

FITNESS ASSESSMENT STANDARDS (MALE)

AGE	20-29	30-39	40-49	50-59
1.5 MILE RUN	12mins-29secs	12mins-53secs	13mins-50secs	15mins-14secs
1 Minute Push-up (reps)	29	24	18	13
1 Minute Sit-up (reps)	38	35	29	24
300 Meter Run	59secs	58.9secs	72secs	83.2

FITNESS ASSESSMENT STANDARDS (FEMALE)

AGE	20-29	30-39	40-49	50-59
1.5 MILE RUN	15mins-05secs	15mins-56secs	17mins-11secs	19mins-10secs
1 Minute Push-up	15	11	9	
1 Minute Sit-up	32	25	20	14
300 Meter Run	71	79	94	

The procedure and order for the Fitness Assessment Process follows:

1. There will be a three minute structured warm-up prior to the Assessment. Participants may have longer to warm up if they feel it is necessary and may perform additional warm-up on their own.
2. **Cardio Respiratory Testing (One and one-half mile run)** – This test begins over a measured distance which the subject covers in their best time. Each subject sets their own pace and during the run, may at times slow his pace to recover from oxygen deficiency or aching muscles. The time necessary to complete the entire distance is recorded. The subject should walk 5 minutes immediately following the test to cool-down.
3. **Muscular Endurance Testing (Sit-ups)** – In this test the subject starts by lying flat on their back, knees bent, feet flat on the floor, with their fingers inter laced behind the head. Avoid pulling on the head with the hands. The buttocks must remain on the floor with no thrusting of the hips. The participant partner will hold the feet down firmly. On the command “Go” the subject will perform as many correct sit-ups as possible in one minute. The subject in the up position should touch elbows to knees (or break vertical plane) and then return to the down position until the shoulder blades touch the floor. This is one repetition. Resting can only be done in the up position. The total number of correct sit-ups is recorded as the score. The subject will have a 5 minute cool down period following the test.
4. **Muscular Endurance Testing (Push-ups)** – In this test the subject starts from the up position (elbows extended). Body position remains in straight position at all times. Hands are placed slightly wider than shoulder width apart with fingers pointing forward. The test administrator places one fist (or for females a 3 inch thick sponge) on the floor below the subjects chest/sternum area. On the command “Go”, the subject, keeping their back straight, will lower the body until the chest touches the fist/sponge and then return to the up position. This is one repetition. Resting should be done in the up position. Both hands must remain in contact with the floor at all times. The total number of correct push-ups in one minute is recorded as the score. There will be a 5 minute recovery time after performing the push-ups
5. **Anaerobic Power Testing (300 Meter Run)** – This test begins over a measured distance which the subject covers in their best time. Each subject sets their own pace and during the run, may at times slow their pace to recover from oxygen deficiency or aching muscles. The time necessary to complete the entire distance is recorded. The subject should walk 5 minutes immediately following the test to cool-down.
6. **Personnel must be able to perform each category of the fitness assessment at the 40th percentile, as derived from the standard norms, from The Cooper Institute, Dallas..**