



Occupational Physical Assessment Test (OPAT)

- Assessment test to allow Army to screen applicants for their propensity to succeed in their assigned MOS prior to entry into the Army.
- Effective 3 January 2017, all Soldiers will achieve a successful OPAT score before reporting to the Direct Commissioning Course (DCC) and Officer Basic Course (OBC).
- Four event test: 1) standing long jump (LJ), 2) seated power throw (PT), 2) strength deadlift (SD), and 4) interval aerobic run (IR).
- Passing OPAT scores are associated with the moderate physical demand category. The minimum passing score for the moderate physical demand category are: LJ – 0120 CM, PT – 0350 CM, SD – 0120 LBS, and IR – 0036 shuttles.
- Testing will require you to coordinate with a local recruiter who will administer the OPAT. **You must provide an OPAT packet consisting of: 1) USAREC MSG; 2) Blank OPAT Consent Form; and 3) Blank OPAT Scorecard.**
- Unsuccessful attempts. If you fail to receive a passing score, you must notify the JARO Accessions Officer of the failed attempt and coordinate retesting to achieve a passing score.
- Please review the OPAT related documents for more information concerning the OPAT.



ARMY STRONG.™