

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

## Interval Aerobic Run Tracking Sheet

ID # / NAME : \_\_\_\_\_

		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	72						
	9	73	74	75	76	77	78	79	8/0	81	82	83						
	10	84	85	86	87	88	89	90	91	92	93	94						
	11	95	96	97	98	99	100	101	102	103	104	105	106					
	12	107	108	109	110	111	112	113	114	115	116	117	118					
	13	119	120	121	122	123	124	125	126	127	128	129	130	131				
	14	132	133	134	135	136	137	138	139	140	141	142	143	144				
	15	145	146	147	148	149	150	151	152	153	154	155	155	157				
	16	158	159	160	161	162	163	164	165	166	167	168	169	170	171			
	17	172	173	174	175	176	177	178	179	180	181	182	183	184	185			

**Best Practice:** 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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