

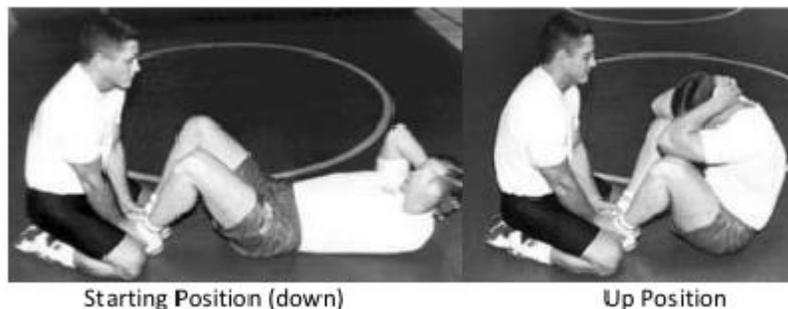
The Physical Fitness Test consists of three (3) subtests

Please note: This guidance sheet is only to assist you with getting ready for the Physical Fitness test. The on-site instructors make the final determination on passing or failing. You will fail if you do not train!

- A minimum performance score is required on three (3) subtests, the Sit-Ups, Push-ups and the 1.5 mile run. The subtests will always be completed in the following order: Sit-ups, followed by the Push-ups, and ending with the 1.5 mile run. These tests are scored in a pass/fail manner.
- The minimum physical fitness standards at the 40% percentile for your age and gender are attached. Know your minimum standards.

Test 1 – Sit-ups (Timed event – 1 minute)

- You shall start in the down position with knees bent, heels flat on the floor, and fingers interlaced behind your head. Your feet will be secured by a spotter (which could be an instructor or other designee). It is up to the person being tested on how their feet should be secured. A popular method is to have the spotter kneel on the subject's feet and secure the subject's ankles with his/her hands.
- You will raise your upper body touching the elbows to the knees, and then return down until the shoulder blades touch the floor. You may rest only in the up position, with your elbows touching your knees. **However, if you are resting you will probably not pass the test.**
- You must perform at least the minimum required number of **correct** sit-ups in one minute.
- If your hands break apart from the interlaced position behind your head and you begin to use your arms for momentum to complete reps, the test will be terminated and you will be disqualified.
- If you lift your tailbone off the ground, and “buck” up off the ground to gain momentum, those reps will not count. If you continue after being warned, the test will be terminated and you will be disqualified.



Test II – Push-ups (Not timed)

- You will start with your hands placed approximately shoulders width apart on the floor and elbows fully extended, in a “plank” position with your head up. The back and remainder of body should kept straight at all times. From this position, known as the “up” position, you will lower your body toward the floor. An instructor or a designee will have their fist placed on the ground in line with the subject's upper chest. The subject must come in contact with the instructor or designee's fist, then return to the “arms fully extended” up position. This completes one repetition.

- You may only rest in the “up” position. If you arch your hips up into a “downward dog” position or dip your hips toward the floor to rest, the test will be terminated and only your correct completed reps to that point will count.
- You must perform at least the minimum required number of correct push-ups based on your age and gender.
- Your hands and feet must remain in contact with the floor at all times. You cannot lift your hands to wipe them or to readjust your hands. You cannot cross your legs behind you. If you wish to adjust your hand positioning during the test to a wider or narrower platform, this can be accomplished by sliding your hands across the ground.



Starting Position (up)



Down Position

- **The instructor has the final count for both tests, not the spotter, and not the subject being tested.**

Test III – 1.5 Mile Run (Timed event – refer to chart)

- You must run the 1.5 mile run within the time limit based on age and gender. The run will be outside, unless it is inclement weather. In inclement weather, the test could be conducted either on an indoor track or treadmill. The decision to move the test indoors will take into account the safety of the participants involved.
- It is recommended that participants wear a watch or device that will keep their time when running, so they know if they are on target to meet their time requirements. An instructor or his designee will also have a running clock and can alert participants of their time throughout the test.

Entry Level Testing – you must pass in order to be considered for acceptance

- It is best to start training immediately because of the competition for spots.
- Again testing is always performed in the order below (NO EXCEPTIONS)
- If you do not pass a test section, you will be dismissed immediately from the rest of the fitness exam.

Sit-up Muscular endurance (core-body) – The score indicated is the number of bent leg sit-ups performed in one minute (refer to instructions on page 1).

Push-up Muscular endurance (upper-body) – The score indicated is the number of full body repetitions that a candidate completes (refer to Instructions on page 1).

1.5 Mile Run Cardiovascular Capacity – the time (score indicated calculates in Minutes/seconds.

40%		Sit-Up	Push-Up	1.5 Mile Run
Male				
Age	20 – 29	38	29	12:38
	30 – 39	35	24	12:58
	40 – 49	29	18	13:50
	50 – 59	24	13	15:06
	60+	19	10	16:46
Female				
Age	20 – 29	32	15	14:50
	30 – 39	25	11	15:43
	40 – 49	20	9	16:31
	50 – 59	14	N/A	18:18
	60+	6	N/A	20:16