

Physical Fitness Assessment 40th Percentile

1 Minute Push-Up

| | Age<20 | 20-29 | 30-39 | 40-49 | 50-59 |
|--------|--------|-------|-------|-------|-------|
| Male | 29.0 | 29.0 | 24.0 | 18.0 | 13.0 |
| Female | 15.0 | 15.0 | 11.0 | 9.0 | n/d |

1.5 Mile Run-Aerobic Power

| | Age<20 | 20-29 | 30-39 | 40-49 | 50-59 |
|--------|--------|-------|-------|-------|-------|
| Male | 12:38 | 12:38 | 12:58 | 13:50 | 15:06 |
| Female | 14:50 | 14:50 | 15:43 | 16:31 | 18:07 |

1 Minute Sit-up test

| | Age<20 | 20-29 | 30-39 | 40-49 | 50-59 |
|--------|--------|-------|-------|-------|-------|
| Male | 41.0 | 38.0 | 35.0 | 29.0 | 24.0 |
| Female | 32.0 | 32.0 | 25.0 | 20.0 | 14.0 |

300 Meter Run

| | Age<20 | 20-29 | 30-39 | 40-49 | 50-59 |
|--------|--------|-------|-------|-------|-------|
| Male | 59.0 | 59.0 | 58.9 | 72.0 | 83.2 |
| Female | 71.0 | 71.0 | 79.0 | 94.0 | n/d |