

Fitness Test Requirements

	[Male Standards]					[Female Standards]				
AGE	20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+
1 Minute Sit-up										
50TH	40	36	31	26	/	35	27	22	17	/
30TH	35	32	27	21	/	30	22	17	12	/
300 Meter Run										
50TH	56.0	57.0	67.6	80.0	/	64.0	74.0	86.0	/	/
30TH	62.1	63.0	77.0	87.0	/	75.0	82.0	106.7	/	/
1 Minute Push-up										
50TH	33	27	21	15	/	18	14	11	/	/
30TH	26	20	15	10	/	13	9	7	/	/
1.5 Mile Run										
50TH	11:58	12:24	13:12	14:23	/	14:04	14:34	15:34	17:19	/
30TH	13:15	13:44	14:34	15:50	/	15:46	16:42	17:29	19:10	/
1 RM Bench Press Ratio										
30TH	0.93	0.83	0.76	0.68	0.63	0.56	0.51	0.47	0.42	0.40

Testing Order:

1 Minute Sit-up
 300 Meter Run
 1 Minute Push-up
 1.5 Mile Run

Pre-Academy testing order:

300 Meter Run
 Bench Press
 Sit Ups
 1.5 Mile Run

This is a cumulative test. Each event is pass/fail; thus, if one event is failed, the entire test is failed. There is no “averaging” of scores.