

## FITNESS ASSESSMENT CHART – FEMALE: AGE: &lt; 30

| Cardiorespiratory Endurance   |                         |        | Body Composition |                         |        | Muscle Fitness         |        |                       |        |
|---|-------------------------|--------|------------------|-------------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time<br>(mins:secs)   | Health Risk<br>Category | Points | AC<br>(inches)   | Health Risk<br>Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(reps/min) | Points |
| ≤ 10:23   | Low-Risk                | 60.0   | ≤ 29.0           | Low Risk                | 20.0   | ≥ 47                   | 10.0   | ≥ 54                  | 10.0   |
| 10:24 - 10:51   | Low-Risk                | 59.9   | 29.5             | Low Risk                | 20.0   | 42                     | 9.5    | 51                    | 9.5    |
| 10:52 - 11:06   | Low-Risk                | 59.5   | 30.0             | Low Risk                | 20.0   | 41                     | 9.4    | 50                    | 9.4    |
| 11:07 - 11:22   | Low-Risk                | 59.2   | 30.5             | Low Risk                | 20.0   | 40                     | 9.3    | 49                    | 9.0    |
| 11:23 - 11:38   | Low-Risk                | 58.9   | 31.0             | Low Risk                | 20.0   | 39                     | 9.2    | 48                    | 8.9    |
| 11:39 - 11:56   | Low-Risk                | 58.6   | 31.5             | Low Risk                | 20.0   | 38                     | 9.1    | 47                    | 8.8    |
| 11:57 - 12:14   | Low-Risk                | 58.1   | 32.0             | Moderate Risk           | 17.6   | 37                     | 9.0    | 46                    | 8.6    |
| 12:15 - 12:33   | Low-Risk                | 57.6   | 32.5             | Moderate Risk           | 17.1   | 36                     | 8.9    | 45                    | 8.5    |
| 12:34 - 12:53   | Low-Risk                | 57.0   | 33.0             | Moderate Risk           | 16.5   | 35                     | 8.8    | 44                    | 8.0    |
| 12:54 - 13:14   | Low-Risk                | 56.2   | 33.5             | Moderate Risk           | 15.9   | 34                     | 8.6    | 43                    | 7.8    |
| 13:15 - 13:36   | Low-Risk                | 55.3   | 34.0             | Moderate Risk           | 15.2   | 33                     | 8.5    | 42                    | 7.5    |
| 13:37 - 14:00   | Low-Risk                | 54.2   | 34.5             | Moderate Risk           | 14.5   | 32                     | 8.4    | 41                    | 7.0    |
| 14:01 - 14:25   | Low-Risk                | 52.8   | 35.0             | Moderate Risk           | 13.7   | 31                     | 8.3    | 40                    | 6.8    |
| 14:26 - 14:52   | Low-Risk                | 51.2   | 35.5 *           | Moderate Risk           | 12.8   | 30                     | 8.2    | 39                    | 6.5    |
| 14:53 - 15:20   | Moderate Risk           | 49.3   | 36.0             | High Risk               | 11.8   | 29                     | 8.1    | 38 *                  | 6.0    |
| 15:21 - 15:50   | Moderate Risk           | 46.9   | 36.5             | High Risk               | 10.7   | 28                     | 8.0    | 37                    | 5.5    |
| 15:51 - 16:22 *   | Moderate Risk           | 44.1   | 37.0             | High Risk               | 9.6    | 27                     | 7.5    | 36                    | 5.3    |
| 16:23 - 16:57   | High Risk               | 40.8   | 37.5             | High Risk               | 8.3    | 26                     | 7.3    | 35                    | 5.0    |
| 16:58 - 17:34   | High Risk               | 36.7   | 38.0             | High Risk               | 6.9    | 25                     | 7.2    | 34                    | 4.5    |
| 17:35 - 18:14   | High Risk               | 31.8   | 38.5             | High Risk               | 5.4    | 24                     | 7.0    | 33                    | 4.3    |
| 18:15 - 18:56   | High Risk               | 25.9   | 39.0             | High Risk               | 3.8    | 23                     | 6.5    | 32                    | 4.0    |
| 18:57 - 19:43   | High Risk               | 18.8   | 39.5             | High Risk               | 2.0    | 22                     | 6.3    | 31                    | 3.5    |
| 19:44 - 20:33   | High Risk               | 10.3   | ≥ 40.0           | High Risk               | 0.0    | 21                     | 6.0    | 30                    | 3.0    |
| ≥ 20:34   | High Risk               | 0.0    |                  |                         |        | 20                     | 5.8    | 29                    | 2.8    |
|   |                         |        |                  |                         |        | 19                     | 5.5    | 28                    | 2.5    |
|   |                         |        |                  |                         |        | 18 *                   | 5.0    | 27                    | 2.0    |
| <b>NOTES:</b>   |                         |        |                  |                         |        | 17                     | 4.5    | 26                    | 1.8    |
| Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems       |                         |        |                  |                         |        | 16                     | 4.3    | 25                    | 1.7    |
|   |                         |        |                  |                         |        | 15                     | 4.0    | 24                    | 1.5    |
|   |                         |        |                  |                         |        | 14                     | 3.5    | 23                    | 1.0    |
| Passing Requirements - member <b>must</b> : 1) meet minimum value in each of the four components, <b>and</b> 2) achieve a composite point total ≥ 75 points |                         |        |                  |                         |        | 13                     | 3.0    | ≤ 22                  | 0.0    |
|   |                         |        |                  |                         |        | 12                     | 2.8    |                       |        |
|   |                         |        |                  |                         |        | 11                     | 2.5    |                       |        |
| <b>* Minimum Component Values</b>   |                         |        |                  |                         |        | 10                     | 2.0    |                       |        |
| Run time ≤ 16:22 mins:secs / Abd Circ ≤ 35.5 inches   |                         |        |                  |                         |        | 9                      | 1.5    |                       |        |
| Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute  |                         |        |                  |                         |        | 8                      | 1.0    |                       |        |
|   |                         |        |                  |                         |        | ≤ 7                    | 0.0    |                       |        |
| Composite Score Categories:   |                         |        |                  |                         |        |                        |        |                       |        |
| Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0   |                         |        |                  |                         |        |                        |        |                       |        |