

AFROTC Det 915 Room and Board Scholarship Application

WVU has partnered with AFROTC Det 915 to provide a limited number of room and meal plan scholarships to new cadets. Interested students should complete this application and submit for consideration. Applications are considered on a first-come first-served basis. Students must have a WVU student ID number and be registered for USAF 100 and USAF 131 to be considered. Applying for or accepting an AFROTC room or meal plan scholarship does not incur any commitment to the military.

Student's Name (Last, First): _____

WVU Student ID number: _____

Phone Number: _____

High School GPA: _____

High School GPA scale: _____

See page 2 for instructions on recording physical fitness information.

Height (inches): _____

Weight (pounds): _____

Push-ups: _____

Sit-ups: _____

1.5 mile run time: _____

I acknowledge the above information is true and accurate regarding my academic and physical performance.

Applicant's Name (Print)

Signature

Date

Send completed applications via email to AFROTC@mail.wvu.edu with the subject "Room & Board Scholarship Application." In the body of the email, include a short personal statement on how the scholarship would benefit you and why you are enrolling in Air Force ROTC at WVU.

Physical Fitness Information Instructions

Height: Have a friend, coach, family member or medical professional record your standing height to the nearest inch. Use a wall mounted measuring device and remove your shoes. Stand with your back against the measuring device with your head held horizontal looking directly forward. Your body should be straight, but not rigid.

Weight: Record your weight to the nearest pound. Do not wear shoes or heavy clothing when recording your weight. A calibrated scale is preferred (found in gyms or medical professional offices), but a household bathroom scale can also be used.

The below exercises must be completed in succession, not taking longer than one hour to complete.

Push-ups: Have a friend, coach, or family member assist you in counting your push-ups. To begin, place your palms or fists on the floor, hands will be slightly wider than shoulder width apart with your elbows fully extended. Your feet may be no more than 12 inches apart and should not be supported, braced or crossed. Your body should maintain a rigid head to heel form. This is the up or starting position. Begin by lowering your body to the ground until your upper arms are at least parallel to the floor (elbows bent at 90 degrees) then return to the up position (arms fully extended but not locked). This is one repetition. Your chest may touch, but not rest or bounce on the floor. If you do not come down parallel to the floor, the push-up will not count. Resting can only be done in the up position. You may remove your hands or feet from the floor or bridge or bow your back, but only in the up or rest position, resting any other body part on the floor is not allowed. You have **one minute** to perform as many push-ups as you can. Your counter should start a timer and tell you when to begin and when to stop. Record the number of push-ups completed in the one minute time period on the application sheet.

Sit-ups: Have a friend, coach, or family member assist you in counting your sit-ups. Begin by laying face up on the floor or a mat. Bend your knees at 90 degrees, with your feet or heels in contact with the floor at all times. Cross your arms over your chest with your open hands or fingers at your shoulders or resting on your upper chest. This is the starting position. When conducting sit-ups, any part of the hands or fingers must remain in contact with the shoulders or upper chest at all times. You may use a toe hold bar or your counter to anchor or hold your feet during the sit-ups. From the starting position, raise your upper torso until your elbows touch your knees or thighs. Then, lower your upper torso until your shoulder blades contact the floor. This is one repetition. Your elbows must touch your knees or thighs at the top of the sit-up, and your shoulder blades must contact the floor or mat at the bottom of the sit-up. The repetition will not count if your hands or fingers come completely away from the chest or shoulder or if your buttocks or heels leave the ground. Any resting must be done in the up position. While resting you may not use knees or any object to support yourself. You have **one minute** to perform as many sit-ups as you can. Your counter should start a timer and tell you when to begin and when to stop. Record the number of sit-ups completed in the one minute time period on the application sheet.

1.5 mile run: Use a certified track or GPS tracking phone app to run 1.5 miles. Record the completion time to the nearest second on the application sheet.