

## **ACADEMY ENTRANCE PHYSICAL FITNESS ASSESSMENT SCALE**

<b>MALE COOPER SCALE</b>	<b>AGE (20-29)</b>	<b>AGE (30-39)</b>	<b>AGE (40-49)</b>	<b>AGE (50-59)</b>	<b>AGE (60-69)</b>	<b>AGE (70-79)</b>
1.5 Mile Run	15:35	15:58	16:46	18:38	21:44	24;52
1 Minute Push-up	18	13	9	6	4	4
1 Minute Sit-up	30	26	22	15	10	10

<b>FEMALE COOPER SCALE</b>	<b>AGE (20-29)</b>	<b>AGE (30-39)</b>	<b>AGE (40-49)</b>	<b>AGE (50-59)</b>	<b>AGE (60-69)</b>	<b>AGE (70-79)</b>
1.5 Mile Run	18:37	19:43	20:47	22:43	24;46	26;51
1 Minute Push-up	8	6	4	2	1	1
1 Minute Sit-up	21	15	10	6	1	1