

Physical Fitness Assessments

Standard Fitness Assessment (Based on Age and Sex)

Cardiovascular Endurance measured by either a 1.5 mile run OR a 1 Mile Walking Test.

1.5 mile Run

<u>Male</u>		<u>Female</u>	
<u>Age</u>	<u>Faster than</u>	<u>Age</u>	<u>Faster Than</u>
20-29	12 min 29 sec	20-29	15 min 5 sec
30-39	12 min 53 sec	30-39	15 min 56 sec
40-49	13 min 50 sec	40-49	17 min 11 sec
50-59	15 min 14 sec	50-59	19 min 10 sec
60-69	17 min 19 sec	60-69	20 min 55 sec
70-79	19 min 43 sec	70-79	23 min 47 sec

1-Mile Walk Test (No Running)

<u>Male</u>		<u>Female</u>	
<u>Age</u>	<u>Faster Than</u>	<u>Age</u>	<u>Faster Than</u>
20-29	13 min 01 sec	20-29	14 min 7 sec
30-39	13 min 31 sec	30-39	14 min 37 sec
40-49	14 min 01 sec	40-49	15 min 07 sec
50-59	14 min 25 sec	50-59	15 min 37 sec
60-69	15 min 13 sec	60-69	16 min 19 sec
70-79	15 min 49 sec	70-79	20 min 01 sec

Muscular Endurance measured by one minute Sit-up Test

<u>Male</u>		<u>Female</u>	
<u>Age</u>	<u>Complete</u>	<u>Age</u>	<u>Complete</u>
< 20	42	<20	33
20-29	39	20-29	33
30-39	36	30-39	26
40-49	30	40-49	21
50-59	25	50-59	15
60+	20	60+	7

Muscular Strength measured by one minute Push-Up Test

<u>Male</u>		<u>Female</u>	
<u>Age</u>	<u>Complete</u>	<u>Age</u>	<u>Complete</u>
(Full Push-Up)		(Modified Push-Up)	
20-29	30	20-29	22
30-39	25	30-39	16
40-49	19	40-49	13
50-59	14	50-59	8
60+	11	60+	4

Flexibility measured by Sit and Reach Test

<u>Male</u>		<u>Female</u>	
<u>Age</u>	<u>More than</u>	<u>Age</u>	<u>More than</u>
18-25	15 inches	18-25	18 inches
26-35	14 inches	26-35	17 inches
36-45	13 inches	36-45	16 inches
46-55	11 inches	46-55	14 inches
56-65	9 inches	56-65	14 inches
66+	9 inches	66+	14 inches

Standard Fitness Assessment

(Standards Based on Age and Sex)

[REDACTED]
*Successfully complete **3** of **4** fitness assessment measures=**\$400**.

*Successfully complete **2** of **4** fitness assessment measures= **\$250**.

***One of the fitness assessment measures must be cardiovascular endurance.**

Cooper Institute Assessment

(Absolute Value)

****Successfully complete all 5 designated Cooper Institute Fitness Assessments Standards= \$750.**

<u>Test</u>	<u>Range</u>
1.5 Mile Run	14:40-15:54
Vertical Jump	15.5-16 inches
1 RM Bench Press	.78-.84% of Body Weight
1 Minute Push-Up	25-34
1 Minute Sit-Up	30-38

**** Successful completion of all 5. No monetary award for partial completion.**