

Physical Fitness Test Scoring

Minimum Score Required		
	Male	Female
1.6 km walk/run	11 min 30sec	12 mins 30 secs
Mod. Curl-up	7	7
Iso Push-up	20sec	13sec
Backsaver S&R	10cm	12cm

Maximum Score Required		
	Male	Female
1.6 km walk/run	9 mins	9 mins 30 secs
Mod. Curl-up	14	11
Iso Push-up	40sec	40sec
Backsaver S&R	≥ 20cm	≥ 23cm