



Division of Parks and Recreation Physical Assessment Form

Age and Gender Minimum Scores

	Males (<29)	Females (<29)
Sit ups (1 minute)	40	35
Push Ups (1 minute)	33	18
1.5 Mile Run	11:58	14:15

	Males (30-39)	Females (30-39)
Sit ups (1 minute)	36	27
Push Ups (1 minute)	27	14
1.5 Mile Run	12:25	15:14

	Males (40-49)	Females (40-49)
Sit ups (1 minute)	31	22
Push Ups (1 minute)	21	11
1.5 Mile Run	13:05	16:13

	Males (50-59)	Females (50-59)
Sit ups (1 minute)	26	17
Push Ups (1 minute)	15	13* Modified
1.5 Mile Run	14:33	18:05

	Males (60 +)	Females (60 +)
Sit ups (1 minute)	20	8
Push Ups (1 minute)	15	8* Modified
1.5 Mile Run	16:19	20:08

Screening & Fitness Assessment Protocols

Sit-Up

The sit-up measures the muscular endurance of the abdominal muscles. Lie on your back, with your knees bent at a 90-degree angle and your feet flat on the mat or ground. Your feet may be together or apart, but always in contact with the ground. A person can hold them for you. Your fingers must be interlocked behind your head (Interlocked means that some parts of the fingers overlap) throughout the event. When a tester says “go” lift your upper body by bending at the waist. Touch your elbows to your knees, and return to the starting position. The shoulders must touch the mat or ground. The tester will count a repetition each time you return to the starting position. Do not arch your back or lift your buttocks from the mat. If you fail to keep your fingers interlocked, touch your elbows to your knees, or your shoulders to the mat, you will receive a warning. After one warning, that repetition will not count. You may only rest in the up position. You will have one minute to do as many sit-ups as possible. The tester will count your correct sit-ups out loud. Your score is the number of correct sit-ups.

Push-Up

The push-up measures the muscular endurance of the upper body (chest, shoulders & triceps). Place your hands on the ground wherever they are comfortable; approximately shoulder width apart. Your feet may be together, or up to 12 inches apart. Your body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the event. When the tester says “go” lower your body by bending your elbows until your upper arms are parallel to the ground. The tester will place their fist or hands on the ground to mark when your upper arms are parallel. On each repetition, you must lower your self to the point that you touch the tester’s hand. Then return to the starting point by straightening your arms. You may only rest in the up position. You will have one minute to do as many push-ups as possible. The tester will count your correct push-ups out loud. Your score is the number of correct push-ups. *Modified Push-up: Knees on ground instead of feet.

1.5-Mile Run

The run measures the cardiovascular endurance or aerobic power. You or a group of runners will start behind the designated starting line. When the tester says “go” you may begin the run. The run must be done without assistance. Slower runners must move to the outside to allow the faster runs to pass on the inside of the track. The time it takes to complete the 1.5 miles will be your score.