

# IPPT

Individual Physical Proficiency Test



# Background



- The Central Manpower Base (CMPB) requires that all medically fit, **final year NS-eligible students** in the Polytechnics and Institutes of Technical Education are required to take the Individual Physical Proficiency Test (IPPT) in preparation for National Service.
- Results of IPPT will be recorded in the CCA Transcripts.
- IPPT contains test items that measure both health-related components of fitness (such as cardio-respiratory or aerobic fitness and muscular strength) as well as performance-related fitness components (like muscular endurance).

# Test Items



## 1. Bent-Knee Sit-Ups

Maximum number of bent knee sit-ups in one minute, as a measure of anterior abdominal muscular strength and endurance

## 2. Push Ups

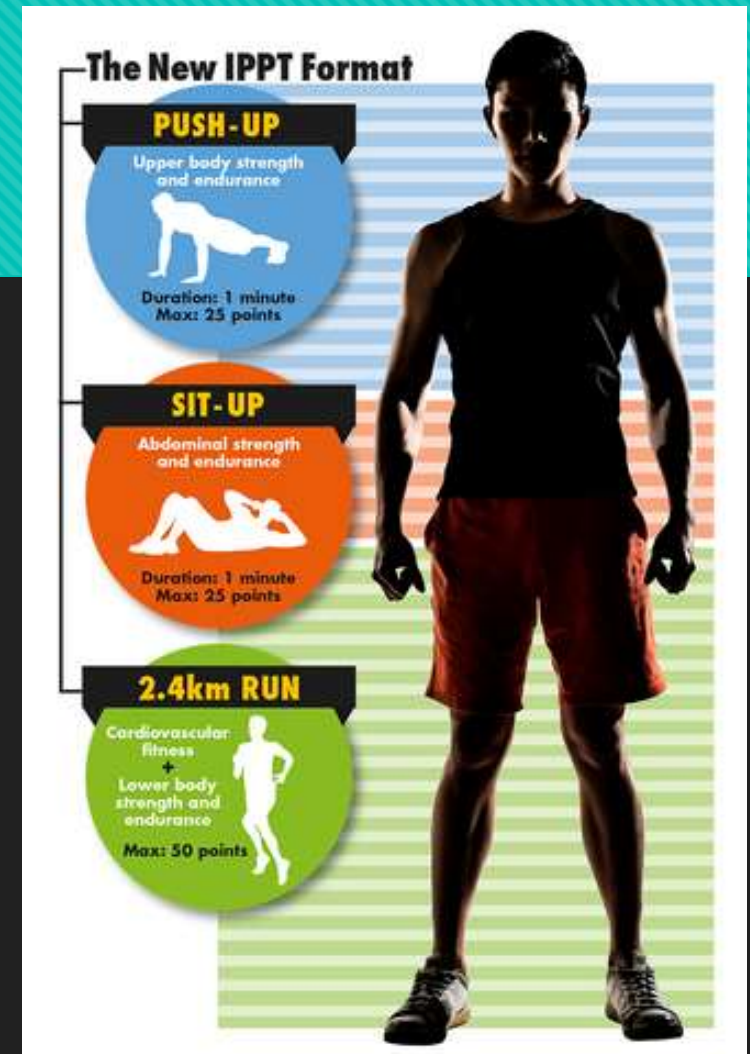
Maximum number of Push Ups in one minute - as a measure of upper body strength and endurance

## 3. 2.4 km Run-Walk

Minimum time taken to complete a 2.4 km run-walk on a firm & level surface, as a measure of cardio-respiratory endurance (aerobic) fitness and muscular endurance

# General Test Rules

1. All test items must be completed in one single session
2. Warm-up, stretching & cool down exercises are recommended
3. A rest time of 5 mins is permitted between any two sets (for the first 2 items); a 15 - 30 min rest is permitted before the 3rd test item
4. Attire: comfortable sports outfit (short-sleeved t-shirt, shorts and running shoes)
5. The 3rd item (the 2.4 km Run-Walk) must be attempted last



# Awards

Award Type	Total Points Required
Pass	$\geq 61$
Silver	$\geq 71$
Gold	$\geq 81$

- The standards for all the three items will vary. A minimum standard in all the three items will be required before they can qualify for the Gold, Silver or Pass awards.
- Results of IPPT conducted in NYP will be reflected in student portal
- The results of your attempt at the IPPT will be reflected in your CCA Transcript.

# NS-Eligible Students

- Ministry of Defence (MINDEF) has improved the Basic Military Training (BMT) for recruits. Under the new programme, all combat-fit enlistees who have attained at least the IPPT Gold , Silver or Pass award attend BMT and are given 2 months National Service (NS) reduction.
- Those who did not take the IPPT Test or have not achieved a pass award will have to undergo a 8-week Physical Training Phase (PTP) before BMT.
- Students exempted from taking the IPPT due to medical reasons are to submit a copy of the medical report to the SDAR Office through the individual school's IPPT Co-ordinator.



# Non NS-Eligible Students

- While it is not mandatory for the polytechnics and ITE to administer IPPT testing for non NS-eligible students, NYP will continue to make provisions for final year students to take the IPPT test if they wish to do so.
- Scheduled dates will be publicised by the Student Development and Alumni Relations Office for non NS-eligible students to register and take the IPPT on a voluntary basis.

# SDAR Support Staff for IPPT



<b>Name of Staff</b>	<b>Telephone No.</b>
○ Sharan Raj	6550-1921
○ Shiam Jerome	6550-1902
○ Lionel Lewis	6550-1922