

The physical fitness tests are based on the [Cooper Aerobics Institute](#) standards. You must pass at least at the 35th percentile on entrance and the 50th on exit. The standards are as follows:

<u>Age 18-29</u>	<u>35th percentile</u>	<u>50th percentile</u>
1.5 mile run (male)	12:53	11:58
1.5 mile run (female)	15:14	14:04
Push-ups (male)	27	33
Push-ups (female)	22 (mod) 14 (FB)	26 (mod) 18 (FB)
Sit-ups in 1 min. (male)	37	40
Sit-ups in 1 min. (female)	31	35
1 repetition maximum effort bench press (male)		
% of body weight	96	106
1 repetition maximum effort bench press (female)		
% of body weight	58	65
<u>Age 30-39</u>	<u>35th percentile</u>	<u>50th percentile</u>
1.5 mile run (male)	13:24	12:24
1.5 mile run (female)	15:58	14:34
Push-ups (male)	21	27
Push-ups (female)	17 (mod) 10 (FB)	21 (mod) 14 (FB)
Sit-ups in 1 min. (male)	33	36
Sit-ups in 1 min. (female)	24	27
1 repetition maximum effort bench press (male)		
% of body weight	86	93
1 repetition maximum effort bench press (female)		
% of body weight	52	57
<u>Age 40-49</u>	<u>35th percentile</u>	<u>50th percentile</u>
1.5 mile run (male)	14:11	13:12
1.5 mile run (female)	16:46	15:34
Push-ups (male)	16	21
Push-ups (female)	11 (mod) 8 (FB)	15 (mod) 11 (FB)
Sit-ups in 1 min. (male)	28	31
Sit-ups in 1 min. (female)	19	22
1 repetition maximum effort bench press (male)		
% of body weight	78	84

1 repetition maximum effort bench press (female)		
% of body weight	48	52
<u>Age 50-59</u>	<u>35th percentile</u>	<u>50th percentile</u>
1.5 mile run (male)	15:26	14:23
1.5 mile run (female)	18:37	17:19
Push-ups (male)	11	15
Push-ups (female)	10 (mod)	13 (mod)
Sit-ups in 1 min. (male)	22	26
Sit-ups in 1 min. (female)	12	17
1 repetition maximum effort bench press (male)		
% of body weight	70	75
1 repetition maximum effort bench press (female)		
% of body weight	43	46
<u>Age 60- 69</u>	<u>35th percentile</u>	<u>50th percentile</u>
1.5 mile run (male)(60-69)	17:11	15:56
1.5 mile run (female)	20:52	19:04
Push-ups (male)	9	15
Push-ups (female)	4 (mod)	8 (mod)
Sit-ups in 1 min. (male)	18	20
Sit-ups in 1 min. (female)	5	8
1 repetition maximum effort bench press (male)		
% of body weight	65	68
1 repetition maximum effort bench press (female)		
% of body weight	41	45
<u>Age 70- 79</u>	<u>35th percentile</u>	<u>50th percentile</u>
1.5 mile run (male)(60-69)	19:24	17:38
1.5 mile run (female)	22:07	20:02
Push-ups (male)	9	15
Push-ups (female)	4 (mod)	8 (mod)
Sit-ups in 1 min. (male)	18	20
Sit-ups in 1 min. (female)	5	8
1 repetition maximum effort bench press (male)		
% of body weight	65	68

1 repetition maximum effort
bench press (female)

% of body weight

41

45

Sit-ups must be performed within 60 seconds, in the proper form. The bench press tests the maximum amount you can lift off the bench prone, one time, expressed as a percentage of your body weight.