

**PHYSICAL FITNESS STANDARDS**

**QUALIFYING PHYSICAL FITNESS SCREENING TEST (AGILITY)**

**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 number of full-body repetitions that a candidate must complete without breaks.

**1.5-Mile Run:** Cardiovascular capacity – the (time) score indicated below is calculated in minutes and seconds.

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| **GENDER/AGE** | **SIT-UP** | **PUSH-UP** | **1.5-MILE RUN** |
|  |  |  |  |
| **MALE** |  |  |  |
| **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** |  |  |  |
| **20-29** | 32 | 15 | 14:50 |
| **30-39** | 25 | 11 | 15:43 |
| **40-49** | 20 | 9 | 16:31 |
| **50-59** | 14 | - | 18:18 |
| **60+** | 6 | - | 20:16 |