless they have been medically exempted from all PFA components by the VMI Infirmary.
- (3) Any cadet completing fewer than three PFA components due to physical GIM restrictions are assessed by the percentage points they accumulate in the components they complete. See Annex A for PFA points awarded in each assessed PFA component.

ANNEX E: VFT Scorecard

Class: _____

Cadet Name: _____

VFT Administrator Name: _____

Date of VFT Assessment (Month/Date/Year): _____

VFT Component Scores

Number of Push-Ups in 1-Minute: _____

Number of Sit-Ups in 1-Minute: _____

Recorded Time for 1.5-Mile Run: _____

Cadet Signature: _____

VFT Administrator Signature: _____

Body Fat Assessment. This assessment must be completed within 72 hours prior to or following completion of the VFT.

Body Fat Assessment

Date Measured: _____

Height: _____ Weight: _____

Maximum Allowable Weight (Pass / Fail): _____

NOTE: Any cadet failing the maximum allowable weight standard shall complete the US Army 1-tape measurement to determine body fat percentage if they fail maximum allowable weight standards for their height

Cadet Signature: _____

Administrator Signature: _____

1-Tape Body Fat Measurement (if required): _____

VFT Representative Signature: _____

ANNEX F: VFT Instructions

One Minute Push-Up Verbal Instructions. The Assessment Administrator reads the following instructions to all members and demonstrates the proper technique.

- A. The one-minute push-up is an assessment of muscular strength. Place your palms or fists on the floor, hands will be slightly wider than shoulder width apart with your elbows fully extended. Your feet may be no more than 12 inches apart and should not be supported, braced, or crossed. Your body should maintain a rigid head to heel form. This is the up or starting position.
- B. Begin by lowering your body to the ground until your upper arms are at least parallel to the floor (elbows bent at 90 degrees) then return to the up position (arms fully extended but not locked). This is one repetition.
- C. Your chest may touch but not rest or bounce on the floor. If you do not come down parallel to the floor, the push-up will not count. Resting can only be done in the up position. You may remove your hands or feet from the floor or bridge or bow your back, but only in the up or rest position, resting any other body part on the floor is not allowed. If resting occurs in the down position, the push-up portion of assessment will be terminated, and your score will be based on the correct number of push-ups performed up to that point.
- D. Your breathing should be as normal as possible. Make sure you do not hold your breath. You have one minute to perform as many correct push-ups as you are able. Your counter will count the correct number of push-ups aloud. Your counter will not count incorrect push-ups. Your counter will tell you what you are doing wrong and will repeat the last number of correct push-ups in one minute is recorded as your score.

One Minute Sit-Up Verbal Instructions. The Assessment Administrator reads the following instructions to all members and demonstrates the proper technique.

- A. The one-minute sit-up is an assessment of core endurance. Begin by laying face up on the floor or mat. Your feet may extend off the floor or mat, but your buttocks, shoulders, and head must not extend beyond the mat. Bend your knees at 90 degrees, with your feet or heels in contact with the floor at all times. Cross your arms over your chest with your open hands or fingers at your shoulders or resting on your upper chest. This is the starting position. When conducting sit-ups, any part of the hands or fingers remain in contact with the shoulders or upper chest at all times.
- B. If a bolted non-portable toe hold bar is used: Anchor your feet to the ground by hooking your feet or toes under the bar. Your heels must remain in contact with the ground at all times and the bar cannot move while you perform the assessment. C.
- C. If a toe hold bar is NOT used: You may request the assessor to hold your feet with their hands or by putting their knees on your feet. The assessor may not anchor you by holding behind the calves or by standing on your feet during the assessment as they could lose balance and step off. You may request a member of the same gender to hold your feet and that request must be granted. Let your monitor know if you need your feet held differently

prior to beginning the assessment. (e.g., "You are holding my ankles or feet too tight or not enough.")

- D. From the starting position, raise your upper torso until your elbows touch your knees or thighs. Then, lower your upper torso until your shoulder blades contact the floor. This is one repetition. Your elbows must touch your knees or thighs at the top of the sit-up, and your shoulder blades must contact the floor or mat at the bottom of the sit-up (keeping any part of your hands or fingers in contact with your shoulder or upper chest at all times).
- E. The repetition will not count if your hands or fingers come completely away from the chest or shoulder or if your buttocks or heels leave the ground. Additionally, you may not grab onto your shirt as it makes it difficult to determine if you are maintaining proper contact. Any resting must be done in the up position. While resting, you may not use knees or any object to support yourself. If there is any resting other than in the up position, the sit-up portion of the assessment is terminated, and your score will be based on the correct number of sit-ups performed up to that point.
- F. You have one minute to perform as many correct sit-ups as you are able. Your counter will count the correct number of sit-ups aloud. Your counter will not count incorrect sit-ups. Your counter will tell you what you are doing wrong and will repeat the last number of correct sit-ups until you correct the error. The total number of correct sit-ups in one minute is recorded as your score.

1.5-Mile Timed Run Verbal Instructions. The Assessment Administrator reads the following instructions to all members.

This 1.5-mile timed run is used to measure cardiorespiratory fitness. Prior to beginning the 1.5-mile run, you may complete up to a three-minute warm up. You will line up behind the starting line and will be instructed to begin running as I start the stopwatch. No physical assistance from anyone or anything is permitted. Pacing is permitted if there is no physical contact and it is not a hindrance to other runners. You are required to stay on and complete the entire marked course. Leaving the course is disqualifying and terminates the assessment. Your completion time will be recorded when you cross the finish line, and you are required to complete a cool down for approximately five minutes. If at any time you are feeling in poor health, you are to stop running immediately and you will be given assistance. I will describe the course at this time. (6 laps, Start here, finish here, etc.)