

REPORT OF MEDICAL EXAMINATION

Name: _____ Age: _____
Last First Middle

INSTRUCTIONS FOR MEDICAL EXAMINER

The standard for acceptance into the Naval ROTC College Program is the ability to fully participate in training activities. This includes strenuous physical exercise and activities which may occur in a hot and humid environment. Details of the minimum standards for the events in the NROTC Physical Fitness Assessment are listed on page 3 of this form. Defects that have the potential to result in illness or injury brought on by physical exercise should be identified. The examiner should list any condition(s) which could interfere with full and unrestricted participation. Conditions that will or are likely to require treatment, particularly unresolved injuries and recurrent illness must be listed. History of immunization should be verified to the satisfaction of the medical examiner.

Height: _____ Weight: _____ Obese: Yes No Pulse: _____ Blood Pressure: _____

Visual Acuity: _____ Color Vision: _____ Wears Glasses: Yes No Wears Contacts: Yes No

Hemoglobin: _____ Hematocrit: _____

Urinalysis: Glucose: _____ Albumin: _____ Blood: _____

Lungs: _____ Heart: _____ Abdomen: _____ Genitalia: _____ Hernia: _____ Spine: _____

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

Body Symmetry: _____ Cervical Spine Motion: _____ Upper Body Flexibility: _____

Lower Body Flexibility: _____ Knee Stability _____ Other: _____

Remarks:

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

Signature

Date

Typed or Print Name of Medical Examiner

Address of Medical Examiner

Phone Number

ACCEPTANCE CRITERIA FOR APPLICANTS TO THE NROTC COLLEGE PROGRAM

1. Acceptance is based upon ability to participate in strenuous physical activity and the absence of contagious disease, illness, or history of injury that will or is likely to require medical care or restriction of participation during training exercises or physical readiness testing.
2. Special attention should be given to orthopedic and cardiovascular conditions or complaints.
3. Conditions that are considered disqualifying include:
 - a. Symptomatic or recurrent orthopedic complaints
 - b. Allergies or hypersensitivity to foods, medications, or insect bites/stings
 - c. History of seizures or convulsions, head injuries requiring hospitalization, loss of consciousness
 - d. Diabetes requiring dietary restrictions or medication
 - e. History of chronic motion sickness, sleep walking, or bed wetting since age 9
 - f. History of asthma, including reactive airway disease, exercise induced bronchospasm or asthmatic bronchitis, reliably diagnosed and symptomatic **after the 13th birthday.** Reliable diagnostic criteria may include any of the following elements: substantiated history of cough, wheeze, chest tightness and/or dyspnea which persists or recurs over a prolonged period of time, generally more than 12 months.
 - g. History of Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder (ADD/ADHD) , or Perceptual/Learning Disorder(s) **unless applicant** can demonstrate passing academic performance and there **has been no use of medication(s) in the previous 12 months.**
4. Specific clinical examinations that are required include urinalysis, hemoglobin and/or hemocrit. When clinically indicated, laboratory test for hemoglobinopathies is recommended.
5. For purpose of this examination, there is no specific limit for defective vision. However, applicants who wear glasses or contact lenses but cannot participate in training activities that require removal of glasses (or contacts) should be reviewed on a case-by-case basis.
6. There is no provision for "waiver" of the acceptance criteria for participating in the NROTC College Program. Examining physicians may submit appropriate statements for consideration of acceptance when the examiner is of the opinion that the applicant will not encounter any restriction of participation in the program and that the condition in question does not present an unacceptable risk for aggravation or worsening as the result of participation in the activities of the program. Conditions that will require medication or treatment during the period of training should be considered as not meeting the criteria for qualification.
7. Final authority for acceptance of applicants is the Commanding Officer, NROTC Unit, Mid-South Region, The University of Memphis, 120 Hayden Hall, Memphis, TN 38152-3410

MINIMUM NAVY PHYSICAL READINESS STANDARDS

	17-19 YEARS		20-29 YEARS	
	MALE	FEMALE	MALE	FEMALE
SIT REACH				
SIT UPS (2 min.)	45	40	40	33
PUSH UPS (2 min.)	38	18	29	11
1.5 MILE RUN TIME	12:45	16:15	13:45	16:45