

VIRGINIA MILITARY INSTITUTE
Lexington, Virginia

GENERAL ORDER
NUMBER 31)

26 July 2024

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), however, 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 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(ioni)-3(ng)JTJETQq0.00000912ETQq0.00000912 0 295 4 0 0 1 485.14 446.59 Tm0 g0 G(im)

- (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 responsible for the overall administration of the VFT. Pull ups must be graded by a member of and approved cadets or other staff or faculty may assist with the grading of the sit ups and run.
 - c. Cadets must pass either the VFT (non-contracting) or the Respective ROTC PT Test (Contracting).
 - (1) Cadets holding rank who fail the VFT will be permitted 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).

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 3 pounds for clothing worn during official weight checks.

FOR THE SUPERINTENDENT:

John Young
Colonel, Virginia Militia
Chief of Staff

ANNEX A: VFT (APFT) SCORING AND POINTS
ANNEX B: VFT (APFT) EVENT INSTRUCTIONS

DIST: E, Cadets

OPR: Commandant of Cadets

"THE SIT-UP EVENT MEASURES THE ENDURANCE OF THE ABDOMINAL AND HIP-FLEXOR MUSCLES. ON THE COMMAND "GET SET", ASSUME THE STARTING POSITION BY LYING ON YOUR BACK WITH YOUR KNEES BENT AT A 90-DEGREE ANGLE. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART. ANOTHER PERSON WILL HOLD YOUR ANKLES WITH THE HANDS ONLY. NO OTHER METHOD OF BRACING OR HOLDING THE FEET IS AUTHORIZED. THE HEEL IS THE ONLY PART OF YOUR FOOT THAT MUST STAY IN CONTACT WITH THE GROUND. YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD AND THE BACKS OF YOUR HANDS MUST TOUCH THE GROUND. YOUR ARMS AND ELBOWS NEED NOT TOUCH THE GROUND. ON THE COMMAND "GO", BEGIN RAISING YOUR UPPER BODY FORWARD TO, OR BEYOND, THE VERTICAL POSITION. THE VERTICAL POSITION MEANS THAT THE BASE OF YOUR NECK IS ABOVE THE BASE OF YOUR SPINE. AFTER YOU HAVE REACHED OR SURPASSED THE VERTICAL POSITION, LOWER YOUR BODY UNTIL THE BOTTOM OF YOUR SHOULDER BLADES TOUCH THE GROUND. YOUR HEAD, HANDS, ARMS, OR ELBOWS DO NOT HAVE TO TOUCH THE GROUND. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF SIT-UPS YOU HAVE CORRECTLY COMPLETED. A REPETITION WILL NOT COUNT IF YOU FAIL TO REACH THE VERTICAL POSITION, FAIL TO KEEP YOUR FINGERS INTERLOCKED BEHIND YOUR HEAD, ARCH OR BOW YOUR BACK AND RAISE YOUR BUTTOCKS OFF THE GROUND TO RAISE YOUR UPPER BODY, OR LET YOUR KNEES EXCEED A 90-DEGREE ANGLE. IF A REPETITION

CHEST IS FOR IDENTIFICATION. YOU MUST MAKE SURE IT IS VISIBLE AT ALL TIMES. TURN IN YOUR NUMBER WHEN YOU FINISH THE RUN. THEN, GO TO THE AREA DESIGNATED FOR COOL-DOWN AND STRETCH. DO NOT STAY NEAR THE SCORERS OR