VIRGINIA MILITARY INSTITUTE
Lexington, Virginia

GENERAL ORDER)
NUMBER 31) 20 March 2013

Corps of Cadets Physical Training Program

1. **Purpose and Applicability**. This order establishes the policy for the Corps of Cadets Physical Training Program including the VMI Fitness Test (VFT) and Reserve Officer Training (ROTC) service specific Physical Fitness standards. 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). Each Company Tactical Officer is responsible for managing the PTP for their company. The Professors of Military Science, Naval Science and Aerospace Studies are responsible for managing their respective 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 Physical Training Program is to improve the health and fitness of cadets by incorporating all fitness components (cardiovascular endurance, muscular strength, muscular endurance, flexibility and 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), VFT, and remedial physical training (RPT).
    a. **Physical Training Time**. (1605 – 1800 hours on Mondays and 1105 – 1215 hours on Fridays).
        i. Two blocks of time (1605– 1800 hours on Mondays and 1105 – 1215 hours on Fridays) are designated in the Institute Schedule as Physical Training Time (PTT). The priority for this time is allocated to excellence in the Physical Training Program. PTT is the primary opportunity for the Corps to conduct mandated physical conditioning and training sessions.
        ii. The ROTC departments have primary responsibility for the conduct of the physical training during this period for 3rd and 4th class cadets. Contracted and commission seeking 1st and 2nd class cadets must participate with their respective ROTC departments during the PTT sessions.
        iii. The Commandant is responsible for the physical training of all non-commissioning 1st and 2nd class cadets during PTT.
        iv. Cadets on NCAA permit are exempt from PTT on Mondays and report to their respective team training. All out-of-season NCAA permit cadets participate in Friday PTT.
        v. 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.

vi. During PTT, the following guidelines are in effect:

1. The Professors of Military Science, Naval Science and Aerospace Studies will schedule physical training activities related to their physical fitness programs. ROTC departments and the Commandant have facility scheduling priority for the Friday PTT.
2. 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. **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).**

i. VFT Administration. Every cadet will take the VFT during each semester.

1. The first VFT for new cadets (except those on NCAA in-season permit) is diagnostic and will be used as the baseline measurement to gauge improvement over time. It is administered during matriculation week.
2. A scored VFT is administered in August for designated NCAA in-season teams.
3. Readmitted cadets will take a diagnostic VFT. The VFT is scheduled by the Registrar and conducted by the Commandant's staff.
4. The scored VFT is given in the fall semester for all cadets. Another scored VFT is given in the spring semester for all cadets.
5. Testing procedures are in the VFT OPORD/SOP published annually by the S6 staff.
6. The VFT schedule is included in the Corps weekly training schedule.
7. The Company Tactical Officer will make special arrangements for testing cadets on guard, the GIM, NCAA-related or other conflicts.
8. Cadets who do not pass the VFT will be placed in remedial physical training (see paragraph 4d for details).

ii. 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.
2. Failure of the VFT retest will result in immediate loss of rank.
3. Cadets who lose rank and subsequently pass the VFT may apply for rank vacancies and/or rank for the upcoming year.

iii. Scoring. 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 scores (see the table below for minimum scores).

1. There is no maximum score. Points are awarded based on performance.
2. The point scale for each VFT event (pull-up, sit-up and 2400 meter run)
   is found in Annex A and awards credit 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= +5 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

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

3. The two-part VFT is no longer authorized. Cadets are either excused by the Post Physician or must take the entire VFT.
4. The overall score on the VFT is determined by the total number of points achieved on the scored events. The highest scoring male and female cadets overall and in each event will be recognized on the VFT board located in the Commandant's Office. Cadets must pass the VFT to be recognized as a high scorer.
5. The VMI Physical Fitness Badge will be 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 each scored test to continue to wear the gold or silver badge.
6. 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.

7. VFT Instructions are at Annex B.

d. **Remedial Physical Training (RPT)**.

i. VFT specific RPT Guidance

1. RPT is conducted during military duty on Wednesday from 1605-1800 and Saturday from 0600-0700. Cadets who do not pass the scored VFT will be placed in remedial physical training the week following the VFT. Cadets who meet the minimum score for all three events of the VFT when retested will be excused from RPT for the remainder of the semester. Any cadet who fails a subsequent VFT administered by their tactical officer may be placed in RPT at the discretion of the tactical officer.
2. In addition to the mandatory RPT held during Wednesday military duty and Saturday morning, an additional RPT schedule can be established by each company tactical officer for cadets in his/her company in coordination with the S3 officer for scheduling purposes and after approval by the Commandant of Cadets.
3. Because of sports-related requirements, cadets on in-season and in-season (non-traditional) NCAA permit are exempt from participation in RPT. These cadets must retest once out-of-season.
4. Cadets on out-of-season NCAA permits who fail to meet the minimum VFT scores will participate in RPT. These cadets must retest before going in-season.
5. During the Wednesday military duty period participation in RPT takes precedence over all other duty to include penalty tours, out-of season NCAA meetings or practices and Club Sports (except when the club sport has an approved permit for a competition scheduled on the weekend).
6. The only cadets excused from Wednesday RPT are cadets on an in-season NCAA permit and cadets on a Club Sports permit for weekend competition.
7. 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.

ii. Reserve Officer Training RPT Guidance

1. Cadets enrolled in ROTC are expected to meet/maintain service specific physical fitness standards. Specifically those that are contracted with a ROTC and those that are seeking a commission via

the ROTC program may be assigned to RPT based on their inability to meet/maintain the minimum standards for their respective service.

2. When assigned to a ROTC RPT by their Professor in accordance with service standards RPT will be conducted during Military Duty Wednesday 1605-1800 and Saturday 0600-0700. RPT will be supervised by upperclassmen from their respective ROTC program.
3. All guidelines/stipulations as stated above will apply to Cadets assigned to RPT by their Professor. ROTC departments are responsible for accountability.
4. Cadets assigned to RPT by their Professor will be removed from RPT when they demonstrate sufficient sustained performance in accordance with specific service regulations and orders.

FOR THE SUPERINTENDENT:

Jeffrey H. Curtis
Colonel, USAF (Ret)
Chief of Staff

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	

VIRGINIA MILITARY INSTITUTE FITNESS TEST (VFT) INSTRUCTIONS

Annex B

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 will be 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 will 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 you 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.