

<b>OCCUPATIONAL PHYSICAL ASSESSMENT TEST (OPAT) SCORECARD</b>										
<i>ID #:</i>		<i>NAME: LAST, FIRST, MI</i>				<i>UNIT/LOCATION:</i>				
<i>DATE: DDMMYYYY</i>			<i>GENDER:</i> ____ <i>MALE</i> ____ <i>FEMALE</i>				<i>AGE:</i>			
<b>STANDING LONG JUMP: Distance in centimeters (circle highest score)</b>										
<i>TRIAL 1</i>	<i>TRIAL 2</i>	<i>TRIAL 3</i>	<i>RETEST 1</i> <i>(if needed)</i>	<i>RETEST 2</i> <i>(if needed)</i>	<i>INITIALS</i>					
<i>CM:</i>	<i>CM:</i>	<i>CM:</i>	<i>CM:</i>	<i>CM:</i>						
<b>SEATED POWER THROW: Distance to closest 10 cm (circle highest score)</b>										
<i>TRIAL 1</i>	<i>TRIAL 2</i>	<i>TRIAL 3</i>	<i>RETEST 1</i> <i>(if needed)</i>	<i>RETEST 2</i> <i>(if needed)</i>	<i>INITIALS</i>					
<i>CM:</i>	<i>CM:</i>	<i>CM:</i>	<i>CM:</i>	<i>CM:</i>						
<b>STRENGTH DEADLIFT: Circle highest weight successfully lifted.</b>										
<i>WARM-UP / FORM CHECK WEIGHT:</i> <i>No more than 100 LBS</i>	<b>120 LBS</b>	<b>140 LBS</b>	<b>160 LBS</b>	<b>180 LBS</b>	<b>190 LBS</b>	<b>200 LBS</b>	<b>210 LBS</b>	<b>220 LBS</b>	<i>INITIALS</i>	
<b>INTERVAL AEROBIC RUN: Record Level and Shuttle completed.</b>										
<i>LEVEL #:</i>		<i>SHUTTLE #:</i>		<i>TOTAL # SHUTTLES:</i>				<i>INITIALS</i>		
<i>QUALIFICATION: CIRCLE LEVEL QUALIFIED IAW CURRENT POLICY</i>  <i>Black // Gray // Gold // White</i>										
<i>PRINCIPAL GRADER:</i> <i>Name (Last, first, MI)      Grade/Rank      Unit</i>						<i>SIGNATURE OF GRADER</i>				

## Interval Aerobic Run Tracking Sheet

Subject ID: \_\_\_\_\_

		Shuttle #															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14		
Level #	1	1	2	3	4	5	6	7									
	2	8	9	10	11	12	13	14	15								
	3	16	17	18	19	20	21	22	23								
	4	24	25	26	27	28	29	30	31	32							
	5	33	34	35	36	37	38	39	40	41							
	6	42	43	44	45	46	47	48	49	50	51						
	7	52	53	54	55	56	57	58	59	60	61						
	8	62	63	64	65	66	67	68	69	70	71	71					
	9	72	73	74	75	76	77	78	79	80	81	82					
	10	83	84	85	86	87	88	89	90	91	92	93					
	11	94	95	96	97	98	99	100	101	102	103	104	105				
	12	106	107	108	109	110	111	112	113	114	115	116	117				
	13	118	119	120	121	122	123	124	125	126	127	128	129	130			
	14	131	132	133	134	135	136	137	138	139	140	141	142	143			
	15	144	145	146	147	148	149	150	151	152	153	154	155	156			
	16	157	158	159	160	161	162	163	164	165	166	167	168	169	170		
	17	171	172	173	174	175	176	177	178	179	180	181	182	183	184		

Mark a "P" (pass) for each level/shuttle if the subject reaches the line prior to the beep.  
 Mark an "F" (fail) for each level/shuttle if the subject fails to reach the line prior to the beep.  
 The test ends when the subject fails three consecutive shuttles (3 "F" in a row)

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**OPAT Standards Summary  
(Pre-training level of fitness)  
As of 3 June 2016**

<b>Level</b>	<b>Long Jump Cutoff</b>	<b>Power Throw Cutoff</b>	<b>Standing Deadlift Cutoff</b>	<b>Interval Run Cutoff</b>
<b>Heavy (Black)</b>	160cm 5'3"	450cm 14'9"	160lbs	43 Shuttles 6-2
<b>Significant (Gray)</b>	140cm 4'7"	400cm 13'1"	140lbs	40 Shuttles 5-8
<b>Moderate (Gold)</b>	120cm 3'11"	350cm 11'6"	120lbs	36 Shuttles 5-4
<b>Unqualified (White)</b>	Any event score below Moderate (Gold) level			

*Applicant must meet minimum scores in **each** event to qualify for that level*

*As of **3 June 2016**; Changes will be published via ALARACT.*