

ONE (1) MINUTE PUSH-UP						
	AGE <20	20-29	30-39	40-49	50-59	60+
MALE	29.0	29.0	24.0	18.0	13.0	10.0
FEMALE	15.0	15.0	11.0	9.0	n/d	n/d

1.5 MILE RUN – AEROBIC POWER						
	AGE <20	20-29	30-39	40-49	50-59	60+
MALE	12:38	12:38	12:58	13:50	15:06	16:46
FEMALE	14:50	14:50	15:43	16:31	18:18	n/d

ONE (1) MINUTE SIT-UP						
	AGE <20	20-29	30-39	40-49	50-59	60+
MALE	41.0	38.0	35.0	29.0	24.0	19.0
FEMALE	32.0	32.0	25.0	20.0	14.0	n/d

300 METER RUN						
	AGE <20	20-29	30-39	40-49	50-59	60+
MALE	59.0	59.0	58.9	72.0	83.2	n/d
FEMALE	71.0	71.0	79.0	94.0	n/d	n/d

Physical Fitness Assessment Battery

1 Minute Sit-Up

This assessment is a measurement of the abdominal region muscular endurance.

Assume a prone position on the mat, back on the mat feet extended up.

The fingers shall be interlaced behind the head and must remain interlaced throughout the test.

Knees shall be bent at a 70 degree angle; heels shall be approximately 12-16 inches from the glutes. You must come up from the prone-ready position and touch your elbow to the knees or go through the plane of the knees.

Your feet will be held down firmly during this assessment.

Once you are in the prone-ready position, I will ask you if you are ready; you will answer in the affirmative and I will start the clock on your first movement up to the knees. You will then return to the prone-ready position, touching shoulders to the mat.

Only complete repetitions will be counted.

If you fail to keep your hands interlaced, fail to touch or cross the plane of the knees with your elbows, fail to touch the mat with your shoulders or the angle becomes greater than 70 degrees, you will be told to fix your form.

You shall be given one repetition to correct your form. If you do not correct your form, repetitions done incorrectly will not be counted.

1 Minute Push-Up

This assessment is a measurement of upper body muscular endurance.

The hands are placed slightly wider than shoulder-width apart with fingers pointing forward.

The assessor places one fist or a sponge on the floor under the sternum.

Starting from the up (**ready**) position (elbows extended), the candidate must keep the back straight at all times and lower the body to the floor until the chest touches the assessor's fist.

The candidate then returns to the up position. This is one repetition.

Resting should be done only in the up position.

Both hands must remain in contact with the floor. Feet shall be no more than 12 inches apart.

The total number of correct push-ups in 1 minute is recorded as the score.

1.5 Mile Run

This assessment is a measurement of aerobic power and cardio respiratory fitness.

You are required to run continuously for the distance of 1.5 miles on the outside two lanes of the track to complete this assessment.

You will make eye contact and say your name to the specialist/assessor to whom you have been assigned during each lap.

The specialist assessor will record each completed lap and may give you your run time.

You must continuously run; walking is not allowed unless you are injured or ill.

Upon completion, you are instructed to run through the finish line, slow to a jog and move off the track to lanes 1 or 2, eventually slowing to a brisk walk.

You will continue to walk two laps and return to your designated staging area.

300 Meter Run

This assessment is measurement of anaerobic power.

The 300-Meter Run is a rapid 300-meter sprint.

You will be assigned a lane and must stay in your lane for approximately one lap until you have reached the break line.

At the break line, you may gradually move to the first or second lane in a safe and efficient manner for your second lap.

Upon completion of your second lap, you must run through the finish line, move off the track and gradually slow to a jog, then a walk.

You must complete two cool down laps at a walk and return to your designated staging area to continue your cool down.