

Physical Fitness Standards
(30th percentile)

Minimum Scores Based On Gender/Age Norms

(< 30 years old)	Males	Females
Sit-ups (1minute)	35	30
Push-ups (1minute)	26	13
1.5 Mile Run	13:08	15:56
(30-39 years old)	Males	Females
Sit-ups (1minute)	32	22
Push-ups (1minute)	20	9
1.5 Mile Run	13:48	16:46
(40-49 years old)	Males	Females
Sit-ups (1minute)	27	17
Push-ups (1minute)	15	7
1.5 Mile Run	14:33	18:26
(50-59 years old)	Males	Females
Sit-ups (1minute)	21	12
Push-ups (1minute)	10	9(Modified)
1.5 Mile Run	16:16	20:17
(60 + years old)	Males	Females
Sit-ups (1minute)	17	4
Push-ups (1minute)	8	3(Modified)
1.5 Mile Run	18:39	22:34

* Based on The Cooper Institute, Physical Fitness Specialist Course and Certification, 2002, pp108-124.