

PHYSICAL FITNESS SCREENING TEST DESCRIPTION

- Sit-up Muscular endurance (core body) - The score indicated below is the number of bent-leg sit-ups performed in one minute.
- Push-up Muscular endurance (upper body) - The score below is the maximum number of full body repetitions that a candidate must complete without breaks.
- 1.5 Mile Run Cardiovascular capacity - The score indicated below is calculated in minutes:seconds.

AGE/SEX	TEST		
	SIT-UP	PUSH-UP	1.5 MI RUN
MALE			
20-29	38	29	12:29
30-39	35	24	12:53
40-49	29	18	13:50
50-59	24	13	15:14
60+	19	10	17:19
FEMALE			
20-29	32	15	15:05
30-39	25	11	15:56
40-49	20	9	17:11
50-59	14	9	19:10
60+	6	9	20:55