

NEW
PT
STANDARDS

#1 Upper Body Strength
1 minute minimum number of push-ups

Age	Male	Female
20-29	29	23
30-39	24	19
40-49	18	13
50-59	13	12
60+	10	5

#2 Muscular Endurance
1 minute minimum number of sit-ups

Age	Male	Female
<20	41	32
20-29	38	32
30-39	35	25
40-49	29	20
50-59	24	14
60+	19	6

#3 Aerobic Power
1.5 Mile Run - 40th Percentile/Cooper

Male		Female	
Age	Time	Age	Time
< 20	12:29	< 20	15:05
20-29	12:29	20-29	15:05
30-39	12:53	30-39	15:56
40-49	13:50	40-49	17:11
50-59	15:14	50-59	19:10
60 +	17:19	60 +	20:55

#4 Anaerobic Power
300 meter Run

Age	Male	Female
< 20	59.0	71.0
20-29	59.0	71.0
30-39	58.9	79.0
40-49	72.0	94.0
50-59	83.2	94.0
60+	83.2	94.0

ENTRANCE
STANDARDS