

AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL

1. CADET/APPLICANT NAME	2. AFROTC DETACHMENT
-------------------------	----------------------

MEDICAL AUTHORITY: Measure height and weight of cadet/applicant. Compare results to AF standards listed on reverse, check block 7 and certify as **AFROTC CADRE:** If cadet/applicant exceeds AF weight standards, conduct a Body Fat Measurement IAW DoDI 1308.3. requested below.

3. CADET/APPLICANT MEASUREMENTS	HEIGHT	WEIGHT
4. AIR FORCE WEIGHT STANDARDS (found on reverse)	MINIMUM	MAXIMUM
5. BODY FAT MEASUREMENT	6. BODY FAT STANDARDS: FEMALE - 28% MALE - 20%	
7. CHECK APPLICABLE BOX	EXCEEDS AIR FORCE WEIGHT STANDARDS IS BELOW AIR FORCE WEIGHT STANDARDS IS WITHIN AIR FORCE WEIGHT STANDARDS	

MEDICAL AUTHORITY: PLEASE REVIEW THE ABOVE INFORMATION. CONDUCT COUNSELING BELOW IN APPLICABLE AREAS, AND SIGN. I, 8. (*print name*) _____, HAVE EXAMINED THIS CADET/APPLICANT AND REVIEWED HIS/HER MEDICAL HISTORY. THE FOLLOWING ARE THE RESULTS:

I CERTIFY THIS CADET/APPLICANT'S LEAN BODY MASS POSES NO HEALTH RISK; NO SIGNS OF EATING DISORDERS EXIST. I HAVE DISCUSSED THE (Medical Authority Initials) (IF CADET/APPLICANT IS BELOW AIR FORCE WEIGHT STANDARDS) 9. IMPORTANCE OF NUTRITION AND WEIGHT MANAGEMENT.

I HAVE DISCUSSED APPROPRIATE AND SAFE WEIGHT LOSS WITH THE CADET/APPLICANT. (Medical Authority Initials) (IF CADET/APPLICANT EXCEEDS AIR FORCE WEIGHT STANDARDS) 10.

I FROM PARTICIPATING IN A RIGOROUS PHYSICAL TRAINING PROGRAM. IF A MEDICAL CONDITION/PHYSICAL IMPAIRMENT EXISTS THAT MAY PRECLUDE THE INDIVIDUAL FROM PARTICIPATING, PLEASE EXPLAIN: FIND MEDICAL CONDITION(S) OR PHYSICAL IMPAIRMENT(S) THAT WOULD PRECLUDE THIS CADET/APPLICANT DID / DID NOT (please circle) (FOR ALL CADETS/APPLICANTS) 11.

PHYSICIAN OR MEDICAL AUTHORITY SIGNATURE	EXAMINATION DATE

A DISQUALIFIED DODMERB OR MEPS PHYSICAL SUPERSEDES THIS FORM. A CADET MAY NOT PARTICPATE IN THE AFROTC PHYSICAL **AFROTC CADRE:** TRAINING PROGRAM IF THEY HAVE A DISQUALIFIED DODMERB OR MEPS PHYSICAL.

AFROTC CADRE SIGNATURE	DATE
AFROTC FORM 28, 20120712	

TABLE 1. MAXIMUM ALLOWABLE WEIGHTS FOR BMI OF 27.5 (REGARDLESS OF AGE) (58 - 80 INCHES)

HEIGHT (INCHES)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
-----------------	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

MAXIMUM AND MINIMUM AIR FORCE ALLOWABLE WEIGHT STANDARDS

AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL	
1. CADET/APPLICANT NAME	2. AFROTC DETACHMENT

AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL	
1. CADET/APPLICANT NAME	2. AFROTC DETACHMENT