

The following standards are for healthy fitness zones © 2017

as published by Evalumetrics using Fitnessgram standards Shows only healthy fitness zones or Healthy fitness levels.

Healthy Level of Fitness MALES*

AGE	Approximate grade	Body Mass Index	Aerobic Capacity Estimate	Approximate laps for Pacer	Partial Curl Up (#, min)	right angle push ups (#, min)	Modified sit and reach (inches, mins)	Trunk Lift (inches, min)
14	8-9	16.4-23.0	>42.4	36	24	14	8	9
15	9-10	16.9-23.7	>43.5	42	24	16	8	9
16	10-11	17.5-24.5	>44.0	47	24	18	8	9
17	11-12	18.1-24.9	>44.1	50	24	18	8	9
18	12 and up	18.6-24.9	>44.2	54	24	19	8	9

Tests not specifically listed = Pacer, mile walk/run. In addition, scores available on "fitness gram results" file for flexed arm hang, shoulder stretch, pull up and the shuttle run is available on presidential fitness tests

Healthy Level of Fitness FEMALES*

AGE	Approximate grade	Body Mass Index	Aerobic Capacity Estimate	Approximate laps for Pacer	Partial Curl Up (#, min)	right angle push ups (#, min)	Modified sit and reach (inches, min)	Trunk Lift (inches, min)
14	8-9	16.2-23.6	>39.3	27	18**	7	10	9
15	9-10	16.7-24.3	>39.0	30	18**	7	12	9
16	10-11	17.1-24.8	>39.8	32	18**	7	12	9
17	11-12	17.5-24.9	>38.7	35	18**	7	12	9
18	12 and up	17.8-24.9	>38.5	38	18**	7	12	9

Tests not specifically listed = Pacer, mile walk/run. In addition, scores available on "fitness gram results" file for flexed arm hang, shoulder stretch, pull up and the shuttle run is available on presidential fitness tests

* = Based on Sex not gender. Students who prefer not to answer will be graded higher number associated with test

** - United States Army PT tests suggest females should be able to obtain the same number of sit ups as males due to muscle group design

United States Army PT TEST Standards: Fitness

AGE		2 mile run time	Sit ups	Push ups
17-21	males	13:00	78	71
	females	15:36	78	42

This is not promotion of Army Registration. It is generally believed that Army Standards are peak performance and exceed Healthy Fitness levels

Standards vary by age range AND the listed answers to the left are to achieve a 100% on the test. As part of the Army's PT tests, they also have standards for min and max weight compared to height and max % body fat. These standards are linked from our fitness pages

School District of Philadelphia SLO targets for Physical Education class

TARGET 1

AGE	Approximate grade	Target	target defined by SD		cardio movement without stopping	Partial Curl Up (#, min)	right angle push ups (#, min)	standing toe touch
all	11th	85% of all students	85%		5 minutes	18 or 5 more than baseline	7 or 5 more than baseline	within 2 inches of toes

TARGET 2

100% of students will be able to locate, check and record their pulse after exercise

TARGET 3

100% of students will complete a personal fitness plan that will include a reflective journal entry on their personal performance, improvements, needs, and how exercise