

## Physical Fitness Differences between ROTC Ranger Challenge Cadets and Regular ROTC Cadets

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### ABSTRACT

Physical fitness has proven its worth for military personal, as a whole, and individually. A high physical fitness level serves as an influencing variable to completion of special military operation initiation trainings (i.e. BUD/S Training). Consequently, militant whom possess a higher level of physical fitness may gain greater occupational advancement opportunities/placement. Pre-commissioned military programs requiring rigorous physical activity participation, superior to typical physical training (PT), may yield optimal physical capacity for cadets seeking special military operations commission, and/or alternative military placement involving physically demand responsibilities. The fitness level of cadets enrolled in military programs requiring elevated PT standards compared to cadets in "regular" pre-commission programs necessitates examination. **PURPOSE:** The purpose of the current research was to examine the physical fitness levels, according to Army Physical Fitness Test (APFT) results, of the Reserve Officer Training Corps (ROTC) Ranger cadets ( $n = 15$ ) compared to Regular ROTC cadets ( $n = 78$ ). **METHODS:** Cadets participated in a 12 week Ranger ROTC training program (undulated resistance training; speed, agility, and quickness training; and high intensity interval ruck training) or 12 weeks of the "regular" ROTC calisthenics (i.e. push-ups, sit-ups, bodyweight squats, long-distance running). Upon completed of the training protocols, an APFT was conducted to identify physical fitness level of cadets. An independent sample t-test ( $\alpha < .05$ ) analyze the mean difference between raw scores, standardized scores, and overall APFT scores of Ranger and Regular cadets. **RESULTS:** Significant differences were recognized between Ranger and Regular cadets for all aspects of the APFT: Raw 2-minute push-up  $t(91)=4.281, <.001$ ; Raw 2-minute sit-up  $t(91)=3.842, <.001$ ; Raw 2-mile run  $t(91)=-3.993, <.001$ ; Standardized 2-minute push-up  $t(91)=3.369, <.001$ ; Standardized 2-minute sit-up  $t(91)=3.668, <.001$ ; Standardized 2-mile run  $t(91)=3.857, <.001$ ; and overall APFT  $t(91)=4.130, <.001$ . **CONCLUSION:** These results illustrate a drastic difference in physical fitness level among cadets and suggest the elevated fitness level of Ranger cadets may serve as an ample foundation to future military placement and operations.