

# FITNESS ASSESSMENT CHART – FEMALE: 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
≤ 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		
* <u>Minimum Component Values</u>						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 > 89.9 / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									