



NSCC SEAL PHYSICAL FITNESS TEST



NAME: _____ NSCC ID # _____

REGION _____ UNIT _____

REQUIRED EXERCISES

1. **Swim Continuously for 500 Yards** utilizing only the side stroke and/or breast stroke. If performed in a pool, applicant may push off pool sides during turns.

REQUIRED TIME: 12 MINUTES 30 SECONDS

PASSED: _____
INITIALS

(Two Minute Rest Period)

2. **Perform Maximum Amount of Push-Ups (Minimum 42)**. Perform this exercise with back straight, head up, and knees together, Lower yourself to the ground, bending your elbows, keeping your body straight, until you touch your chest to the ground. Then push your body up, keeping your back straight and locking your position. Although the minimum is 42 push-ups, you will be expected to perform more on demand.

REQUIRED TIME: TWO MINUTES (NO MORE).

PASSED: _____
INITIALS

(Two Minute Rest Period)

3. **Perform Maximum Amount of Sit-Ups (Minimum 50)**. Perform this exercise with the hands clasped behind the head, knees bent at approximately a 120 degree angle, feet held on the ground by an assistant. Raise your upper body to an upright position and attempt to touch your knees to your forehead (left and right knee on alternating counts) prior to lowering your upper body to the ground. Count repetitions aloud as you reach the “up” position.

REQUIRED TIME: TWO MINUTES.

PASSED: _____
INITIALS

(Two Minute Rest Period)

4. **Perform at least Eight Continuous Pull-Ups.** Perform this exercise by grasping the pull-up bar and hanging straight down. Palms away, at shoulder width. Count repetitions aloud each time you pull your chin over the bar. Do not swing or bicycle your feet as you pull your chin over the bar, and maintain a vertical position throughout the exercise. **NO TIME LIMIT.**

PASSED: _____
INITIALS

(Ten Minute Rest Period)

5. **Run 1 ½ Miles** wearing full length trousers and high quality athletic shoes.
MAXIMUM TIME ALLOWED: **11 MINUTES 30 SECONDS.**

PASSED: _____
INITIALS

This test has been performed meeting the above standards. I certify that

Cadet _____,
NSCC ID # _____, has successfully completed the above requirements and is
qualified for NSCC SEAL Training.

ACTIVE DUTY NAVY ADMINISTRATOR
(SIGNATURE/RANK)

UNIT COMMANDING OFFICER'S
(SIGNATURE)

DATE: _____

DATE: _____

NOTE: Applicants in Pacific Southwest Region (Region 11) must contact LCDR Dutton,
NSCC, Regional Director, for additional testing requirements and the dates for
Physical Fitness Test