

Testing Instructions

Occupational Physical Assessment Test (OPAT)

The Occupational Physical Assessment Test (OPAT) is a battery of four physical fitness test events that will be used to assess an individual's physical capabilities to engage physically demanding Army tasks. The OPAT provides measurements of upper- and lower-body power, lower-body strength and aerobic endurance. The OPAT test events are: the standing long jump, seated power throw, strength deadlift and the interval aerobic run. The standing long jump, seated power throw and strength deadlift can be performed in any order; however the interval aerobic run must be performed as the last event. Individuals are authorized to take up to 5 minutes to recover between events, but may elect to proceed when ready.

OPAT PROCEDURES

Prior to or on the test day, individuals will be briefed on the purpose and organization of the test. A test administrator will explain test administration including appropriate clothing to be worn during testing, preparation of the scorecard and test sequence. Test instructions for the standing long jump, seated power throw, strength deadlift, and interval aerobic run will be read aloud prior to conducting the test event. The OPAT was designed to be administered to a single person in less than one hour; all four test events must be administered during a single testing about session.

Prior to the execution of the OPAT, the test administrator should conduct a dynamic warm-up to ensure individuals are adequately prepared to perform at a maximum level for each of the four OPAT events.

*The following instructions are **READ** aloud to all individuals taking the OPAT.*

“YOU ARE ABOUT TO TAKE THE OCCUPATIONAL PHYSICAL ASSESSMENT TEST OR OPAT. THE OPAT WILL MEASURE YOUR UPPER- AND LOWER-BODY POWER, LOWER-BODY STRENGTH AND AEROBIC CAPACITY. THE RESULTS OF THE OF THE OPAT WILL SERVE AS A GUIDE IN DETERMINING YOUR PHYSICAL CAPABILITIES TO TRAIN FOR YOUR SELECTED DUTIES. AT THIS TIME THE TEST ADMINISTRATOR WILL HAND YOU YOUR OPAT SCORECARD. YOU ARE TO CARRY YOUR SCORECARD WITH YOU TO EACH EVENT. BEFORE EACH TEST EVENT, HAND YOUR SCORECARD TO THE SCORER. AFTER YOU COMPLETE THE EVENT, THE SCORER WILL RECORD YOUR SCORE, INITIAL THE CARD AND RETURN IT TO YOU. LISTEN CLOSELY TO THE TEST INSTRUCTIONS. ASK QUESTIONS BEFORE BEGINNING, OR DURING THE TEST, IF THE INSTRUCTIONS ARE NOT CLEAR TO YOU.



Standing Long Jump Seated Power Throw Strength Deadlift Interval Aerobic Run

Figure 1. OPAT events

STANDING LONG JUMP INSTRUCTIONS:

“THE PURPOSE OF THE STANDING LONG JUMP IS TO ASSESS LOWER- BODY POWER. YOU WILL STAND BEHIND THE TAKE-OFF LINE WITH YOUR FEET PARALLEL AND SHOULDER-WIDTH APART. YOU WILL JUMP AS FAR AS POSSIBLE WITH A TWO-FOOT TAKE-OFF AND LANDING. YOU ARE ALLOWED TO ROCK ON YOUR TOES AND HEELS, BUT YOUR FEET CANNOT BE RAISED OFF THE GROUND BEFORE THE JUMP. THE JUMP BEGINS BY MOVING BOTH ARMS FORWARD AND BACKWARD (ARM COUNTER-MOVEMENTS) WHILE BENDING AT THE KNEES AND HIPS. DO NOT MOVE YOUR FEET AFTER LANDING. AFTER LANDING IF YOU MOVE YOUR FEET YOU MAY BE ASKED TO REPEAT THE JUMP. IF YOU FALL BACKWARD YOU WILL REPEAT THE JUMP. YOU MAY CHOOSE TO PERFORM TWO SUB-MAXIMAL PRACTICE JUMPS FOR FORM ONLY, FOLLOWED BY THREE RECORD MAXIMUM EFFORT JUMPS. THE JUMP IS SCORED TO THE CLOSEST CENTIMETER FROM THE HEEL CLOSEST TO THE TAKE-OFF LINE. WATCH THIS DEMONSTRATION.”



Figure 2. Standing long jump

STANDING LONG JUMP CHECKPOINTS:

During the execution of the standing long jump, the scorer will focus on the following:

1. *Ensure the individual's toes are behind the take-off line, feet are parallel and approximately shoulder-width apart.*

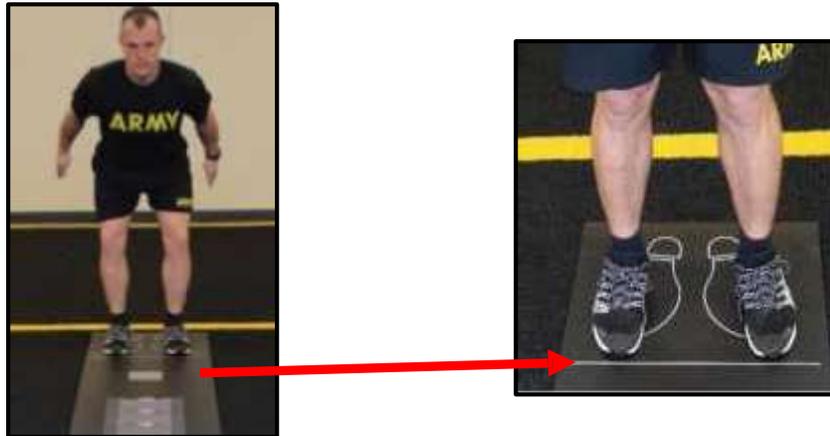


Figure 3. Standing long jump starting position

2. *Individuals may perform several counter-movements (swinging arms forward and backward while bending the knees) before jumping as far forward as possible.*



Figure 4. Standing long jump counter movement

3. *Ensure individual does not take a small hop or step prior to executing the standing long jump.*

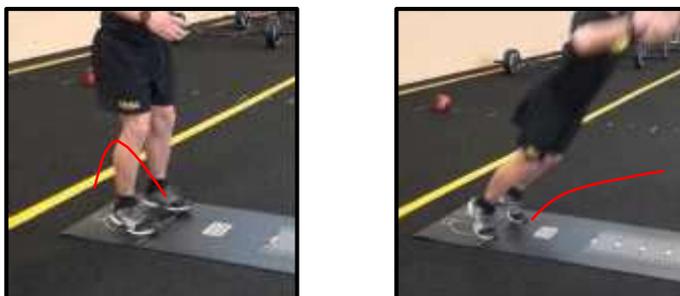


Figure 5. Hop or step prior to the jump

4. Individuals may choose to perform two sub-maximal practice jumps for form only followed by their three record jumps.



Two Sub-maximal Practice Jumps



Three Successful Jumps

Figure 6. Sub-maximal practice and successful jumps

5. If an individual falls forward or backward and/or moves their feet, the jump does not count and the jump will be repeated.



Falling Forward with Foot Movement



Falling Backward



Moving Feet Prior to Scoring

Figure 7. Movements that cause the jump to be repeated

6. The distance for each jump is recorded to the closest centimeter (cm) by measuring from the take-off line to back of the heel closest to the take-off line.



Measurement is taken from takeoff line to the heel closest to the takeoff line in centimeters (cm).

Figure 8. Scoring the standing long jump

“WHAT ARE YOUR QUESTIONS ABOUT THE STANDING LONG JUMP?”

SEATED POWER THROW INSTRUCTIONS:

“THE PURPOSE OF THE SEATED POWER THROW IS TO ASSESS UPPER-BODY POWER. DURING THE TEST, YOU WILL SIT ON THE FLOOR WITH YOUR LOWER BACK AGAINST THE YOGA BLOCK AND UPPER BACK AGAINST THE WALL. YOUR HEAD WILL NOT TOUCH THE WALL. YOUR LEGS WILL BE EXTENDED STRAIGHT OUT IN FRONT OF YOU. YOU WILL HOLD THE MEDICINE BALL WITH TWO HANDS. WHEN I SAY “GO”, BRING THE MEDICINE BALL TO YOUR CHEST WITH YOUR ELBOWS COMFORTABLY AT YOUR SIDES. YOU WILL PAUSE BRIEFLY, THEN PUSH/THROW THE MEDICINE BALL UPWARDS AND OUTWARDS AT A 45° ANGLE. TO MAXIMIZE THE DISTANCE OF THE THROW, FOLLOW THROUGH BY FLEXING YOUR WRISTS. DO NOT THROW THE MEDICINE BALL LIKE SHOOTING A BASKETBALL. THE DISTANCE OF YOUR THROW WILL BE MEASURED FROM THE WALL TO THE SPOT THE BALL LANDS. YOU WILL BE OFFERED TWO PRACTICE THROWS. AFTER THE PRACTICE THROWS, YOU WILL PERFORM THREE MAXIMAL EFFORT THROWS. IF YOU FAIL TO MAINTAIN CONTACT WITH THE WALL, YOU WILL REPEAT THE THROW. THE THROW IS SCORED FROM THE WALL TO THE NEAREST 10 CENTIMETERS FROM WHERE THE BALL CONTACTS THE GROUND. WATCH THIS DEMONSTRATION.”



Figure 9. Seated power throw

SEATED POWER THROW CHECKPOINTS:

During the execution of the seated power throw, the scorer will focus on the following:

1. *Ensure the individual's upper back maintains contact with wall and lower back with the yoga block.*



Upper-back maintains contact with the wall.

Lower-back maintains contact with the yoga block.

Figure 10. Seated power throw starting position

- The individual's starting position should be with the arms comfortably at the sides with the ball touching the middle of the chest.*



Figure 11. Seated power throw starting position

- Individuals should attempt to throw the medicine ball using equal force from both arms:*



Correct Throwing Motion



Incorrect Throwing Motion

Figure 12. Seated power throwing motion

“WHAT ARE YOUR QUESTIONS ABOUT THE SEATED POWER THROW?”

STRENGTH DEADLIFT INSTRUCTIONS:

“THE PURPOSE OF THE STRENGTH DEADLIFT IS TO ASSESS LOWER-BODY STRENGTH. BEGINNING WITH AN UNLOADED BAR OR A LOADED BAR WITH LESS THAN 40 LBS. YOU WILL SQUAT DOWN, GRASP THE BAR AND COMPLETE A SET OF 3 “CHECK” DEADLIFTS. THESE “CHECK” LIFTS WILL BE USED TO CHECK FOR PROPER LIFTING FORM. YOU WILL BEGIN BY STANDING INSIDE THE BAR WITH YOUR FEET ABOUT SHOULDER-WIDTH APART. MAKE SURE YOUR KNEES ARE IN LINE WITH YOUR TOES, BEND AT THE HIPS AND KNEES AND GRASP THE BAR WITH YOUR ARMS AT YOUR SIDES AND FULLY EXTENDED. WHEN I SAY “READY, LIFT,” LIFT THE BAR STRAIGHT UP BY EXTENDING YOUR KNEES AND HIPS IN A SLOW, SMOOTH AND CONTINUOUS MOVEMENT. WHEN YOU ARE STANDING WITH YOUR HIPS AND KNEES FULLY EXTENDED, I WILL SAY “DOWN.” YOU WILL LOWER THE BAR TO THE GROUND IN A CONTROLLED MANNER. IF YOU SHOW POOR LIFTING TECHNIQUE, YOU WILL BE IMMEDIATELY BE STOPPED. YOU WILL THEN EXECUTE ONE REPETITION AT EACH LEVEL FOR 8 WEIGHTS FROM 120 – 220 LBS. YOU MAY NOT SKIP A WEIGHT/LEVEL. YOU WILL BE GIVEN A SHORT REST (NOT TO EXCEED 1 MINUTE) AFTER EACH LIFT. YOU MAY LIFT SOONER IF READY. IF YOU FAIL TO SUCCESSFULLY COMPLETE A LIFT, YOU MAY REST FOR 1-MINUTE AND THEN MAKE ANOTHER ATTEMPT. DON’T OVER-EXERT YOURSELF BY TRYING TO LIFT A WEIGHT THAT IS TOO HEAVY. IF YOU FEEL ANY PAIN OR DISCOMFORT, PUT THE BAR DOWN AND STOP PERFORMING THE LIFT. WATCH THIS DEMONSTRATION.”



Figure 13. Strength deadlift practice repetitions (D-handles up)



Figure 14. Strength deadlift

(1 repetition for 120 lbs, 140 lbs, 160 lbs, 180 lbs, 190 lbs, 200 lbs, 210 lbs, and 220 lbs.)

STRENGTH DEADLIFT CHECKPOINTS:

During the execution of the strength deadlift, the scorer will focus on the following:

Starting position:

1. *Ensure the individual places feet shoulder-width apart inside the open space of the bar.*



Figure 15. Strength deadlift foot placement

2. *Ensure the individual maintains knees in line with the toes.*



Figure 16. Strength deadlift knees in-line with toes

3. *Ensure the individual bends at the hips, with hips back, so that the back is flat or slightly arched.*



Correct Deadlift Technique



Incorrect Deadlift Technique Excessive Back Arch

Figure 17. Lifting technique

4. *Ensure the individual's head and neck are in a neutral position with eyes facing forward (avoid rounding of the spine).*



Figure 18. Spine and neck alignment

Strength Deadlift Motion:

1. *Ensure the individual pulls the bar straight up by extending the knees and hips in a slow, smooth and continuous movement at the same time.*



Figure 19. Hip and knee extension

2. *The individual must not allow the knees to collapse inward when lowering or raising the bar (called a "valgus collapse").*



Figure 20. Knee collapse

3. *Ensure the individual's shoulders remain above the hips at all times.*

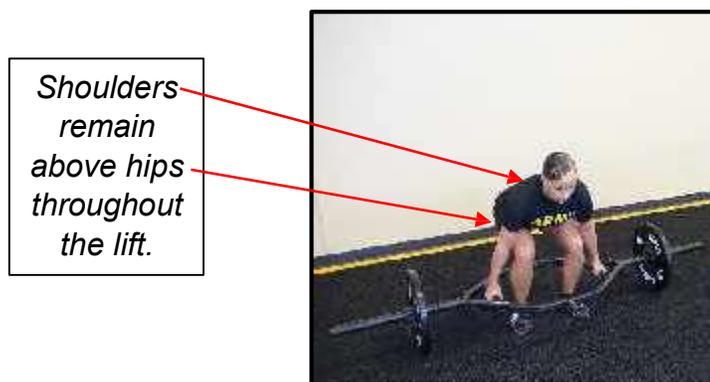


Figure 21. Shoulders above hips

4. *Ensure the individual's heels maintain contact with the ground throughout the lift.*



Heels in contact with ground



Heels not in contact with ground

Figure 22. Heels in contact with ground

5. *Lateral or uneven foot placement during the lift.*



Figure 23. Lateral or uneven foot placement

“WHAT ARE YOUR QUESTIONS ABOUT THE STRENGTH DEADLIFT?”

INTERVAL AEROBIC RUN INSTRUCTIONS:

“THE PURPOSE OF THE INTERVAL AEROBIC RUN IS TO ASSESS AEROBIC CAPACITY. THIS TEST INVOLVES RUNNING BETWEEN TWO DESIGNATED POINTS THAT ARE 20 METERS APART. THE RUNNING PACE IS SYNCHRONIZED WITH “B E E P S” AT SPECIFIC INTERVALS. AS THE TEST PROGRESSES, THE TIME BETWEEN “BEEPS” GETS SHORTER, REQUIRING YOU TO RUN FASTER. YOU WILL STAND BEHIND THE STARTING LINE FACING THE SECOND LINE 20 METERS AWAY. THE TEST STARTS WITH A 5-SECOND COUNTDOWN AND 3 “BEEPS”. AT THE “BEEP” YOU WILL SLOWLY JOG BETWEEN THE TWO LINES. YOU SHOULD TOUCH THE OPPOSITE LINE SHORTLY BEFORE THE NEXT “BEEP”. IF YOU “ARRIVE” EARLY, CONTINUE ACROSS THE LINE, TURN AROUND AND WAIT FOR THE “BEEP”. AFTER ABOUT ONE MINUTE, THE SPEED WILL INCREASE TO THE NEXT LEVEL AS INDICATED BY A “BEEP-BEEP-BEEP”. THE “BEEPS” WILL NOW BE CLOSER TOGETHER AND YOU MUST RUN FASTER. IF YOU DO NOT TOUCH THE LINE BEFORE THE “BEEP”, YOU WILL BE GIVEN A WARNING (EXAMPLE: “WARNING #1”; “WARNING #2”). IF YOU FAIL TO TOUCH THE 20-METER LINE BEFORE THE “BEEP” THREE TIMES IN A ROW, YOU WILL BE TOLD TO STOP. IF YOU FAIL TO REACH THE LINE ONE OR TWO TIMES IN A ROW, AND THEN SUCCESSFULLY REACH THE LINE BEFORE THE BEEP, THE COUNT FOR WARNINGS WILL START OVER. WATCH THIS DEMONSTRATION.”

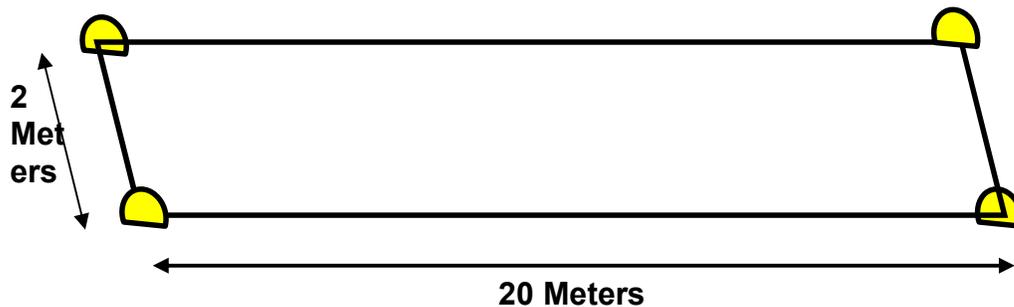
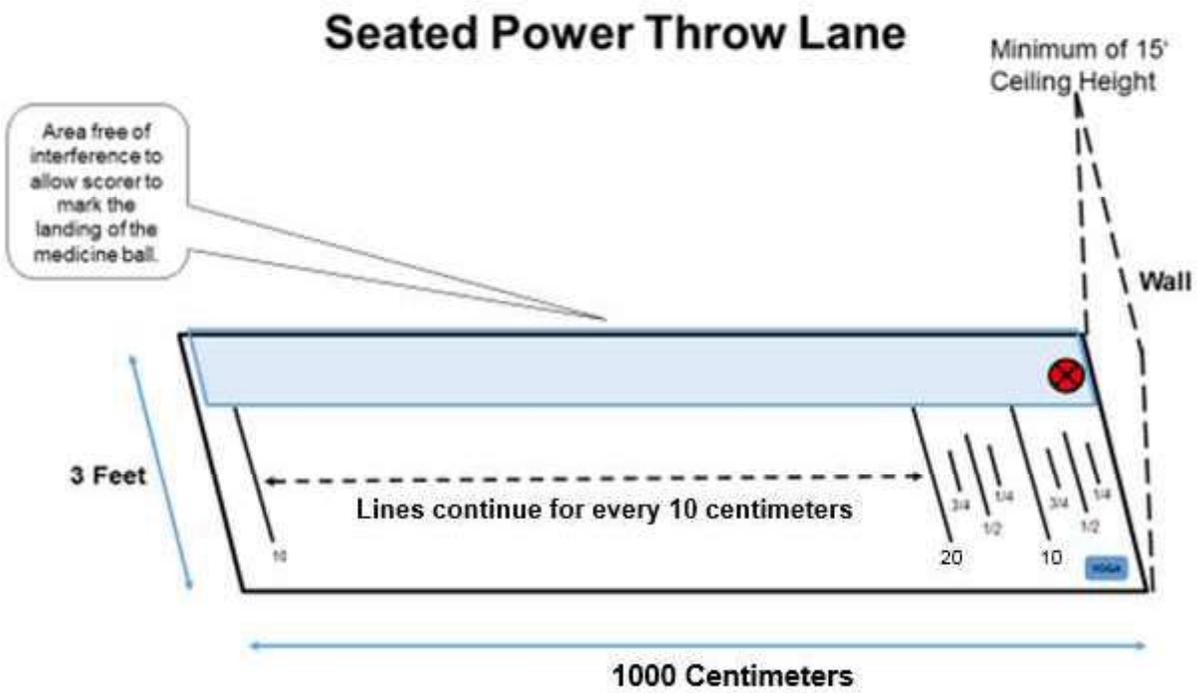
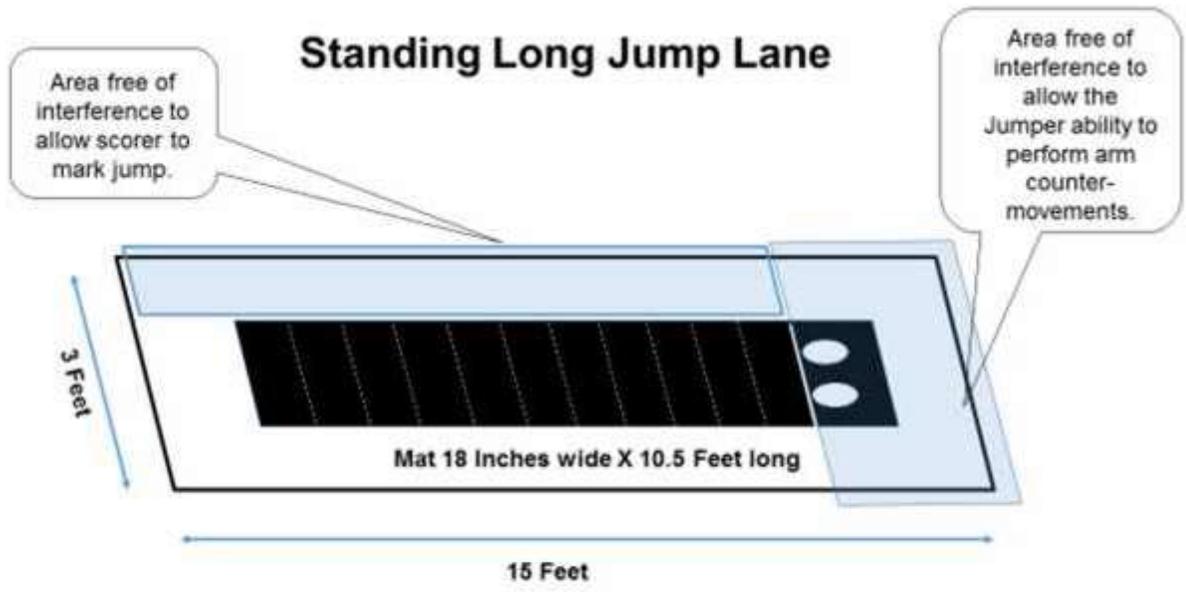
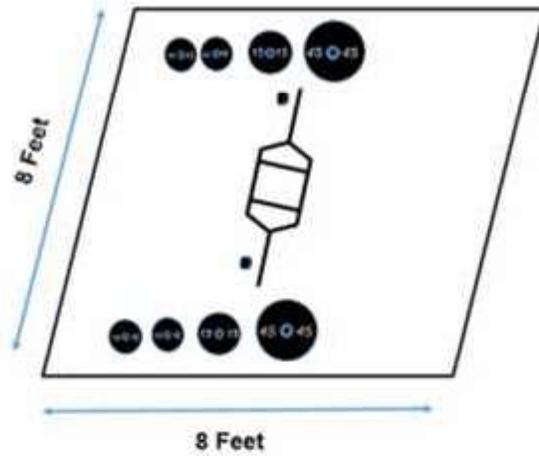


Figure 24. Interval aerobic run lane

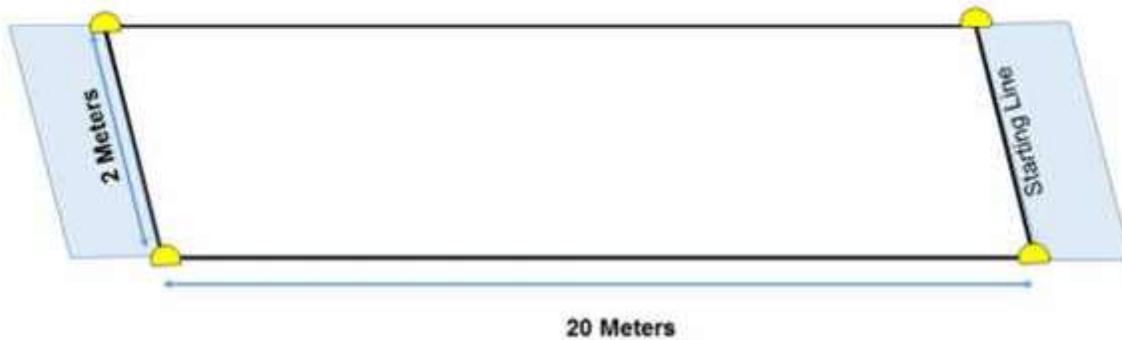
“WHAT ARE YOUR QUESTIONS ABOUT THE INTERVAL AEROBIC RUN?”



Strength Deadlift Lane



Interval Aerobic Run Lane



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