

PHYSICAL FITNESS TEST (PFT)

PERFORMANCE STANDARDS

Males

The performance goal for all test areas is the Health Fitness Zone which represents a level of fitness that offers protection against the diseases that result from sedentary living. If the performance goal is not met, the results are classified as Needs Improvement (NI) or, for Body Composition, Very Lean (Body Composition only) or Needs Improvement-Health Risk (NI-HR).

Age	Aerobic Capacity	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance	Flexibility	Body Composition			
	One Mile Run	Curl Up # completed up to max of 75	Trunk Lift # of centimetres up to max of 30	Push Up # completed up to max of 75	Sit and Reach # of centimetres up to max of 30	NI - Health Risk	NI	HFZ	Very Lean
5	Completion of distance. Time standards not recommended	≥ 2	15 - 30	≥ 3	20	≥ 18.1	≥ 16.9	6.8 – 13.9	≤ 13.8
6		≥ 2	15 - 30	≥ 3	20	≥ 18.8	≥ 17.2	17.1 – 13.8	≤ 13.7
7		≥ 4	15 - 30	≥ 4	20	≥ 19.6	≥ 17.7	17.6 – 13.8	≤ 13.7
8		≥ 6	15 - 30	≥ 5	20	≥ 20.6	≥ 18.3	18.2 – 14.0	≤ 13.9
9		≥ 9	15 - 30	≥ 6	20	≥ 21.6	≥ 19.0	18.9 – 14.2	≤ 14.1
10	11.30 - 9.00	≥ 12	22.5 - 30	≥ 7	20	≥ 22.7	≥ 19.8	19.7 – 14.5	≤ 14.4
11	11.00 - 8.30	≥ 15	22.5 - 30	≥ 8	20	≥ 23.7	≥ 20.6	20.5 – 14.9	≤ 14.8
12	10.30 - 8.00	≥ 18	22.5- 30	≥ 10	20	≥ 24.7	≥ 21.4	21.3 – 15.3	≤ 15.2
13	10.00 - 7.30	≥ 21	22.5 - 30	≥ 12	20	≥ 25.6	≥ 22.3	22.2 – 15.8	≤ 15.7
14	9.30 - 7.00	≥ 24	22.5 - 30	≥ 14	20	≥ 26.6	≥ 23.1	23.0 – 16.4	≤ 16.3
15	9.00 - 7.00	≥ 24	22.5 - 30	≥ 16	20	≥ 27.2	≥ 23.8	23.7 – 16.9	≤ 16.8
16	8.30 - 7.00	≥ 24	22.5 - 30	≥ 18	20	≥ 27.9	≥ 24.6	24.5 – 17.5	≤ 17.4
17	8.30 - 7.00	≥ 24	22.5 - 30	≥ 18	20	≥ 28.6	≥ 25	24.9 – 18.1	≤ 18.0

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PERFORMANCE STANDARDS

Females

The performance goal for all test areas is the Health Fitness Zone which represents a level of fitness that offers protection against the diseases that result from sedentary living. If the performance goal is not met, the results are classified as Needs Improvement (NI) or, for Body Composition, Very Lean (Body Composition only) or Needs Improvement-Health Risk (NI-HR).

Age	Aerobic Capacity	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance	Flexibility	Body Composition (BMI)			
	One Mile Run	Curl Up # completed up to max of 75	Trunk Lift # of centimetres up to max of 30	Push Up # completed up to max of 75	Sit and Reach # of centimetres up to max of 30	NI - Health Risk	NI	HFZ	Very Lean
5	Completion of distance. Time standards not recommended	2 - 10	15 - 30	3 - 8	22.5	≥ 18.5	≥ 16.9	16.8 – 13.6	≤ 13.5
6		2 - 10	15 - 30	3 - 8	22.5	≥ 19.2	≥ 17.3	17.2 – 13.5	≤ 13.4
7		4 - 14	15 - 30	4 - 10	22.5	≥ 20.2	≥ 18.0	17.9 – 13.6	≤ 13.5
8		6 - 20	15 - 30	5 - 13	22.5	≥ 21.2	≥ 18.7	18.6 – 13.7	≤ 13.6
9		9 - 22	15 - 30	6 - 15	22.5	≥ 22.4	≥ 19.5	19.4 – 14.0	≤ 13.9
10	12.30 - 9.30	12 - 26	22.5 - 30	7 - 15	22.5	≥ 23.6	≥ 20.4	20.3 – 14.3	≤ 14.2
11	12.00 - 9.00	15 - 29	22.5 - 30	7 - 15	25	≥ 24.7	≥ 21.3	21.2 – 14.7	≤ 14.6
12	12.00 - 9.00	18 - 32	22.5- 30	7 - 15	25	≥ 25.8	≥ 22.2	22.1 – 15.2	≤ 15.1
13	11.30 - 9.00	18 - 32	22.5 - 30	7 - 15	25	≥ 26.8	≥ 23.0	22.9 – 15.7	≤ 15.6
14	11.00 - 8.30	18 - 32	22.5 - 30	7 - 15	25	≥ 27.7	≥ 23.7	23.6 – 16.2	≤ 16.1
15	10.30 - 8.00	18 - 32	22.5 - 30	7 - 15	30	≥ 28.5	≥ 24.4	24.3 – 16.7	≤ 16.6
16	10.00 - 8.00	18 - 32	22.5 - 30	7 - 15	30	≥ 29.3	≥ 24.9	24.8 – 17.1	≤ 17.0
17	10.00 - 8.00	18 - 32	22.5- 30	7 - 15	30	≥ 30.0	≥ 25.0	24.9 – 17.5	≤ 17.4

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