

Physical Readiness certification for the Fiscal Year 2021 (FY21) ROTC
Professor of Military Science (PMS) Centralized Selection Board Certification

Please complete, scan, and email to your Assignment Officer and
USARMY.KNOX.USACC.MBX.PMSBOARD@MAIL.MIL

1. I, _____, _____ wish to be considered for
FY21 PMS Centralized Selection board.
2. I understand that all officers selected by the board members to serve as PMS must not have a permanent physical or medical restriction that would preclude assignment.
3. I understand that my certification below will inform the board members of any permanent physical or medical limitations that may affect my ability to perform the requirements of the PMS position, which includes leading physical fitness training and participating in field training exercises during Cadet Summer Training at Fort Knox. **(Check one box only).**

I can lead and conduct physical fitness with Cadets and participate in field training exercises. Further, I certify that I have no permanent physical or medical limitations that restrict my ability to participate in Cadet Summer Training involving small unit tactics in a field environment, to ride in a military vehicle wearing protective gear, to wear my Army Combat Helmet, body armor, and load bearing equipment; or to live and function without restrictions in a field environment.

I have permanent physical or medical restrictions on my ability to accomplish any of the functional activities described above. I acknowledge I am ineligible to compete for the PMS Centralized Selection Board.

4. I understand that my certification below will inform the board members of any permanent physical or medical limitations that may affect my ability to perform the Army Physical Fitness Test (APFT) or any other physical demands associated with the broad spectrum of duties required of officers filling PMS positions.

My overall APFT score is DA Form 705 (APFT Scorecard) dated ..

(Check the box below that applies) Height Weight

I am able to conduct physical training (PT) with my Soldiers and Cadets, to take and pass the APFT, and can perform common physical duties associated with my unit alongside my Soldiers and Cadets.

I am able to conduct PT regularly with my Soldiers and Cadets, to pass the APFT and can perform common physical duties associated with my unit alongside my Soldiers and Cadets. However, I take an alternate event(s) APFT for the following reason(s).

I certify I am exempt from the requirement to complete an APFT within the last 365 days.

I anticipate taking my next fitness test by [Click here to enter a date.](#)

I am permanently unable to conduct PT regularly or take and pass a fitness test with or without alternate events.

5. I understand I have a responsibility to inform my COMO/HRC Career Assignments Manager and Cadet Command PMS Manager of any changes to the preceding certified documents.

6. I can be reached at email _____ or _____
Email address Phone number

Printed name _____ Signature _____