Physical Fitness Test Battery Norms

	[Male Standards]					[Female Standards]				
AGE	**20-29**	**30-39**	**40-49**	**50-59**	**60+**	**20-29**	**30-39**	**40-49**	**50-59**	**60+**
300 Meter Run										
50TH	56.0	57.0	67.6	80.0		64.0	74.0	86.0		
30TH	62.1	63.0	77.0	87.0		75.0	82.0	106.7		
1 RM Bench Press Ratio										
50TH	1.06	0.93	0.84	0.75	0.68	0.65	0.57	0.52	0.46	0.45
30TH	0.93	0.83	0.76	0.68	0.63	0.56	0.51	0.47	0.42	0.40
1 Minute Sit-ups										
50TH	40	36	31	26		35	27	22	17	
30TH	35	32	27	21		30	22	17	12	
1.5 Mile Run										
50TH	11:58	12:24	13:12	14:23		14:04	14:34	15:34	17:19	
30TH	13:15	13:44	14:34	15:50		15:46	16:42	17:29	19:10	

Testing Order:

300 Meter Run
Bench Press
Sit Ups
1.5 Mile Run

This is a cumulative test. Each event is pass/fail. If one event is failed, the entire test is failed. There is no "averaging" of scores.