

VIRGINIA MILITARY INSTITUTE  
Lexington, Virginia

GENERAL ORDER  
NUMBER 31)

3 March 2023

**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, muscular endurance, flexibility, and appropriate 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) formerly and sometimes referred to as ‘personal workout’ (PW), ACFT, and RPT.

A. Physical Training Time (0600 - 0715, Mon-Fri).

(1) Physical Training Time (PTT) is scheduled for 0600 - 0715 M-F as scheduled by each respective ROTC program, the Commandant of Cadets, and Athletic Department.

(a) ROTC PTT blocks are as follows:

- All ROTC Programs Mon 1600 – 1800
- Air Force ROTC/Coast Guard Auxiliary University Program (AUP): Wed 0600 – 0715
- Army ROTC: Thu 0600 - 0715
- Naval ROTC: Fri 0600 – 0715

(b) The ROTC departments are responsible for conducting physical training during their respective time blocks. Most 3rd and 4th class cadets and all contracted and commission seeking 1st and 2nd class cadets must participate with their respective ROTC departments during the PTT sessions. There are some exceptions authorized according to ROTC regulations and approved by the Superintendent.

(c) The Commandant is responsible for the physical training of all non-commissioning 1st and 2nd class cadets and some excepted non-commissioning 3rd and 4th class cadets.

(d) Remedial Physical Training (RPT) (0600 – 0700, Wed and Fri).

- (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. Cadets are authorized to wear ROTC or athletic physical fitness uniforms when conducting physical fitness training, this includes movement to and from training events. Ability to wear the PT uniform in Crozet Hall is restricted to those coming from authorized ROTC PT and athletic practices.
- (2) During PTT, the following guidelines are in effect:
  - (a) The Professors of Military Science, Naval Science, and Aerospace Studies schedule physical training activities related to their physical fitness programs.
  - (b) The Director of Intercollegiate Athletics may schedule in-season and out-of-season athletic team activities during this time.
  - (c) The Commandant may schedule club team activities during this time.
- (3) Uniform for PTT is the Cadet 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.
- (4) During PTT, the following guidelines are in effect:
  - (a) The Professors of Military Science, Naval Science, and Aerospace Studies schedule physical training activities related to their physical fitness programs. ROTC departments and the Commandant have facility scheduling priority for the Friday PTT.
  - (b) The Commandant, through Company TAC officers and Cadets-in-Charge, schedules physical training activities to support this order's intent.
  - (c) The Director of Intercollegiate Athletics may schedule in-season athletic team activities on Monday, Friday, and out-of-season athletic team activities on Mondays.
- B. Individual Training Time (ITT) / Personal Workout (PW). All cadets should complete at least one 60-minute PW per 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).
  - 1) VFT Administration. Every Non-Commissioning cadet will take the VFT during each semester. All Contracting cadets and the majority of the 4/C and 3/c will take the equivalent Physical Training Test with their respective ROTC departments.
  - 2) Scheduling.
    - a. New cadets will take their first fitness test with their respective ROTC program. Any cadet not taking an ROTC fitness test will be administered the VFT.
    - b. NCAA athletes will take the fitness test with the respective ROTC if they are on the commissioning tract. If not on commissioning track, they will coordinate to take the VFT through the commandant's office each semester during their off-season time frame or when it will least impact their athletic requirements.

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 the Commandant’s staff. Selected 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).
- e. Cadets may not take a ‘partial VFT;’ they are either excused by the Post Physician or must take the entire VFT.

4) Scoring.

- a. 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 scored (see the table below for minimum scores).

MINIMUM PASSING VFT SCORES				
EVENT	MEN		WOMEN	
	Age17-21	Age 22-26	Age 17-21	Age 22-26
Push-ups (2 minutes)	42	40	19	17
Sit-ups (2 minutes)	53	50	53	50
Run (2 miles)	15:54	16:36	18:54	19:36

- b. There is a maximum score. Points are awarded based on performance.
- c. The point scale for each VFT event (push-up, sit-up. and 2-mile run) is found in Annex A.
- d. The overall score on the VFT is determined by the total number of points achieved on the events scored.
- e. Recognition of exceptional performance.
  - (1) The highest scoring male and female cadets overall and in each event are recognized on the VFT board located in the Commandant’s Office. Cadets must pass the VFT to be recognized as a high scorer.
  - (2) The VMI Physical Fitness Badge is 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 on each record VFT to continue to wear the

gold or silver badge.

- (3) 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 after 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. See also Commandant's Cup OPORD.

f. See Annex B for VFT event instructions.

g. See Annex C for details on the Alternate Event VFT rendered to select Athletes within the Cadet Corps when made available.

#### D. Remedial Physical Training (RPT).

- 1) Cadets who do not pass the record VFT are placed in remedial physical training the week following the failed VFT. Cadets who pass the VFT are excused from RPT until such time they fail a record VFT.
- 2) RPT is conducted during military duty on Wednesday from 0600-0700 and Friday from 0600-0700.
- 3) In accordance with General Order #1, cadets on in-season and in-season (non-traditional) NCAA permit are exempt from participation in RPT. Cadets on out-of-season NCAA permits who fail to meet the minimum VFT scores must participate in RPT.
- 4) In accordance with General Order #1, NCAA Athletes will be excused from morning ROTC PTT. The Athletic Department will work with the ROTC Departments to ensure all ROTC required tests/events are completed. There are some exceptions authorized according to ROTC regulations and approved by the Superintendent.
- 5) ROTC RPT Guidance.
  - a. Cadets enrolled in ROTC will not conduct VMI RPT and must stay with their ROTC affiliated PTT group to perform Remedial PT as it pertains to their service.
  - b. ROTC departments will design and implement remedial physical fitness programs of their own, provided those programs do not conflict with the VMI RPT program for non-commissioning cadets. Exceptions may be granted by permit to the Deputy Commandant.

#### 5. Cadet Height and Weight

A. General. The Physical Training Program is designed to encourage a lifestyle of year-round fitness which may include routine body composition measurement. The goal is to achieve and maintain optimal body composition by incorporating proper nutrition into a rigorous exercise regimen. For commission-seeking cadets, each service ensures compliance with acceptable body composition standards specific to their service. The VMI physician may monitor select cadets as needed for health reasons and may, with the Cadet Counselors, counsel cadets on healthy body composition and nutrition.

- 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 3 pounds for clothing worn during official weight checks.

FOR THE SUPERINTENDENT:

John Young  
Lieutenant 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

**ANNEX A: VFT (APFT) Scoring**

Use the Application: US army Fitness for all scoring. Below are the levels of performance.

**APFT Standards – Male (Ages 17-21)**

<b>Level of Performance</b>	<b>Points</b>	<b>Push-Ups</b>	<b>Sit-Ups</b>	<b>2 Mile Run</b>
Maximum	100	71	78	13:00
Outstanding	90	64	72	13:42
Excellent	75	53	63	14:48
Good	60	42	53	15:54
Satisfactory Medium	50	35	47	16:36
Probationary	45	31	44	17:00

**APFT Standards – Male (Ages 22-26)**

<b>Level of Performance</b>	<b>Points</b>	<b>Push-Ups</b>	<b>Sit-Ups</b>	<b>2 Mile Run</b>
Maximum	100	75	80	13:00
Outstanding	90	66	73	13:54
Excellent	75	53	61	15:12
Good	60	40	50	16:36
Satisfactory Medium	50	31	43	17:30
Probationary	45	27	39	17:54

**APFT Standards – Male (Ages 27-31)**

<b>Level of Performance</b>	<b>Points</b>	<b>Push-Ups</b>	<b>Sit-Ups</b>	<b>2 Mile Run</b>
Maximum	100	77	82	13:18
Outstanding	90	68	73	14:12
Excellent	75	53	59	15:36
Good	60	39	45	17:00
Satisfactory Medium	50	30	36	17:54
Probationary	45	25	31	18:24

**APFT Standards – Female (Ages 17-21)**

<b>Level of Performance</b>	<b>Points</b>	<b>Push-Ups</b>	<b>Sit-Ups</b>	<b>2 Mile Run</b>
Maximum	100	42	78	15:36
Outstanding	90	36	72	16:24
Excellent	75	28	63	17:42
Good	60	19	53	18:54

Satisfactory Medium	50	13	47	19:42
Probationary	45	11	44	20:06

### **APFT Standards – Female (Ages 22-26)**

<b>Level of Performance</b>	<b>Points</b>	<b>Push-Ups</b>	<b>Sit-Ups</b>	<b>2 Mile Run</b>
Maximum	100	46	80	15:36
Outstanding	90	39	73	16:36
Excellent	75	28	61	18:06
Good	60	17	50	19:36
Satisfactory Medium	50	11	43	20:36
Probationary	45	7	39	21:06

### **APFT Standards – Female (Ages 27-31)**

<b>Level of Performance</b>	<b>Points</b>	<b>Push-Ups</b>	<b>Sit-Ups</b>	<b>2 Mile Run</b>
Maximum	100	50	82	15:48
Outstanding	90	42	73	17:00
Excellent	75	29	59	18:42
Good	60	17	45	20:30
Satisfactory Medium	50	10	36	21:42
Probationary	45	5	31	22:12

All scores are available and calculated using the app US Army Fitness.

Annex B:

**VIRGINIA MILITARY INSTITUTE FITNESS TEST (VFT) APFT INSTRUCTIONS**

"YOU ARE ABOUT TO TAKE THE ARMY PHYSICAL FITNESS TEST (VFT), A TEST THAT WILL MEASURE YOUR MUSCULAR ENDURANCE AND CARDIORESPIRATORY FITNESS. THE RESULTS OF THIS TEST WILL GIVE YOU AND YOUR COMMANDERS AN INDICATION OF YOUR STATE OF FITNESS AND WILL ACT AS A GUIDE IN DETERMINING YOUR PHYSICAL TRAINING NEEDS. LISTEN CLOSELY TO THE TEST INSTRUCTIONS AND DO THE BEST YOU CAN ON EACH OF THE EVENTS."

**Push Up Sit Up** "THE PUSH-UP EVENT MEASURES THE ENDURANCE OF THE CHEST, SHOULDER, AND TRICEPS MUSCLES. ON THE COMMAND 'GET SET,' ASSUME THE FRONTLEADING REST POSITION BY PLACING YOUR HANDS WHERE THEY ARE COMFORTABLE FOR YOU. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART. WHEN VIEWED FROM THE SIDE, YOUR BODY SHOULD FORM A GENERALLY STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR ANKLES. ON THE COMMAND 'GO,' BEGIN THE PUSH-UP BY BENDING YOUR ELBOWS AND LOWERING YOUR ENTIRE BODY AS A SINGLE UNIT UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND. THEN, RETURN TO THE STARTING POSITION BY RAISING YOUR ENTIRE BODY UNTIL YOUR ARMS ARE FULLY EXTENDED. YOUR BODY MUST REMAIN RIGID IN A GENERALLY STRAIGHT LINE AND MOVE AS A UNIT WHILE PERFORMING EACH REPETITION. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF REPETITIONS YOU HAVE COMPLETED CORRECTLY. IF YOU FAIL TO KEEP YOUR BODY GENERALLY STRAIGHT, TO LOWER YOUR WHOLE BODY UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND, OR TO EXTEND YOUR ARMS COMPLETELY, THAT REPETITION WILL NOT COUNT, AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECTLY PERFORMED REPETITION. IF YOU FAIL TO PERFORM THE FIRST TEN PUSH-UPS CORRECTLY, THE SCORER WILL TELL YOU TO GO TO YOUR KNEES AND WILL EXPLAIN TO YOU WHAT YOUR MISTAKES ARE. YOU WILL THEN BE SENT TO THE END OF THE LINE TO BE RETESTED. AFTER THE FIRST 10 PUSH-UPS HAVE BEEN PERFORMED AND COUNTED, HOWEVER, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED PUSH-UPS WILL NOT BE COUNTED. AN ALTERED, FRONT-LEANING REST POSITION IS THE ONLY AUTHORIZED REST POSITION. THAT IS, YOU MAY SAG IN THE MIDDLE OR FLEX YOUR BACK. WHEN FLEXING YOUR BACK, YOU MAY BEND YOUR KNEES, BUT NOT TO SUCH AN EXTENT THAT YOU ARE SUPPORTING MOST OF YOUR BODY WEIGHT WITH YOUR LEGS. IF THIS OCCURS, YOUR PERFORMANCE WILL BE TERMINATED. YOU MUST RETURN TO, AND PAUSE IN, THE CORRECT STARTING POSITION BEFORE CONTINUING. IF YOU REST ON THE GROUND OR RAISE EITHER HAND OR FOOT FROM THE GROUND, YOUR PERFORMANCE WILL BE TERMINATED. YOU MAY REPOSITION YOUR HANDS AND/OR FEET DURING THE EVENT AS LONG AS THEY REMAIN IN CONTACT WITH THE GROUND AT ALL TIMES. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES IN WHICH TO DO AS MANY PUSH-



UPS AS YOU CAN. WATCH THIS DEMONSTRATION." "WHAT ARE YOUR QUESTIONS?"

**"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 DOES NOT COUNT, THE SCORER WILL REPEAT THE NUMBER OF YOUR LAST CORRECTLY PERFORMED SIT-UP. THE UP POSITION IS THE ONLY AUTHORIZED REST POSITION. IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION, THE EVENT WILL BE TERMINATED. AS LONG AS YOU MAKE A CONTINUOUS PHYSICAL EFFORT TO SIT UP, THE EVENT WILL NOT BE TERMINATED. YOU MAY NOT USE YOUR HANDS OR ANY OTHER MEANS TO PULL OR PUSH YOURSELF UP TO THE UP (RESTING) POSITION OR TO HOLD YOURSELF IN THE REST POSITION. IF YOU DO SO, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES TO PERFORM AS MANY SIT-UPS AS YOU CAN. WATCH THIS DEMONSTRATION." "WHAT ARE YOUR QUESTIONS?"

**RUN "THE TWO-MILE RUN** IS USED TO ASSESS YOUR AEROBIC FITNESS AND YOUR LEG MUSCLES' ENDURANCE. YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START, ALL SOLDIERS WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND 'GO,' THE CLOCK WILL START. YOU WILL BEGIN RUNNING AT YOUR OWN PACE. TO RUN THE REQUIRED TWO MILES, YOU MUST COMPLETE (describe the number of laps, start and finish points, and course layout). YOU ARE BEING TESTED ON YOUR ABILITY TO COMPLETE THE 2-MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF YOU ARE PHYSICALLY HELPED IN ANY WAY (FOR EXAMPLE, PULLED, PUSHED, PICKED UP, AND/OR CARRIED) OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON, YOU WILL BE DISQUALIFIED. (IT IS LEGAL TO PACE A SOLDIER DURING THE 2-MILE RUN. AS LONG AS THERE IS NO PHYSICAL

CONTACT WITH THE PACED SOLDIER AND IT DOES NOT PHYSICALLY HINDER OTHER SOLDIERS TAKING THE TEST, THE PRACTICE OF RUNNING AHEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED SOLDIER, WHILE SERVING AS A PACER, IS PERMITTED. CHEERING OR CALLING OUT THE ELAPSED TIME IS ALSO PERMITTED.) THE NUMBER ON YOUR 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 THE FINISH LINE AS THIS MAY INTERFERE WITH THE TESTING. WHAT ARE YOUR QUESTIONS ON THIS EVENT?"