



## BASIC TRAINING PHYSICAL FITNESS ASSESSMENT FORM

School Name: \_\_\_\_\_ School #: \_\_\_\_\_

Student's Name: \_\_\_\_\_  
(Last) (First) (Middle)

Previous Name(s) or Alias: \_\_\_\_\_

Sex: \_\_\_M \_\_\_F DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Pre-entrance Assessment Date: \_\_\_\_\_ Final Assessment Date: \_\_\_\_\_ Retest Date: \_\_\_\_\_

Status at Final Assessment: \_\_\_ Appointed \_\_\_ Open Enrollment

Age and Sex Minimum Scores					Pre-entrance Assessment 15 <sup>th</sup> percentile	Final Assessment (Score/P-F) 50 <sup>th</sup> percentile	Retest (Score/P-F) 50 <sup>th</sup> percentile			
	Males (<29)		Females (<29)							
	15 <sup>th</sup> %	50 <sup>th</sup> %	15 <sup>th</sup> %	50 <sup>th</sup> %						
Sit-ups (1 min.)	32	40	23	35				# Sit-ups Completed	# Sit-ups Completed	# Sit-ups Completed
Push-ups (1 min.)	19	33	9	18						
1.5 Mile Run	14:34	11:58	17:49	14:07						
	Males (30-39)		Females (30-39)							
	15 <sup>th</sup> %	50 <sup>th</sup> %	15 <sup>th</sup> %	50 <sup>th</sup> %						
Sit-ups (1 min.)	28	36	18	27	# Push-ups Completed	# Push-ups Completed	# Push-ups Completed			
Push-ups (1 min.)	15	27	7	14						
1.5 Mile Run	15:13	12:25	18:37	14:34						
	Males (40-49)		Females (40-49)							
	15 <sup>th</sup> %	50 <sup>th</sup> %	15 <sup>th</sup> %	50 <sup>th</sup> %						
Sit-ups (1 min.)	22	31	13	22	1.5 Mile Time	1.5 Mile Time	1.5 Mile Time			
Push-ups (1 min.)	10	21	5	11						
1.5 Mile Run	15:58	13:11	19:32	15:24						
	Males (50-59)		Females (50-59)							
	15 <sup>th</sup> %	50 <sup>th</sup> %	15 <sup>th</sup> %	50 <sup>th</sup> %						
Sit-ups (1 min.)	17	26	7	17	OVERALL (P/F)	OVERALL (P/F)	OVERALL (P/F)			
Push-ups (1 min.)	7	15	4 (modified)	13 (modified)						
1.5 Mile Run	17:38	14:16	21:31	17:13						
	Males (60+)		Females (60+)							
	15 <sup>th</sup> %	50 <sup>th</sup> %	15 <sup>th</sup> %	50 <sup>th</sup> %						
Sit-ups (1 min.)	13	20	2	8						
Push-ups (1 min.)	5	15	1 (modified)	8 (modified)						
1.5 Mile Run	20:12	15:56	23:32	18:52						

Students must pass each event, at the minimum 50<sup>th</sup> percentile of the above standards, in order to be eligible for the state certification exam.

\_\_\_\_\_  
Fitness Specialist Signature Date

\_\_\_\_\_  
Commander Signature Date

\_\_\_\_\_  
Fitness Specialist Signature Date

\_\_\_\_\_  
Commander Signature Date

\_\_\_\_\_  
Fitness Specialist Signature Date

\_\_\_\_\_  
Commander Signature Date