

**EXPECTED PHYSICAL FITNESS PERFORMANCE UPON ACADEMY ENTRY -
MALES**

<u>1.5 MILE RUN:</u>		<u>POINT</u>
Superior:	0:00 – 10:42	8
Better Than Acceptable:	10:43 – 11:40	6
Acceptable:	11:41 – 12:20	4
Some Improvement Needed:	12:21 – 14:00	2
Unacceptable:	14:01 – over	0

<u>PUSH-UPS:</u>		<u>POINT</u>
Superior:	60 – over	8
Better Than Acceptable:	50 – 59	6
Acceptable:	30 – 49	4
Some Improvement Needed:	11 – 29	2
Unacceptable:	0 – 10	0

<u>SIT-UPS:</u>		<u>POINT</u>
Superior:	60 – over	8
Better Than Acceptable:	50 – 59	6
Acceptable:	40 – 49	4
Some Improvement Needed:	30 – 39	2
Unacceptable:	0 – 29	0

<u>PULL-UPS:</u>		<u>POINT</u>
Superior:	15 – over	8
Better Than Acceptable:	11 – 14	6
Acceptable:	7 – 10	4
Some Improvement Needed:	3 – 6	2
Unacceptable:	under 3	0

**EXPECTED PHYSICAL FITNESS PERFORMANCE UPON ACADEMY ENTRY -
FEMALES**

<u>1.5 MILE RUN:</u>		<u>POINT</u>
Superior:	0:00 – 12:51	8
Better Than Acceptable:	12:52 – 14:00	6
Acceptable:	14:01 – 15:00	4
Some Improvement Needed:	15:01 – 16:00	2
Unacceptable:	16:01 – over	0

<u>PUSH-UPS:</u>		<u>POINT</u>
Superior:	40 – over	8
Better Than Acceptable:	26 – 39	6
Acceptable:	20 – 25	4
Some Improvement Needed:	10 – 19	2
Unacceptable:	0 – 9	0

<u>SIT-UPS:</u>		<u>POINT</u>
Superior:	42 – over	8
Better Than Acceptable:	37 – 41	6
Acceptable:	25 – 36	4
Some Improvement Needed:	10 – 24	2
Unacceptable:	0 – 9	0

<u>PULL-UPS:</u>		<u>POINT</u>
Superior:	12 – over	8
Better Than Acceptable:	7 – 11	6
Acceptable:	3 – 6	4
Some Improvement Needed:	1 – 2	2
Unacceptable:	0	0

**EXPECTED PHYSICAL FITNESS PERFORMANCE UPON ACADEMY ENTRY -
CHART SCORES**

INDIVIDUAL EXERCISE VALUE:

Superior:	8
Better Than Acceptable:	6
Acceptable:	4
Some Improvement Needed:	2
Unacceptable:	0

**EXPECTED PHYSICAL FITNESS PERFORMANCE UPON ACADEMY ENTRY –
OVERALL CHART SCORES**

TOTAL POINT VALUE:

Superior:	25 - 32
Better Than Acceptable:	17 - 24
Acceptable:	12 - 16
Some Improvement Needed:	6 - 11
Unacceptable:	0 - 5