



BASIC TRAINING PHYSICAL FITNESS ASSESSMENT FORM

School Name: _____ School #: _____

Student's Name: _____
(Last) (First) (Middle)

Previous Name(s) or Alias: _____

Sex: _____ M _____ F DOB: _____ Age: _____

Pre-entrance Assessment Date: _____ Final Assessment Date: _____ Retest Date: _____

Status at Final Assessment: _____ Appointed _____ Open Enrollment

| Age and Sex Minimum Scores | | | | Pre-entrance Assessment 15 th percentile | Final Assessment (Score/P-F) 50 th percentile | Retest (Score/P-F) 50 th percentile | | | |
|----------------------------|--------------------|--------------------|--------------------|--|--|--|--------------------|---------------------|---------------------|
| | Males (<29) | | Females (<29) | | | | | | |
| | 15 th % | 50 th % | 15 th % | | | | 50 th % | | |
| Sit-ups (1 min.) | 32 | 40 | 23 | | | | 35 | # Sit-ups Completed | # Sit-ups Completed |
| Push-ups (1 min.) | 19 | 33 | 9 | | | | 18 | | |
| 1.5 Mile Run | 14:34 | 11:58 | 17:49 | | | | 14:07 | | |
| | | | | | # Push-ups Completed | # Push-ups Completed | | | |
| | Males (30-39) | | Females (30-39) | | | | | | |
| | 15 th % | 50 th % | 15 th % | 50 th % | | | | | |
| Sit-ups (1 min.) | 28 | 36 | 18 | 27 | # Sit-ups Completed | # Sit-ups Completed | | | |
| Push-ups (1 min.) | 15 | 27 | 7 | 14 | | | | | |
| 1.5 Mile Run | 15:13 | 12:25 | 18:37 | 14:34 | | | | | |
| | | | | | # Push-ups Completed | # Push-ups Completed | | | |
| | Males (40-49) | | Females (40-49) | | | | | | |
| | 15 th % | 50 th % | 15 th % | 50 th % | | | | | |
| Sit-ups (1 min.) | 22 | 31 | 13 | 22 | 1.5 Mile Time | 1.5 Mile Time | | | |
| Push-ups (1 min.) | 10 | 21 | 5 | 11 | | | | | |
| 1.5 Mile Run | 15:58 | 13:11 | 19:32 | 15:24 | | | | | |
| | | | | | 1.5 Mile Time | 1.5 Mile Time | | | |
| | Males (50-59) | | Females (50-59) | | | | | | |
| | 15 th % | 50 th % | 15 th % | 50 th % | | | | | |
| Sit-ups (1 min.) | 17 | 26 | 7 | 17 | OVERALL (P/F) | OVERALL (P/F) | | | |
| Push-ups (1 min.) | 7 | 15 | 4 (modified) | 13 (modified) | | | | | |
| 1.5 Mile Run | 17:38 | 14:16 | 21:31 | 17:13 | | | | | |
| | | | | | OVERALL (P/F) | OVERALL (P/F) | | | |
| | Males (60+) | | Females (60+) | | | | | | |
| | 15 th % | 50 th % | 15 th % | 50 th % | | | | | |
| Sit-ups (1 min.) | 13 | 20 | 2 | 8 | OVERALL (P/F) | OVERALL (P/F) | | | |
| Push-ups (1 min.) | 5 | 15 | 1 (modified) | 8 (modified) | | | | | |
| 1.5 Mile Run | 20:12 | 15:56 | 23:32 | 18:52 | | | | | |

Students must pass each event, at the minimum 50th percentile of the above standards, in order to be eligible for the state certification exam.

Fitness Specialist Signature Date

Commander Signature Date

Fitness Specialist Signature Date

Commander Signature Date

Fitness Specialist Signature Date

Commander Signature Date