

DRAFT

| FITNESSGRAM Standards for Healthy Fitness Zone | | | | | | |
|--|--|-----------------------|----------------------------|--------------------------------|--|----|
| Age | RUN + | | 2 of 3 | | | |
| | PACER (20m) laps (no. completed) | Mile run (min:sec) | Curl-up (no. completed) | 90° push-up (no. completed) | Back-saver sit-and- reach (avg. inches) | |
| Males | 10 | 17 | 11:30 | 12 | 7 | 8 |
| | 11 | 20 | 11:10 | 15 | 8 | 8 |
| | 12 | 23 | 10:40 | 18 | 10 | 8 |
| | 13 | 29 | 9:46 | 21 | 12 | 8 |
| | 14 | 36 | 9:22 | 24 | 14 | 8 |
| | 15 | 42 | 9:04 | 24 | 16 | 8 |
| | 16 | 47 | 8:42 | 24 | 18 | 8 |
| | 17 | 50 | 8:22 | 24 | 18 | 8 |
| | 18+ | 54 | 8:04 | 24 | 18 | 8 |
| Females | 10 | 17 | 11:30 | 12 | 7 | 9 |
| | 11 | 20 | 11:10 | 15 | 7 | 10 |
| | 12 | 23 | 10:40 | 18 | 7 | 10 |
| | 13 | 25 | 10:20 | 18 | 7 | 10 |
| | 14 | 27 | 10:09 | 18 | 7 | 10 |
| | 15 | 30 | 9:58 | 18 | 7 | 12 |
| | 16 | 32 | 9:46 | 18 | 7 | 12 |
| | 17 | 35 | 9:34 | 18 | 7 | 12 |
| | 18+ | 38 | 9:22 | 18 | 7 | 12 |

PYFP Fitnessgram v. CPFT

The full PYFP Fitnessgram includes test items not included in the CPFT. These include the walk test, trunk lift, shoulder stretch and body composition tests. These tests have been omitted from the CPFT for make the test easier to administer for volunteers in the field. The teachers who administer the PYFP in schools have training and equipment not available to all CAP squadrons.