



# **NSCC/NLCC PHYSICAL READINESS TESTING NOTEBOOK**

*April 2010*

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## GENERAL INSTRUCTIONS FOR THE PRT NOTEBOOK

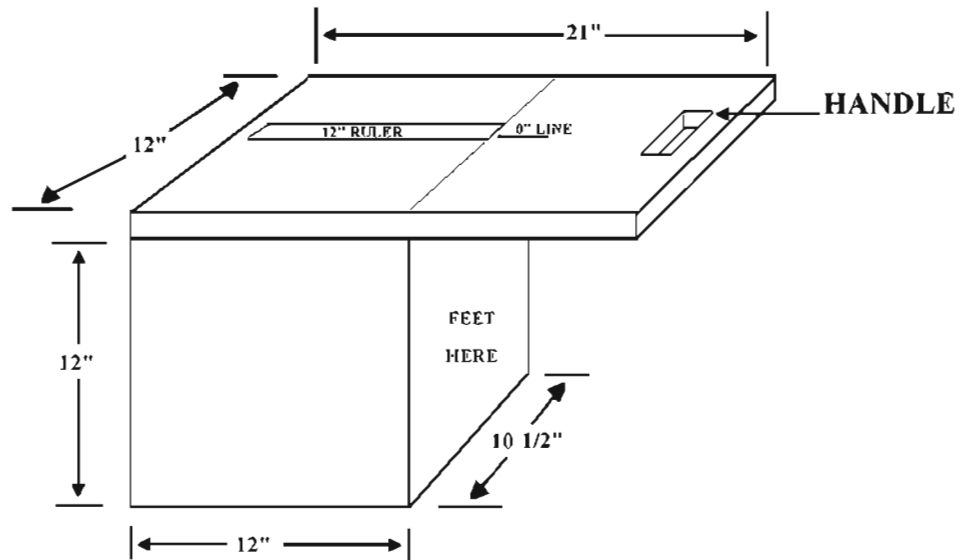
This notebook contains PRT information for boys and girls ages 10-18. It was done to make administering the PRT easier. Passing the PRT with minimums is a requirement for promotions and to attend trainings. **YOU MUST PASS ALL FIVE EVENTS AT THE SAME TIME AT THE SAME LEVEL OR HIGHER TO QUALIFY FOR AN AWARD.** (Example: score Presidential in 3 events, National in 1 event, and Minimums in 1 event. Award = Minimums.)

**AWARDS:** National Level – Physical Fitness Ribbon  
Presidential Level – “E” appurtenance for ribbon

The tools included are:

- **Unit Record Keeping Sheet** – This makes it easier for a unit to keep track of when they administered the test and who passed. Standards at a glance for each gender are included.
- **Cadet Progress Cards** (1 page each of 3 cards per age and gender) – each card allows for 3 tests and lets the cadets see what they need on the events as they test. Copy pages on cardstock, then cut cards apart.
- **Individual Event Standards** – can be posted at each event if not using Progress Cards so cadets can see what they need. (Copy on cardstock.)
- **“How to” cards** for all 5 events – for those running the events so they can correctly explain how to do them. Events are the same for all ages and genders. (Copy on cardstock.) Directions are included for constructing the Sit & Reach box.
- **Adult Fitness Standards** – to challenge **YOU!**

**CONSTRUCTION DETAILS**  
for the  
**SIT & REACH BOX**



1. Using any sturdy wood, like plywood, cut and sand the following pieces:
  - 2 pieces - 12" x 12" (sides of box)
  - 2 pieces - 12" x 10 1/2" (foot panel & side opposite of foot panel)
  - 1 piece - 12" x 21" (top panel)
  - (Note - portion of box on the ground is open)
2. Assemble the pieces using nails or screws and wood glue.
3. Glue a wooden ruler to top panel. It is crucial that the 0" end of ruler is exactly in line with the edge of vertical 10 1/2" panel against which the cadets' feet will be placed.
4. For convenience, a handle can be made by cutting a 1" x 3" hole in the top panel by the edge. (See illustration)

## **DIRECTIONS FOR HELPING THOSE WHO DO NOT PASS THE PRT:**

### **SIT AND REACH: AT LEAST TWICE PER DAY HAVE THEM STRETCH FOR 30 SECONDS:**

- 1) FROM A STANDING POSITION CROSS LEFT LEG OVER RIGHT. HANG FORWARD WITH HANDS REACHING TOWARDS TOES. KEEP KNEES SLIGHTLY BENT IF NEEDED. **DO NOT BOUNCE!** REPEAT WITH RIGHT LEG OVER LEFT.
- 2) SIT ON FLOOR IN PIKE POSITION. USE THEIR BELT AROUND FEET AND GENTLY PULL THEMSELVES DOWN TOWARD THEIR FEET WITH THE BELT.
- 3) KEEP ONE LEG STRAIGHT, BEND OTHER LEG ON FLOOR WITH FOOT TOUCHING UPPER THIGH OF STRAIGHT LEG. USE BELT AROUND FOOT OF STRAIGHT LEG AND PULL BODY FORWARD TOWARD FOOT.
- 4) STRECTH ON SIT AND REACH BOX, SHOES OFF, AS FAR AS THEY CAN REACH HOLDING FOR 10 SECONDS.

**SIT-UPS:** AT LEAST TWICE PER DAY HAVE THEM DO AS MANY SIT-UPS AS THEY CAN AS FAST AS THEY CAN IN 30 SECONDS. **MAKE SURE THEY DO THEM CORRECTLY!** AFTER DOING THEM, HAVE THEM STRETCH OUT THEIR ABS FOR 30 SECONDS BY LYING ON THEIR STOMACH AND PUSHING UP THEIR CHEST UNTIL ARMS ARE STRAIGHT.

**SHUTTLE RUN:** HAVE THEM RUN AGAINST SOMEONE YOU KNOW IS FASTER TO HELP INCREASE THEIR TIME.

**PUSH-UPS:** AT LEAST TWICE PER DAY HAVE THEM DO AS MANY PUSH-UPS AS THEY CAN AS FAST AS THEY CAN. (THIS IS NOT TIMED). IF HAVING TROUBLE HOLDING BODY STRAIGHT, DO AGAINST A WALL, THEN TRY ON A STAIR, AND FINALLY ON THE FLOOR. **MAKE SURE THEY DO THEM CORRECTLY!** THEN HAVE THEM HOLD THE 90° ANGLE ARM POSITION OF THE PUSH-UP FOR 30 SECONDS. STRETCH OUT EACH ARM AFTER WORKOUT FOR 15 SECONDS.

### **1-MILE RUN:**

**DAY 1:** POWER-WALK THE STRAIGHTS OF THE TRACK, JOG THE CURVES. (4 LAPS)

**DAY 2:** JOG THE STRAIGHTS, POWER-WALK THE CURVES. (4 LAPS)

**DAY 3:** SPRINT THE STRAIGHTS; JOG THE CURVES (4 LAPS)

**DAY 4:** JOG 5 LAPS

**DAY 5:** REST

**DAY 6:** RUN THE MILE

## **Cadets Having Disabilities and/or Other Limitations**

**The NSCC Medical Reference, Policy and Procedures Manual refers to:**

DOD Directive 1020.1, Nondiscrimination on the Basis of Handicap in Programs and Activities Assisted or Conducted by the Department of Defense, is the basic implementing directive for DOD compliance with the Rehabilitation Act, Section 504. It states that no qualified handicapped person in the United States shall on the basis of handicap be excluded from participation in, denied the benefit of, or otherwise subjected to discrimination under any program or activity conducted by the Federal Government or receiving Federal financial assistance. The definitions set forth in the DOD Directive are incorporated in NSCC's Medical Reference, Policy and Procedures Manual.

The NSCC receives federal funds in support of Sea Cadet training and must ensure adherence to the provisions of these Acts. To this end the NSCC is committed to accommodate the needs of youth with disabilities. Through sincere effort and positive attitude towards inclusion of youth with disabilities the NSCC achieves compliance with the ADA.

In NSCC's Medical Reference, Policy and Procedures manual, the NSCC establishes its' policy that no applicant meeting NSCC's minimum age requirement will be denied membership in NSCC on the basis of race, sex, color, religion, national origin, or disability. It is the policy of the Naval Sea Cadet Corp (NSCC) that no member shall be excluded from participating in, denied the benefit of, or subjected to discrimination in any NSCC program or activity on the basis of race, sex, color, religion, national origin, or disability. Specifically, to ensure compliance:

For any youth wishing to enroll in the NSCC, but having a medical condition or disability that prevents full, unlimited participation, the NSCC will participate in an interactive process with the parents/guardians of the cadet to formulate a reasonable accommodation plan which will allow the cadet to participate in the program to the maximum extent possible. The parent/guardians are responsible for initiating the accommodation request, unless the determination that the cadet cannot participate in an activity is made by the Unit CO or other NSCC officer in the chain of command. When NSCC makes a determination that the cadet is unable to participate in an activity, or participation should be limited, the Unit CO will initiate the reasonable accommodation process. Unit CO's will assist in working with parents/guardians in developing both the request and a plan for accommodation agreeable to all parties. The NSCC form for requesting an accommodation is in the NSCC Medical Reference, Policy and Procedures Manual.

As part of the accommodation plan developed by the parent and cadet, and the Unit CO, alteration/modification of NSCC's physical fitness standards may be required. In lieu of requirements as contained in this PRT notebook, it may be that for those in need, participation and PRT testing be entirely waived. Or in order to maintain a meaningful experience for cadets requiring accommodation, substitutions, within their capabilities of the cadet being accommodated, may also be made.

The President's Challenge includes provisions for these substitutions within their "Active Lifestyle" Challenge Program for anyone who can't do the regular physical fitness programs or testing. The website is: [www.presidentschallenge.org](http://www.presidentschallenge.org) under the Active Lifestyle link.







# MALES

## 10 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	28	35	45
SHUTTLE RUN	14.5 sec.	11.5 sec.	10.3 sec.
PUSH-UPS/ PULL-UPS	12 push	14 push or 2 pull	22 push or 6 pull
1 MILE RUN	11:40	9:48	7:57

## 11 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	29	37	47
SHUTTLE RUN	13.5 sec.	11.1 sec.	10 sec.
PUSH-UPS/ PULL-UPS	14 push	15 push or 2 pull	27 push or 6 pull
1 MILE RUN	11:25	9:20	7:32

## 12 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	32	40	50
SHUTTLE RUN	12.4 sec.	10.6 sec.	9.8 sec.
PUSH-UPS/ PULL-UPS	15 push	18 push or 2 pull	31 push or 7 pull
1 MILE RUN	10:22	8:40	7:11

## 13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP	34	42	53
SHUTTLE RUN	12.2 sec.	10.2 sec.	9.5 sec.
PUSH-UPS/ PULL-UPS	20 push or 2 pull	24 push or 3 pull	39 push or 7 pull
1 MILE RUN	9:45	8:06	6:50

# FEMALES

## 10 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6"
MODIFIED SIT-UP	26	30	40
SHUTTLE RUN	14.2 sec.	12.1 sec.	10.8 sec.
PUSH-UPS/ PULL-UPS	9 push	13 push or 1 pull	20 push or 3 pull
1 MILE RUN	13:00	11:22	9:19

## 11 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6 1/2"
MODIFIED SIT-UP	28	32	42
SHUTTLE RUN	13.4 sec.	11.5 sec.	10.5 sec.
PUSH-UPS/ PULL-UPS	7 push	11 push or 1 pull	19 push or 3 pull
1 MILE RUN	12:42	11:17	9:02

## 12 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	30	35	45
SHUTTLE RUN	12.9 sec.	11.3 sec.	10.4 sec.
PUSH-UPS/ PULL-UPS	5 push	10 push or 1 pull	20 push or 2 pull
1 MILE RUN	12:24	11:05	8:23

## 13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	32	37	46
SHUTTLE RUN	13.1 sec.	11.1 sec.	10.2 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	11 push or 1 pull	21 push or 2 pull
1 MILE RUN	12:15	10:23	8:13

# MALES

## 13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP	34	42	53
SHUTTLE RUN	12.2 sec.	10.2 sec.	9.5 sec.
PUSH-UPS/ PULL-UPS	20 push or 2 pull	24 push or 3 pull	39 push or 7 pull
1 MILE RUN	9:45	8:06	6:50

## 14 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4 1/2"
MODIFIED SIT-UP	36	45	56
SHUTTLE RUN	11.9 sec.	9.9 sec.	9.1 sec.
PUSH-UPS/ PULL-UPS	20 push or 4 pull	24 push or 5 pull	40 push or 10 pull
1 MILE RUN	9:30	7:04	6:26

## 15 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1"	2"	5"
MODIFIED SIT-UP	38	45	57
SHUTTLE RUN	11.7 sec.	9.7 sec.	9 sec.
PUSH-UPS/ PULL-UPS	25 push or 5 pull	30 push or 6 pull	42 push or 11 pull
1 MILE RUN	9:15	7:30	6:20

## 16 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6"
MODIFIED SIT-UP	40	45	56
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	25 push or 6 pull	30 push or 7 pull	44 push or 11 pull
1 MILE RUN	9:00	7:10	6:08

## 17 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	7"
MODIFIED SIT-UP	40	44	55
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	30 push or 7 pull	37 push or 8 pull	53 push or 13 pull
1 MILE RUN	8:45	7:04	6:06

## 18 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	7"
MODIFIED SIT-UP	40	44	55
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	30 push or 7 pull	37 push or 8 pull	53 push or 13 pull
1 MILE RUN	8:45	7:04	6:06

# FEMALES

## 13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	32	37	46
SHUTTLE RUN	13.1 sec.	11.1 sec.	10.2 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	11 push or 1 pull	21 push or 2 pull
1 MILE RUN	12:15	10:23	8:13

## 14 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	32	37	47
SHUTTLE RUN	13.2 sec.	11.2 sec.	10.1 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	10 push or 1 pull	20 push or 2 pull
1 MILE RUN	12:00	10:06	7:59

## 15 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/2"	5"	8"
MODIFIED SIT-UP	31	36	48
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	10 push or 1 pull	15 push or 1 pull	20 push or 2 pull
1 MILE RUN	11:45	9:58	8:08

## 16 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 3/4"	5 1/2"	9"
MODIFIED SIT-UP	30	35	45
SHUTTLE RUN	12.9 sec	10.9 sec.	10.1 sec.
PUSH-UPS/ PULL-UPS	10 push or 1 pull	12 push or 1 pull	24 push or 1 pull
1 MILE RUN	12:10	10:31	8:23

## 17 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	29	34	44
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	12 push or 1 pull	16 push or 1 pull	25 push or 2 pull
1 MILE RUN	12:45	10:22	8:15

## 18 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	29	34	44
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	12 push or 1 pull	16 push or 1 pull	25 push or 2 pull
1 MILE RUN	12:45	10:22	8:15

# SIT & REACH

<u>BOYS</u>	(INCHES)			<u>GIRLS</u>	(INCHES)		
(AGE)	M	N	P	(AGE)	M	N	P
10	1/2	1	4	10	1 1/2	3	6
11	1/2	1	4	11	1 1/2	3	6 1/2
12	1/2	1	4	12	1 3/4	3 1/2	7
13	1/4	1/2	3 1/2	13	1 3/4	3 1/2	7

**M** = MINIMUM STANDARDS    **N** = NATIONAL STANDARDS    **P** = PRESIDENTIAL STANDARDS

# MODIFIED SIT-UPS

<u>BOYS</u>	(NUMBER)			<u>GIRLS</u>	(NUMBER)		
(AGE)	M	N	P	(AGE)	M	N	P
10	28	35	45	10	26	30	40
11	29	37	47	11	28	32	42
12	32	40	50	12	30	35	45
13	34	42	53	13	32	37	46

**M** = MINIMUM STANDARDS    **N** = NATIONAL STANDARDS    **P** = PRESIDENTIAL STANDARDS

# SHUTTLE RUN

<u>BOYS</u>	(SECONDS)			<u>GIRLS</u>	(SECONDS)		
(AGE)	M	N	P	(AGE)	M	N	P
10	14.5	11.5	10.3	10	14.2	12.1	10.8
11	13.5	11.1	10	11	13.4	11.5	10.5
12	12.4	10.6	9.8	12	12.9	11.3	10.4
13	12.2	10.2	9.5	13	13.1	11.1	10.2

**M** = MINIMUM STANDARDS    **N** = NATIONAL STANDARDS    **P** = PRESIDENTIAL STANDARDS

# PUSH-UPS

# PULL-UPS

<u>BOYS</u>	(NUMBER)		
(AGE)	M	N	P
10	12	14	22

11	14	15	27
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12	15	18	31
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13	20	24	39
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<u>GIRLS</u>	(NUMBER)		
(AGE)	M	N	P
10	9	13	20

11	7	11	19
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12	5	10	20
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13	7	11	21
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<u>BOYS</u>	(NUMBER)		
(AGE)	M	N	P
10	–	2	6

11	–	2	6
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12	–	2	7
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13	2	3	7
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<u>GIRLS</u>	(NUMBER)		
(AGE)	M	N	P
10	–	1	3

11	–	1	3
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12	–	1	2
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13	1	1	2
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# 1 MILE RUN

<u>BOYS</u>	(MINUTES)			<u>GIRLS</u>	(MINUTES)		
(AGE)	M	N	P	(AGE)	M	N	P
10	11:40	9:48	7:57	10	13:00	11:22	9:19
11	11:25	9:20	7:32	11	12:42	11:17	9:02
12	10:22	8:40	7:11	12	12:24	11:05	8:23
13	9:45	8:06	6:50	13	12:15	10:23	8:13

**M** = MINIMUM STANDARDS    **N** = NATIONAL STANDARDS    **P** = PRESIDENTIAL STANDARDS

# SIT & REACH

<u>BOYS</u>	(INCHES)			<u>GIRLS</u>	(INCHES)		
(AGE)	M	N	P	(AGE)	M	N	P
13	1/4	1/2	3 1/2	13	1 3/4	3 1/2	7
14	1/2	1	4 1/2	14	2 1/4	4 1/2	8
15	1	2	5	15	2 1/2	5	8
16	1 1/2	3	6	16	2 3/4	5 1/2	9
17	1 1/2	3	7	17	2 1/4	4 1/2	8
18	1 1/2	3	7	18	2 1/4	4 1/2	8

**M** = MINIMUM STANDARDS    **N** = NATIONAL STANDARDS    **P** = PRESIDENTIAL STANDARDS

# MODIFIED SIT-UPS

<u>BOYS</u>	(NUMBER)			<u>GIRLS</u>	(NUMBER)		
(AGE)	M	N	P	(AGE)	M	N	P
13	34	42	53	13	32	37	46
14	36	45	56	14	32	37	47
15	38	45	57	15	31	36	48
16	40	45	56	16	30	35	45
17	40	44	55	17	29	34	44
18	40	44	55	18	29	34	44

**M** = MINIMUM STANDARDS    **N** = NATIONAL STANDARDS    **P** = PRESIDENTIAL STANDARDS

# SHUTTLE RUN

<u>BOYS</u>	(SECONDS)			<u>GIRLS</u>	(SECONDS)		
(AGE)	M	N	P	(AGE)	M	N	P
13	12.2	10.2	9.5	13	13.1	11.1	10.2
14	11.9	9.9	9.1	14	13.2	11.2	10.1
15	11.7	9.7	9	15	13	11	10
16	11.4	9.4	8.7	16	12.9	10.9	10.1
17	11.4	9.4	8.7	17	13	11	10
18	11.4	9.4	8.7	18	13	11	10

**M** = MINIMUM STANDARDS    **N** = NATIONAL STANDARDS    **P** = PRESIDENTIAL STANDARDS

# PUSH-UPS

<u>BOYS</u>	(NUMBER)		
(AGE)	M	N	P
13	20	24	39
14	20	24	40
15	25	30	42
16	25	30	44
17	30	37	53
18	30	37	53
<u>GIRLS</u>	(NUMBER)		
(AGE)	M	N	P
13	7	11	21
14	7	10	20
15	10	15	20
16	10	12	24
17	10	16	25
18	10	16	25

# PULL-UPS

<u>BOYS</u>	(NUMBER)		
(AGE)	M	N	P
13	2	3	7
14	4	5	10
15	5	6	11
16	5	7	11
17	7	8	13
18	7	8	13
<u>GIRLS</u>	(NUMBER)		
(AGE)	M	N	P
13	1	1	2
14	1	1	2
15	1	1	2
16	1	1	1
17	1	1	1
18	1	1	1

# 1 MILE RUN

<u>BOYS</u>	(MINUTES)			<u>GIRLS</u>	(MINUTES)		
(AGE)	M	N	P	(AGE)	M	N	P
13	9:45	8:06	6:50	13	12:15	10:23	8:13
14	9:30	7:04	6:26	14	12:00	10:06	7:59
15	9:15	7:30	6:20	15	11:45	9:58	8:08
16	9:00	7:10	6:08	16	12:15	10:31	8:23
17	8:45	7:04	6:06	17	12:15	10:22	8:15
18	8:45	7:04	6:06	18	12:15	10:22	8:15

**M** = MINIMUM STANDARDS    **N** = NATIONAL STANDARDS    **P** = PRESIDENTIAL STANDARDS

# **SIT & REACH** (Male and Female)

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**STARTING POSITION** - Cadet removes shoes and sits on floor facing the box with legs fully extended and feet shoulder-width apart. The soles of the feet should be flat against the end of the box.

**ACTION** - Cadet extends arms forward placing hands side by side, palms down along the measuring line. The test administrator holds the cadet's knees with one hand to keep knees straight while placing other hand on the measuring line where the cadet needs to reach to. Cadet reaches forward along the measuring line as far as possible or until they touch the test administrator's hand with both of their hands. Have cadet rock back and squeeze their stomach muscles tightly while holding their breath. As they reach forward again, blow out held air and relax the stomach muscles. Make sure that the cadet bends at the hip and not just the waist for maximum reach. They may repeat this three times. On the last reach forward, hold the position for one second while that distance is recorded.

**RULES** - 1. Legs must remain straight, soles of feet against box.  
2. Fingertips of both hands must reach evenly along the measuring line on the top of the box.



# **MODIFIED SIT-UPS** (Male and Female)

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**OBJECTIVE** - Number of sit-ups performed in one minute.

**EQUIPMENT** - Stopwatch. A mat or other clean surface is preferred.

**STARTING POSITION** - Cadet lies on back with knees flexed at 90 degrees; partner holds feet and counts each correctly performed sit-up. Heels should not be more than 12 inches from the buttocks and the back is flat on the floor. Arms are crossed with hands placed on opposite shoulders, arms close to chest. Hands must remain on the shoulders at all times.

**ACTION** - Cadet raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (upper back) touch the floor. This constitutes one sit-up.

**THE TEST** - The timer calls out the signal "Ready? Go." and begins timing one minute. Timer calls out at 30 seconds and again at 45 seconds to help cadets pace themselves. At one minute the timer calls out "Stop". The number of correctly executed sit-ups completed in one minute is the cadet's score. Make sure each cadet knows how many they need to do before they begin.

**RULES** - 1. "Bouncing" off the floor/mat is not allowed. Buttocks must remain on the floor at all times.  
2. The sit-up will be counted only if the cadet (a) keeps hands on shoulders; (b) touches elbows to thighs; and (c) returns to down position with scapula touching floor before curling up again.





# SHUTTLE RUN

(Male and Female)

**OBJECTIVE** - Fastest time to perform run.

**EQUIPMENT** - Four wood blocks (2"x 2"x 4"), stopwatch, 30ft rope, tape.

**SET UP** - Tape 30ft rope down center of floor, use tape to make lines at either end of rope. Place blocks behind one of the tapelines, two on each side of 30ft rope. (Figure 1)

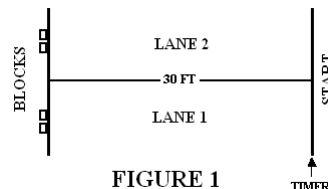


FIGURE 1

**STARTING POSITION** - Cadets start from behind line opposite the blocks, one in each lane. Timer stands on one side, watch lined up with starting line.

**ACTION** - On the signal "Ready? Go", the cadet runs to the blocks, picks one up and runs back to the starting line, places block behind line (Figure 2), runs back, picks up second block and runs back across starting line. Time stops when cadet crosses the starting line holding second block. For faster times encourage cadet to not slow down when approaching starting line with second block, but to run 5-7ft past timer before stopping (Figure 3).

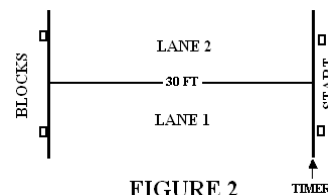


FIGURE 2

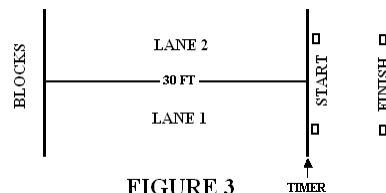


FIGURE 3

**RULES** - 1. Record score to the nearest tenth of a second.

2. Do not allow cadet to throw first block across starting line.

**HINTS** - It is preferable to have two cadets running at the same time. Most stopwatches can time two at once, check the watch directions. To eliminate the necessity of returning the blocks after each run, start alternately, first from behind one line and then from behind the other line.

To cut off seconds in the run have cadet reach for block and pivot (Photo).



## PULL-UPS (Male and Female)

**Objective:** To measure upper body strength/endurance by maximum number of pull-ups completed.

**Testing:** Cadet hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grip (palms facing away from body) or underhand grip (palms facing toward body). Small cadets may be lifted to starting position. Cadet raises body until chin clears the bar and then lowers body to full-hang starting position. Cadet performs as many correct pull-ups as possible.

**Scoring:** Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.



**OR**

## RIGHT ANGLE PUSH-UPS (Male and Female)

**Objective:** To measure upper body strength/endurance by maximum number of push-ups completed.

**Testing:** The cadet lies face down on the mat in push-up position with hands under shoulders, fingers straight and legs straight, parallel, with the toes supporting the feet. The cadet straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds his/her hands at the point of the 90-degree angle so that the cadet being tested goes down only until his/her shoulders touch the partner's hands, then back up. Push-ups are continued until the cadet can do no more in rhythm, has reached the target number, or stops.

**Scoring:** Record only those push-ups done with proper form and rhythm.

**Rationale:** The right angle push-ups are recommended for upper body strength/ endurance testing because the cadet's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those cadets at higher levels of strength/endurance.



## **ONE-MILE RUN** (Male and Female)

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**OBJECTIVE** - Fastest time in minutes and seconds to cover one-mile distance.

**EQUIPMENT** - Track or safe area marked to equal distance of one mile. Stopwatch.

**STARTING POSITION** - Cadets assume standing "ready" position at the start of course. More than one cadet at a time can be tested if area permits and an adequate timing and recording system is used.

**ACTION** - At the signal "Ready? Go", the cadets begin running the mile distance. Fast times are encouraged to meet the set standards.

**RULES** - Walking is permitted, but cadets should be encouraged to cover the distance in the shortest time possible.

Before administering this test, cadet's health status should be reviewed. Also, cadets should be given ample instruction on how to pace themselves when running this distance against time.



### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				28	35	45
SHUTTLE RUN	SEC	SEC	SEC	14.5 SEC	11.5 SEC	10.3 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	12 PUSH	14 PUSH OR 2 PULL	22 PUSH OR 6 PULL
1 MILE RUN				11:40	9:48	7:57

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				28	35	45
SHUTTLE RUN	SEC	SEC	SEC	14.5 SEC	11.5 SEC	10.3 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	12 PUSH	14 PUSH OR 2 PULL	22 PUSH OR 6 PULL
1 MILE RUN				11:40	9:48	7:57

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				28	35	45
SHUTTLE RUN	SEC	SEC	SEC	14.5 SEC	11.5 SEC	10.3 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	12 PUSH	14 PUSH OR 2 PULL	22 PUSH OR 6 PULL
1 MILE RUN				11:40	9:48	7:57

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				26	30	40
SHUTTLE RUN	SEC	SEC	SEC	14.2 <small>SEC</small>	12.1 <small>S SEC</small>	10.8 <small>SEC</small>
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	9 <small>PUSH</small>	13 <small>PUSH OR</small> 1 <small>PULL</small>	20 <small>PUSH OR</small> 3 <small>PULL</small>
1 MILE RUN				13:00	11:22	9:19

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				26	30	40
SHUTTLE RUN	SEC	SEC	SEC	14.2 <small>SEC</small>	12.1 <small>SEC</small>	10.8 <small>SEC</small>
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	9 <small>PUSH</small>	13 <small>PUSH OR</small> 1 <small>PULL</small>	20 <small>PUSH OR</small> 3 <small>PULL</small>
1 MILE RUN				13:00	11:22	9:19

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				26	30	40
SHUTTLE RUN	SEC	SEC	SEC	14.2 <small>SEC</small>	12.1 <small>SEC</small>	10.8 <small>SEC</small>
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	9 <small>PUSH</small>	13 <small>PUSH OR</small> 1 <small>PULL</small>	20 <small>PUSH OR</small> 3 <small>PULL</small>
1 MILE RUN				13:00	11:22	9:19

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				29	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.5 SEC	11.1 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	14 PUSH	15 PUSH OR 2 PULL	27 PUSH OR 6 PULL
1 MILE RUN				11:25	9:20	7:32

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				29	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.5 SEC	11.1 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	14 PUSH	15 PUSH OR 2 PULL	27 PUSH OR 6 PULL
1 MILE RUN				11:25	9:20	7:32

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				29	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.5 SEC	11.1 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	14 PUSH	15 PUSH OR 2 PULL	27 PUSH OR 6 PULL
1 MILE RUN				11:25	9:20	7:32

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				28	32	42
SHUTTLE RUN	SEC	SEC	SEC	13.4 SEC	11.5 SEC	10.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH	11 PUSH OR 1 PULL	19 PUSH OR 3 PULL
1 MILE RUN				12:42	11:17	9:02

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				28	32	42
SHUTTLE RUN	SEC	SEC	SEC	13.4 SEC	11.5 SEC	10.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH	11 PUSH OR 1 PULL	19 PUSH OR 3 PULL
1 MILE RUN				12:42	11:17	9:02

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				28	32	42
SHUTTLE RUN	SEC	SEC	SEC	13.4 SEC	11.5 SEC	10.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH	11 PUSH OR 1 PULL	19 PUSH OR 3 PULL
1 MILE RUN				12:42	11:17	9:02

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				32	40	50
SHUTTLE RUN	SEC	SEC	SEC	12.4 SEC	10.6 SEC	9.8 SEC
PUSH-UPS/ PULL-UPS	PUS PULL	PUSH PULL	PUSH PULL	15 PUSH	18 PUSH OR 2 PULL	31 PUSH OR 7 PULL
1 MILE RUN				10:22	8:40	7:11

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				32	40	50
SHUTTLE RUN	SEC	SEC	SEC	12.4 SEC	10.6 SEC	9.8 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	15 PUSH	18 PUSH OR 2 PULL	31 PUSH OR 7 PULL
1 MILE RUN				10:22	8:40	7:11

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				32	40	50
SHUTTLE RUN	SEC	SEC	SEC	12.4 SEC	10.6 SEC	9.8 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	15 PUSH	18 PUSH OR 2 PULL	31 PUSH OR 7 PULL
1 MILE RUN				10:22	8:40	7:11



### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	11.3 SEC	10.4 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	5 PUSH	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:24	11:05	8:23

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	11.3 SEC	10.4 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	5 PUSH	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:24	11:05	8:23

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	11.3 SEC	10.4 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	5 PUSH	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:24	11:05	8:23

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP				34	42	53
SHUTTLE RUN	SEC	SEC	SEC	12.2 SEC	10.2 SEC	9.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	20 PUSH OR 2 PULL	24 PUSH OR 3 PULL	39 PUSH OR 7 PULL
1 MILE RUN				9:45	8:06	6:50

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP				34	42	53
SHUTTLE RUN	SEC	SEC	SEC	12.2 SEC	10.2 SEC	9.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	20 PUSH OR 2 PULL	24 PUSH OR 3 PULL	39 PUSH OR 7 PULL
1 MILE RUN				9:45	8:06	6:50

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP				34	42	53
SHUTTLE RUN	SEC	SEC	SEC	12.2 SEC	10.2 SEC	9.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	20 PUSH OR 2 PULL	24 PUSH OR 3 PULL	39 PUSH OR 7 PULL
1 MILE RUN				9:45	8:06	6:50

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				32	37	46
SHUTTLE RUN	SEC	SEC	SEC	13.1 SEC	11.1 SEC	10.2 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	11 PUSH OR 1 PULL	21 PUSH OR 2 PULL
1 MILE RUN				12:15	10:23	8:13

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				32	37	46
SHUTTLE RUN	SEC	SEC	SEC	13.1 SEC	11.1 SEC	10.2 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	11 PUSH OR 1 PULL	21 PUSH OR 2 PULL
1 MILE RUN				12:15	10:23	8:13

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				32	37	46
SHUTTLE RUN	SEC	SEC	SEC	13.1 SEC	11.1 SEC	10.2 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	11 PUSH OR 1 PULL	21 PUSH OR 2 PULL
1 MILE RUN				12:15	10:23	8:13

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4 1/2"
MODIFIED SIT-UP				36	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.9 SEC	9.9 SEC	9.1 SEC
PUSH-UPS/ PULL-UPS	PUS PULL	PUSH PULL	PUSH PULL	20 PUSH OR 4 PULL	24 PUSH OR 5 PULL	40 PUSH OR 10 PULL
1 MILE RUN				9:30	7:04	6:26

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4 1/2"
MODIFIED SIT-UP				36	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.9 SEC	9.9 SEC	9.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	20 PUSH OR 4 PULL	24 PUSH OR 5 PULL	40 PUSH OR 10 PULL
1 MILE RUN				9:30	7:04	6:26

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4 1/2"
MODIFIED SIT-UP				36	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.9 SEC	9.9 SEC	9.1 SEC
PUSH-UPS/ PULL-UPS	PUS PULL	PUSH PULL	PUSH PULL	20 PUSH OR 4 PULL	24 PUSH OR 5 PULL	40 PUSH OR 10 PULL
1 MILE RUN				9:30	7:04	6:26

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				32	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.2 SEC	11.2 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:00	10:06	7:59

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				32	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.2 SEC	11.2 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:00	10:06	7:59

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				32	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.2 SEC	11.2 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:00	10:06	7:59

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1"	2"	5"
MODIFIED SIT-UP				38	45	57
SHUTTLE RUN	SEC	SEC	SEC	11.7 SEC	9.7 SEC	9 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 6 PULL	42 PUSH OR 11 PULL
1 MILE RUN				9:15	7:30	6:20

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1"	2"	5"
MODIFIED SIT-UP				38	45	57
SHUTTLE RUN	SEC	SEC	SEC	11.7 SEC	9.7 SEC	9 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 6 PULL	42 PUSH OR 11 PULL
1 MILE RUN				9:15	7:30	6:20

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1"	2"	5"
MODIFIED SIT-UP				38	45	57
SHUTTLE RUN	SEC	SEC	SEC	11.7 SEC	9.7 SEC	9 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 6 PULL	42 PUSH OR 11 PULL
1 MILE RUN				9:15	7:30	6:20

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	<b>2 1/2"</b>	<b>5"</b>	<b>8"</b>
MODIFIED SIT-UP				<b>31</b>	<b>36</b>	<b>48</b>
SHUTTLE RUN	SEC	SEC	SEC	<b>13</b> SEC	<b>11</b> SEC	<b>10</b> SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	<b>10</b> PUSH OR <b>1</b> PULL	<b>15</b> PUSH OR <b>1</b> PULL	<b>20</b> PUSH OR <b>2</b> PULL
1 MILE RUN				<b>11:45</b>	<b>9:58</b>	<b>8:08</b>

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	<b>2 1/2"</b>	<b>5"</b>	<b>8"</b>
MODIFIED SIT-UP				<b>31</b>	<b>36</b>	<b>48</b>
SHUTTLE RUN	SEC	SEC	SEC	<b>13</b> SEC	<b>11</b> SEC	<b>10</b> SEC
PUSH-UPS/ PULL-UPS	PUS PULL	PUSH PULL	PUSH PULL	<b>10</b> PUSH OR <b>1</b> PULL	<b>15</b> PUSH OR <b>1</b> PULL	<b>20</b> PUSH OR <b>2</b> PULL
1 MILE RUN				<b>11:45</b>	<b>9:58</b>	<b>8:08</b>

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	<b>2 1/2"</b>	<b>5"</b>	<b>8"</b>
MODIFIED SIT-UP				<b>31</b>	<b>36</b>	<b>48</b>
SHUTTLE RUN	SEC	SEC	SEC	<b>13</b> SEC	<b>11</b> SEC	<b>10</b> SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	<b>10</b> PUSH OR <b>1</b> PULL	<b>15</b> PUSH OR <b>1</b> PULL	<b>20</b> PUSH OR <b>2</b> PULL
1 MILE RUN				<b>11:45</b>	<b>9:58</b>	<b>8:08</b>

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				40	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 7 PULL	44 PUSH OR 11 PULL
1 MILE RUN				9:00	7:10	6:08

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				40	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 7 PULL	44 PUSH OR 11 PULL
1 MILE RUN				9:00	7:10	6:08

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				40	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 7 PULL	44 PUSH OR 11 PULL
1 MILE RUN				9:00	7:10	6:08



### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 3/4"	5 1/2"	9"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	10.9 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	12 PUSH OR 1 PULL	24 PUSH OR 1 PULL
1 MILE RUN				12:15	10:31	8:23

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 3/4"	5 1/2"	9"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	10.9 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	12 PUSH OR 1 PULL	24 PUSH OR 1 PULL
1 MILE RUN				12:15	10:31	8:23

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 3/4"	5 1/2"	9"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	10.9 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	12 PUSH OR 1 PULL	24 PUSH OR 1 PULL
1 MILE RUN				12:15	10:31	8:23

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 17

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	7"
MODIFIED SIT-UP				40	44	55
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	30 PUSH OR 7 PULL	37 PUSH OR 8 PULL	53 PUSH OR 13 PULL
1 MILE RUN				8:45	7:04	6:06

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 17

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	7"
MODIFIED SIT-UP				40	44	55
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUS PULL	PUSH PULL	PUSH PULL	30 PUSH OR 7 PULL	37 PUSH OR 8 PULL	53 PUSH OR 13 PULL
1 MILE RUN				8:45	7:04	6:06

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 17

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	7"
MODIFIED SIT-UP				40	44	55
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	30 PUSH OR 7 PULL	37 PUSH OR 8 PULL	53 PUSH OR 13 PULL
1 MILE RUN				8:45	7:04	6:06

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 17

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				29	34	44
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	16 PUSH OR 1 PULL	25 PUSH OR 1 PULL
1 MILE RUN				12:15	10:22	8:15

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 17

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				29	34	44
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	16 PUSH OR 1 PULL	25 PUSH OR 1 PULL
1 MILE RUN				12:15	10:22	8:15

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 17

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				29	34	44
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	16 PUSH OR 1 PULL	25 PUSH OR 1 PULL
1 MILE RUN				12:15	10:22	8:15

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 18

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	7"
MODIFIED SIT-UP				40	44	55
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	30 PUSH OR 7 PULL	37 PUSH OR 8 PULL	53 PUSH OR 13 PULL
1 MILE RUN				8:45	7:04	6:06

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 18

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
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MODIFIED SIT-UP				40	44	55
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	30 PUSH OR 7 PULL	37 PUSH OR 8 PULL	53 PUSH OR 13 PULL
1 MILE RUN				8:45	7:04	6:06

## PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: MALE

AGE: 18

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MODIFIED SIT-UP				40	44	55
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
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1 MILE RUN				8:45	7:04	6:06

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 18

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				29	34	44
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	16 PUSH OR 1 PULL	25 PUSH OR 1 PULL
1 MILE RUN				12:15	10:22	8:15

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 18

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
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MODIFIED SIT-UP				29	34	44
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	16 PUSH OR 1 PULL	25 PUSH OR 1 PULL
1 MILE RUN				12:15	10:22	8:15

### PHYSICAL FITNESS RECORD

NAME: \_\_\_\_\_

GENDER: FEMALE

AGE: 18

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
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MODIFIED SIT-UP				29	34	44
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
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1 MILE RUN				12:15	10:22	8:15