

## FITNESS ASSESSMENT CHART – MALE: AGE: < 30

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 9:12	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 67	10.0	≥ 58	10.0
9:13 - 9:34	Low-Risk	59.7	33.0	Low-Risk	20.0	62	9.5	55	9.5
9:35 - 9:45	Low-Risk	59.3	33.5	Low-Risk	20.0	61	9.4	54	9.4
9:46 - 9:58	Low-Risk	58.9	34.0	Low-Risk	20.0	60	9.3	53	9.2
9:59 - 10:10	Low-Risk	58.5	34.5	Low-Risk	20.0	59	9.2	52	9.0
10:11 - 10:23	Low-Risk	57.9	35.0	Low-Risk	20.0	58	9.1	51	8.8
10:24 - 10:37	Low-Risk	57.3	35.5	Moderate Risk	17.6	57	9.0	50	8.7
10:38 - 10:51	Low-Risk	56.6	36.0	Moderate Risk	17.0	56	8.9	49	8.5
10:52 - 11:06	Low-Risk	55.7	36.5	Moderate Risk	16.4	55	8.8	48	8.3
11:07 - 11:22	Low-Risk	54.8	37.0	Moderate Risk	15.8	54	8.8	47	8.0
11:23 - 11:38	Low-Risk	53.7	37.5	Moderate Risk	15.1	53	8.7	46	7.5
11:39 - 11:56	Low-Risk	52.4	38.0	Moderate Risk	14.4	52	8.6	45	7.0
11:57 - 12:14	Low-Risk	50.9	38.5	Moderate Risk	13.5	51	8.5	44	6.5
12:15 - 12:33	Low-Risk	49.2	39.0 *	Moderate Risk	12.6	50	8.4	43	6.3
12:34 - 12:53	Moderate Risk	47.2	39.5	High Risk	11.7	49	8.3	42 *	6.0
12:54 - 13:14	Moderate Risk	44.9	40.0	High Risk	10.6	48	8.1	41	5.5
13:15 - 13:36 *	Moderate Risk	42.3	40.5	High Risk	9.4	47	8.0	40	5.0
13:37 - 14:00	High Risk	39.3	41.0	High Risk	8.2	46	7.8	39	4.5
14:01 - 14:25	High Risk	35.8	41.5	High Risk	6.8	45	7.7	38	4.0
14:26 - 14:52	High Risk	31.7	42.0	High Risk	5.3	44	7.5	37	3.5
14:53 - 15:20	High Risk	27.1	42.5	High Risk	3.7	43	7.3	36	3.3
15:21 - 15:50	High Risk	21.7	43.0	High Risk	1.9	42	7.2	35	3.0
15:51 - 16:22	High Risk	15.5	≥ 43.5	High Risk	0.0	41	7.0	34	2.5
16:23 - 16:57	High Risk	8.3				40	6.8	33	2.0
≥ 16:58	High Risk	0.0				39	6.5	32	1.5
						38	6.3	31	1.3
						37	6.0	30	1.0
						36	5.8	≤ 29	0.0
						35	5.5		
						34	5.3		
						33 *	5.0		
						32	4.8		
						31	4.5		
						30	4.3		
<b>NOTES:</b>						29	4.0		
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						28	3.8		
						27	3.5		
						26	3.0		
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						25	2.8		
						24	2.5		
						23	2.3		
<b>* Minimum Component Values</b>						22	2.0		
Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches						21	1.8		
Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute						20	1.7		
						19	1.5		
Composite Score Categories:						18	1.0		
Excellent ≥ 95.0 / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0						≤ 17	0.0		