

## ATHLETIC PLACEMENT PROCESS

### Physical Fitness: Scores Required for the Athletic Placement Process

| SEX     | AGE | Curl-Ups<br># in one<br>minute | Shuttle Run<br>in seconds | Choose one <sup>1</sup>     |                                  | 1 Mile-<br>Walk/Run<br>min/sec* | Choose one <sup>2</sup>    |                                                 |
|---------|-----|--------------------------------|---------------------------|-----------------------------|----------------------------------|---------------------------------|----------------------------|-------------------------------------------------|
|         |     |                                |                           | V-sit<br>Reach<br>in inches | Sit & Reach<br>in<br>centimeters |                                 | Pull-Ups<br>#<br>completed | Right<br>Angle<br>Push-ups<br># every 3<br>sec. |
| Males   | 11  | 47                             | 10.0                      | 4.0                         | 31                               | 7:32                            | 6                          | 26                                              |
|         | 12  | 50                             | 9.8                       | 4.0                         | 31                               | 7:11                            | 7                          | 30                                              |
|         | 13  | 53                             | 9.5                       | 3.5                         | 31                               | 6:50                            | 7                          | 35                                              |
|         | 14  | 56                             | 9.1                       | 4.5                         | 33                               | 6:26                            | 10                         | 37                                              |
|         | 15  | 57                             | 9.0                       | 5.0                         | 36                               | 6:20                            | 11                         | 40                                              |
| Females | 11  | 42                             | 10.5                      | 6.5                         | 34                               | 9:02                            | 3                          | 19                                              |
|         | 12  | 45                             | 10.4                      | 7.0                         | 36                               | 8:23                            | 2                          | 20                                              |
|         | 13  | 46                             | 10.2                      | 7.0                         | 38                               | 8:13                            | 2                          | 21                                              |
|         | 14  | 47                             | 10.1                      | 8.0                         | 40                               | 7:59                            | 2                          | 20                                              |
|         | 15  | 48                             | 10.0                      | 8.0                         | 43                               | 8:08                            | 2                          | 20                                              |

\*For swimming, see next page for alternative 500 yard swim scores.

<sup>1</sup> Upper body strength can be measured by performing pull-ups, or right angle push-ups.

<sup>2</sup> Flexibility can be measured by performing the V-sit Reach or the Sit and Reach