



# TUSCOLA AIRPOWER

A black silhouette of a jet airplane is positioned to the right of the word "AIRPOWER", with its tail pointing towards the left, as if it is flying towards the left.

## **A53.—PRESIDENTIAL PHYSICAL FITNESS PROGRAM**

**A53.1. GENERAL.** The Presidential Physical Fitness Program is a physical training (PT) program that represents 20% of the overall JROTC grade. It is designed to offer all cadets a way to make significant improvement in their health and to promote a more active and healthy lifestyle. It includes both aerobic and strength exercises that work all muscle groups and do not require special equipment. This program identifies areas of improvement and incorporates a physical training program that motivates cadets to achieve individual and group goals. The program also provides leadership opportunities, builds esprit-de-corps, and increases cadet confidence.

### **A53.2. PRESIDENTIAL PHYSICAL FITNESS PROGRAM MANAGEMENT.**

**A53.2.1.** The Presidential Physical Fitness Program will be managed and directed by the Physical Fitness and Wellness Manager and conducted by Flight Fitness Monitors and/or their assigned **Physical Training Leaders (PTLs)** in each flight. Cadets designated as flight PTLs are to demonstrate proficiency in personal fitness and lead classes in properly executing exercises in all aspects of the wellness program.

**A53.2.2.** At the beginning of the school year, the Physical Training Leaders will ensure all cadets in their flight have a completed Fitness Consent Form signed by a parent/guardian on file in the PT binder.

**A53.2.3.** Physical training is normally conducted on Fridays. Cadets receive two grades; one for PT uniform wear (*JROTC T-shirt and shorts, white socks, and tennis shoes*), and the other for participation and progress in the program. Cadets who do not wear the appropriate clothing or refuse to participate will receive a zero for the day. Only cadets with a valid medical excuse are exempt from participation but will be required to help with other duties as designated by the instructor or flight **PTLs**. Cadets who fail to dress out or refuse to participate for two consecutive weeks will be referred to an administrator for additional disciplinary action.

**A53.2.4.** Prior to each PT day, the PT Officer will direct what exercises will be performed and ensure **PTLs** are informed and properly trained.

**A53.2.5. Physical Training Leaders (PTLs).** Will ensure the following:

- (1) Cadets are properly dressed and hydrated before going to the exercise area.
- (2) Conduct warm-up exercises for at least 5 minutes prior to the beginning of the designated.
- (3) Lead the designated exercises, ensuring cadets properly perform and complete required.
- (4) Lead cool-down/stretching exercises.
- (5) Ensure results are recorded on each individual Cadet Fitness Record as applicable during testing.



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**A53.3. PRESIDENTIAL PHYSICAL FITNESS TESTS.** An initial test is conducted at the beginning of the school year to establish a baseline and goals. Quarterly tests are conducted to measure individual improvement so cadets can compare results with individual and unit goals. A final test is conducted at the end of the school year to determine individual fitness levels. Physical Fitness Tests (PFT) are comprised of the following 5 exercises: **1-Mile Run, Curl-Ups, Push-Ups, Shuttle Run, and V-Sit.**

## **A53.4. PRESIDENTIAL PHYSICAL FITNESS PROGRAM RECOGNITION.**

**A53.4.1.** All cadets who participate in the Presidential Physical Fitness Program will earn the AFJROTC Health and Wellness Ribbon. A star device may also be awarded based upon your overall test score (percentile

- (1) Bronze Star – Percentile Score of 75 – 84
- (2) Silver Star – Percentile Score of 85 – 95
- (3) Gold Star – Percentile Score of 96 – 100

**A53.4.2.** Presidential Physical Fitness Award recognizes cadets who achieve an outstanding level of physical fitness. Cadets who score at or above the **85th percentile** of qualifying standards on ALL five exercises are eligible for this award.

**A53.4.3.** National Physical Fitness Award recognizes cadets who demonstrate a good level of physical fitness.

**A53.4.4.** Cadets who score at or above the **50th percentile** of qualifying standards on ALL five exercises are eligible for this award.

## **A53.5. WARM-UP STRETCHING.**

**A53.5.1.** The aim of stretching is to gently lengthen muscles before and after any form of exercise, and to improve tissue elasticity/flexibility. If done correctly, stretching will help prevent injuries and increase athletic performance.

**A53.5.2.** The following should be remembered while stretching:

- (1) Hold each stretch for a minimum of 20-30 seconds, breathing slowly through your nose, aiming to exhale out through your mouth as you ease into the stretch.
- (2) Begin with gradual mobility exercises of all the joints, i.e., simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- (3) Always warm up the body prior to stretching, as this increases blood flow around the body, this in turn makes the muscles more flexible.



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- (4) After exercise, slowly bring your heart rate down before you begin stretching in order to avoid blood pooling within your muscles, which can lead to cramp and dizzy spells.
- (5) Never bounce while you stretch, unless you are doing specific stretches for certain sports, i.e., ballistic stretching for martial arts.
- (6) Hold the stretch until you feel the muscle loosen off, then repeat for a further 15 seconds.
- (7) While stretching you should feel some slight discomfort. If you don't feel anything, you may be doing the stretch incorrectly, or simply the muscle has relaxed.
- (8) Stop immediately if you feel any severe pain.
- (9) Remember to breathe regularly and rhythmically. Do not hold your breath.

**A53.6. EXERCISE SAFETY.** When exercising, cadets need to be aware of the following heat disorders:

**A53.6.1. Heat Cramps:** Painful spasms in skeletal muscle. Pupils often dilate with each spasm. First aid used in this instance is to firmly press on the cramping muscle with warm wet towel. Gentle stretching of affected muscle is also helpful. Re-hydrate with cold electrolyte (Sports Drink).

**A53.6.2. Heat Exhaustion:** Profuse sweating, weakness, dizziness, skin cool and wet, body temperature usually elevated. Possible nausea and vomiting, headache. No central nervous system impairment.

**A53.6.3.** First aid used in this instance is to move the cadet to a cooler environment to avoid further dehydration through sweat losses. Administer cold electrolyte drink. Reduce body temp if elevated. Seek medical attention for serious cases.

**A53.6.4. Heat Stroke:** Body temp greatly elevated, central nervous system impaired, including confusion, amnesia, ataxia (loss of balance), incoherent speech, syncope (dizziness), delirium, loss of consciousness. Contrary to public perception, hot dry skin is not always seen in exertion heat stroke.

**NOTE:** The individual is often sweating profusely. First aid used in this instance, given that heat stroke is a life and death situation, is to obtain emergency first aid care immediately. Move victim into cooler environment; reduce body temperature as quickly as possible with ice cold water and ice packs. Monitor pulse and respiration, administer CPR if necessary. The standard of ordinary care upon arrival to the emergency room is to immerse the victim in ice water.



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## A53.7. EXERCISES.

**A53.7.1. 1-Mile Run.** The run should take place on a regulation track. If a track is not available, make sure the course is well marked and that all runners start at the same time with a designated start and finish line. Cadets are encouraged to cover the distance in the shortest time possible. Scoring is to the nearest second. NOTE: Cadets attending Cadet Leadership School are expected to run the mile in the following times: Male = 9 minutes; Female = 10 minutes.

**A53.7.2. Sit-Ups.** Lie on your back with legs bent 90 degrees at the knees. Cross your arms and place your hands so that your fingertips touch your shoulders. Have a spotter hold your feet. Curl up to touch the outside of forearms and elbows to thighs and then lower the back to the floor so that the scapulas (shoulder blades) touch the floor. Keep your hands on your chest at all times. The sit-up does not count if your hands come off your chest. You must rest in the up position and cannot lean on your knees while resting. One's hips or buttocks should not come off the ground to produce momentum. Cadets must try to complete as many curl-ups as possible in 60 seconds. NOTE: Cadets attending Cadet Leadership School are expected to do the following number of sit-ups in two minutes: Male = 40; Female = 35.

**A53.7.3. Push-Ups.** Place your hands slightly wider than shoulder width apart; keep torso straight and head aligned with spine throughout the exercise. Lower yourself until your chest comes within 3-5 inches from the floor; (your upper arm should be parallel with the ground). Press up to starting position. You may rest in the up position. Cadets must try to complete as many push-ups as possible in 60 seconds.

**NOTE:** Cadets attending Cadet Leadership School are expected to do the following number of push-ups: Male = 30; Female = 25.

**A53.7.4. Shuttle Run.** Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2" x 2" x 4") behind one of the lines. Cadets start behind opposite line. On the signal "Ready? Go!" the cadet runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block, and runs back across the starting line. Blocks will not be tossed/thrown across the line. Scores are recorded to the nearest tenth of a second.

**A53.7.5. V-Sit Reach.** Place your heels eight to 12 inches apart on a line marked on the floor. Place your scoring sheet even with your heels and use to measure your flexibility. With hands on top of each other, palms facing down, reach forward, exhale, and reach as far as you can while staying in proper position.

**NOTE:** Try this three times for practice and on the fourth reach, hold for three seconds and record your distance. If you do not cross the baseline, it will be a negative number reached. Scoring will be to the nearest half-inch.



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**A53.8. PERCENTILES.** The charts on the following pages show percentiles for each assessed exercise.

**A53.8.1. ONE-MILE RUN FOR BOYS.**

<b>ONE-MILE RUN FOR BOYS</b>				
<b>PERCENTILE</b>	<b>AGE</b>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
<b>100</b>	<b>4:30</b>	<b>4:42</b>	<b>4:49</b>	<b>4:46</b>
<b>95</b>	<b>6:01</b>	<b>5:50</b>	<b>5:40</b>	<b>5:35</b>
<b>90</b>	<b>6:13</b>	<b>6:07</b>	<b>5:56</b>	<b>5:57</b>
<b>85</b>	<b>6:26</b>	<b>6:20</b>	<b>6:08</b>	<b>6:06</b>
<b>80</b>	<b>6:33</b>	<b>6:29</b>	<b>6:18</b>	<b>6:14</b>
<b>75</b>	<b>6:45</b>	<b>6:38</b>	<b>6:25</b>	<b>6:23</b>
<b>70</b>	<b>6:59</b>	<b>6:48</b>	<b>6:33</b>	<b>6:32</b>
<b>65</b>	<b>7:09</b>	<b>6:57</b>	<b>6:44</b>	<b>6:40</b>
<b>60</b>	<b>7:19</b>	<b>7:06</b>	<b>6:50</b>	<b>6:50</b>
<b>55</b>	<b>7:29</b>	<b>7:16</b>	<b>6:58</b>	<b>6:57</b>
<b>50</b>	<b>7:44</b>	<b>7:30</b>	<b>7:10</b>	<b>7:04</b>
<b>45</b>	<b>7:59</b>	<b>7:39</b>	<b>7:20</b>	<b>7:14</b>
<b>40</b>	<b>8:13</b>	<b>7:52</b>	<b>7:35</b>	<b>7:24</b>
<b>35</b>	<b>8:30</b>	<b>8:08</b>	<b>7:53</b>	<b>7:35</b>
<b>30</b>	<b>8:48</b>	<b>8:29</b>	<b>8:09</b>	<b>7:52</b>
<b>25</b>	<b>9:10</b>	<b>8:49</b>	<b>8:37</b>	<b>8:06</b>
<b>20</b>	<b>9:35</b>	<b>9:05</b>	<b>8:56</b>	<b>8:25</b>
<b>15</b>	<b>10:18</b>	<b>9:34</b>	<b>9:22</b>	<b>8:56</b>
<b>10</b>	<b>11:22</b>	<b>10:10</b>	<b>10:17</b>	<b>9:23</b>
<b>5</b>	<b>12:11</b>	<b>11:25</b>	<b>11:49</b>	<b>10:15</b>
<b>0</b>	<b>18:10</b>	<b>21:44</b>	<b>20:15</b>	<b>16:49</b>



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## A53.8.2. ONE-MILE RUN FOR GIRLS.

<b>ONE-MILE RUN FOR GIRLS</b>				
<b>PERCENTILE</b>	<b>AGE</b>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
<b>100</b>	<b>5:00</b>	<b>5:51</b>	<b>5:58</b>	<b>6:20</b>
<b>95</b>	<b>7:20</b>	<b>7:25</b>	<b>7:26</b>	<b>7:22</b>
<b>90</b>	<b>7:43</b>	<b>7:52</b>	<b>7:55</b>	<b>7:58</b>
<b>85</b>	<b>7:59</b>	<b>8:08</b>	<b>8:23</b>	<b>8:15</b>
<b>80</b>	<b>8:20</b>	<b>8:24</b>	<b>8:39</b>	<b>8:34</b>
<b>75</b>	<b>8:36</b>	<b>8:40</b>	<b>8:50</b>	<b>8:52</b>
<b>70</b>	<b>8:50</b>	<b>8:55</b>	<b>9:11</b>	<b>9:15</b>
<b>65</b>	<b>9:09</b>	<b>9:09</b>	<b>9:25</b>	<b>9:33</b>
<b>60</b>	<b>9:27</b>	<b>9:23</b>	<b>9:48</b>	<b>9:51</b>
<b>55</b>	<b>9:51</b>	<b>9:37</b>	<b>10:09</b>	<b>10:08</b>
<b>50</b>	<b>10:06</b>	<b>9:58</b>	<b>10:31</b>	<b>10:22</b>
<b>45</b>	<b>10:25</b>	<b>10:18</b>	<b>10:58</b>	<b>10:48</b>
<b>40</b>	<b>10:51</b>	<b>10:40</b>	<b>11:15</b>	<b>11:05</b>
<b>35</b>	<b>11:10</b>	<b>11:00</b>	<b>11:44</b>	<b>11:20</b>
<b>30</b>	<b>11:36</b>	<b>11:20</b>	<b>12:08</b>	<b>12:00</b>
<b>25</b>	<b>11:52</b>	<b>11:48</b>	<b>12:42</b>	<b>12:11</b>
<b>20</b>	<b>12:18</b>	<b>12:19</b>	<b>13:23</b>	<b>12:40</b>
<b>15</b>	<b>12:56</b>	<b>13:33</b>	<b>14:16</b>	<b>13:03</b>
<b>10</b>	<b>14:10</b>	<b>14:13</b>	<b>16:03</b>	<b>14:01</b>
<b>5</b>	<b>15:44</b>	<b>15:17</b>	<b>18:00</b>	<b>15:14</b>
<b>0</b>	<b>20:04</b>	<b>24:07</b>	<b>21:00</b>	<b>28:50</b>



# TUSCOLA AIRPOWER


 A black silhouette of a jet airplane, shown from a top-down perspective, pointing to the right. It is positioned to the right of the word "AIRPOWER", with its tail section overlapping the letter "R".

## A53.8.3. CURL-UP FOR BOYS.

<b>CURL-UP FOR BOYS</b>				
<b>PERCENTILE</b>	<b>AGE</b>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
<b>100</b>	<b>79</b>	<b>81</b>	<b>77</b>	<b>73</b>
<b>95</b>	<b>62</b>	<b>62</b>	<b>62</b>	<b>61</b>
<b>90</b>	<b>58</b>	<b>59</b>	<b>58</b>	<b>57</b>
<b>85</b>	<b>56</b>	<b>57</b>	<b>56</b>	<b>55</b>
<b>80</b>	<b>54</b>	<b>55</b>	<b>53</b>	<b>53</b>
<b>75</b>	<b>52</b>	<b>53</b>	<b>51</b>	<b>51</b>
<b>70</b>	<b>51</b>	<b>51</b>	<b>50</b>	<b>50</b>
<b>65</b>	<b>49</b>	<b>50</b>	<b>48</b>	<b>48</b>
<b>60</b>	<b>48</b>	<b>49</b>	<b>48</b>	<b>46</b>
<b>55</b>	<b>47</b>	<b>47</b>	<b>46</b>	<b>45</b>
<b>50</b>	<b>45</b>	<b>45</b>	<b>45</b>	<b>44</b>
<b>45</b>	<b>44</b>	<b>44</b>	<b>44</b>	<b>43</b>
<b>40</b>	<b>42</b>	<b>43</b>	<b>42</b>	<b>41</b>
<b>35</b>	<b>41</b>	<b>41</b>	<b>40</b>	<b>40</b>
<b>30</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>
<b>25</b>	<b>39</b>	<b>38</b>	<b>38</b>	<b>38</b>
<b>20</b>	<b>37</b>	<b>36</b>	<b>37</b>	<b>36</b>
<b>15</b>	<b>35</b>	<b>35</b>	<b>35</b>	<b>35</b>
<b>10</b>	<b>33</b>	<b>32</b>	<b>31</b>	<b>32</b>
<b>5</b>	<b>28</b>	<b>29</b>	<b>27</b>	<b>27</b>
<b>0</b>	<b>0</b>	<b>0</b>	<b>6</b>	<b>1</b>



# TUSCOLA AIRPOWER


 A black silhouette of a jet airplane, shown from a side profile, pointing to the right. It is positioned to the right of the word "AIRPOWER", with its tail extending behind the word "TUSCOLA".

## A53.8.4. CURL-UP FOR GIRLS.

<b>CURL-UP FOR GIRLS</b>				
<b>PERCENTILE</b>	<b>AGE</b>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
<b>100</b>	<b>72</b>	<b>74</b>	<b>77</b>	<b>67</b>
<b>95</b>	<b>53</b>	<b>55</b>	<b>53</b>	<b>53</b>
<b>90</b>	<b>49</b>	<b>51</b>	<b>49</b>	<b>47</b>
<b>85</b>	<b>47</b>	<b>48</b>	<b>45</b>	<b>44</b>
<b>80</b>	<b>45</b>	<b>46</b>	<b>43</b>	<b>41</b>
<b>75</b>	<b>43</b>	<b>44</b>	<b>41</b>	<b>40</b>
<b>70</b>	<b>42</b>	<b>41</b>	<b>40</b>	<b>38</b>
<b>65</b>	<b>41</b>	<b>40</b>	<b>38</b>	<b>37</b>
<b>60</b>	<b>40</b>	<b>39</b>	<b>37</b>	<b>36</b>
<b>55</b>	<b>39</b>	<b>37</b>	<b>36</b>	<b>35</b>
<b>50</b>	<b>37</b>	<b>36</b>	<b>35</b>	<b>34</b>
<b>45</b>	<b>36</b>	<b>35</b>	<b>34</b>	<b>33</b>
<b>40</b>	<b>35</b>	<b>34</b>	<b>33</b>	<b>31</b>
<b>35</b>	<b>34</b>	<b>32</b>	<b>32</b>	<b>30</b>
<b>30</b>	<b>32</b>	<b>31</b>	<b>30</b>	<b>30</b>
<b>25</b>	<b>31</b>	<b>30</b>	<b>30</b>	<b>28</b>
<b>20</b>	<b>30</b>	<b>28</b>	<b>27</b>	<b>25</b>
<b>15</b>	<b>28</b>	<b>26</b>	<b>25</b>	<b>25</b>
<b>10</b>	<b>25</b>	<b>23</b>	<b>23</b>	<b>22</b>
<b>5</b>	<b>20</b>	<b>20</b>	<b>19</b>	<b>19</b>
<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>





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## A53.8.5. PUSH-UPS FOR BOYS.

<b>PUSH-UPS FOR BOYS</b>				
<b>PERCENTILE</b>	<b>AGE</b>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
<b>100</b>	<b>49</b>	<b>52</b>	<b>60</b>	<b>64</b>
<b>95</b>	<b>47</b>	<b>50</b>	<b>59</b>	<b>60</b>
<b>90</b>	<b>41</b>	<b>44</b>	<b>46</b>	<b>56</b>
<b>85</b>	<b>40</b>	<b>42</b>	<b>44</b>	<b>53</b>
<b>80</b>	<b>37</b>	<b>40</b>	<b>41</b>	<b>50</b>
<b>75</b>	<b>32</b>	<b>37</b>	<b>40</b>	<b>46</b>
<b>70</b>	<b>30</b>	<b>35</b>	<b>36</b>	<b>44</b>
<b>65</b>	<b>28</b>	<b>34</b>	<b>34</b>	<b>43</b>
<b>60</b>	<b>25</b>	<b>32</b>	<b>32</b>	<b>41</b>
<b>55</b>	<b>24</b>	<b>31</b>	<b>30</b>	<b>40</b>
<b>50</b>	<b>24</b>	<b>31</b>	<b>30</b>	<b>40</b>
<b>45</b>	<b>22</b>	<b>30</b>	<b>29</b>	<b>35</b>
<b>40</b>	<b>21</b>	<b>27</b>	<b>28</b>	<b>34</b>
<b>35</b>	<b>20</b>	<b>25</b>	<b>25</b>	<b>30</b>
<b>30</b>	<b>18</b>	<b>25</b>	<b>25</b>	<b>30</b>
<b>25</b>	<b>18</b>	<b>24</b>	<b>25</b>	<b>27</b>
<b>20</b>	<b>15</b>	<b>21</b>	<b>23</b>	<b>25</b>
<b>15</b>	<b>13</b>	<b>20</b>	<b>22</b>	<b>23</b>
<b>10</b>	<b>11</b>	<b>18</b>	<b>20</b>	<b>21</b>
<b>5</b>	<b>7</b>	<b>15</b>	<b>15</b>	<b>20</b>
<b>95</b>	<b>47</b>	<b>50</b>	<b>59</b>	<b>60</b>



# TUSCOLA AIRPOWER

## A53.8.6. PUSH-UPS FOR GIRLS.

<b>PUSH-UPS FOR GIRLS</b>				
<b>PERCENTILE</b>	<b>AGE</b>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
<b>100</b>	<b>28</b>	<b>37</b>	<b>36</b>	<b>35</b>
<b>95</b>	<b>25</b>	<b>34</b>	<b>32</b>	<b>29</b>
<b>90</b>	<b>21</b>	<b>23</b>	<b>26</b>	<b>28</b>
<b>85</b>	<b>20</b>	<b>20</b>	<b>24</b>	<b>25</b>
<b>80</b>	<b>19</b>	<b>20</b>	<b>22</b>	<b>22</b>
<b>75</b>	<b>15</b>	<b>20</b>	<b>20</b>	<b>20</b>
<b>70</b>	<b>12</b>	<b>18</b>	<b>19</b>	<b>19</b>
<b>65</b>	<b>11</b>	<b>18</b>	<b>19</b>	<b>19</b>
<b>60</b>	<b>10</b>	<b>16</b>	<b>15</b>	<b>17</b>
<b>55</b>	<b>10</b>	<b>15</b>	<b>13</b>	<b>16</b>
<b>50</b>	<b>10</b>	<b>15</b>	<b>12</b>	<b>16</b>
<b>45</b>	<b>9</b>	<b>15</b>	<b>12</b>	<b>15</b>
<b>40</b>	<b>8</b>	<b>13</b>	<b>12</b>	<b>15</b>
<b>35</b>	<b>5</b>	<b>11</b>	<b>11</b>	<b>14</b>
<b>30</b>	<b>5</b>	<b>11</b>	<b>10</b>	<b>12</b>
<b>25</b>	<b>5</b>	<b>11</b>	<b>8</b>	<b>11</b>
<b>20</b>	<b>5</b>	<b>10</b>	<b>5</b>	<b>9</b>
<b>15</b>	<b>3</b>	<b>7</b>	<b>4</b>	<b>7</b>
<b>10</b>	<b>2</b>	<b>5</b>	<b>3</b>	<b>5</b>
<b>5</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>2</b>
<b>95</b>	<b>25</b>	<b>34</b>	<b>32</b>	<b>29</b>



# TUSCOLA AIRPOWER

## A53.8.7. SHUTTLE RUN FOR BOYS.

<b>SHUTTLE RUN FOR BOYS</b>				
<b>PERCENTILE</b>	<b>AGE</b>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
<b>100</b>	<b>6.6</b>	<b>6.3</b>	<b>6.5</b>	<b>6.9</b>
<b>95</b>	<b>8.8</b>	<b>8.5</b>	<b>8.4</b>	<b>8.5</b>
<b>90</b>	<b>9.0</b>	<b>8.8</b>	<b>8.6</b>	<b>8.6</b>
<b>85</b>	<b>9.1</b>	<b>9.0</b>	<b>8.7</b>	<b>8.7</b>
<b>80</b>	<b>9.3</b>	<b>9.1</b>	<b>8.9</b>	<b>8.9</b>
<b>75</b>	<b>9.4</b>	<b>9.2</b>	<b>8.9</b>	<b>8.9</b>
<b>70</b>	<b>9.5</b>	<b>9.3</b>	<b>9.0</b>	<b>9.0</b>
<b>65</b>	<b>9.6</b>	<b>9.4</b>	<b>9.1</b>	<b>9.1</b>
<b>60</b>	<b>9.7</b>	<b>9.5</b>	<b>9.2</b>	<b>9.2</b>
<b>55</b>	<b>9.8</b>	<b>9.5</b>	<b>9.3</b>	<b>9.3</b>
<b>50</b>	<b>9.9</b>	<b>9.7</b>	<b>9.4</b>	<b>9.4</b>
<b>45</b>	<b>10.0</b>	<b>9.8</b>	<b>9.5</b>	<b>9.5</b>
<b>40</b>	<b>10.1</b>	<b>9.9</b>	<b>9.6</b>	<b>9.6</b>
<b>35</b>	<b>10.2</b>	<b>10.0</b>	<b>9.7</b>	<b>9.6</b>
<b>30</b>	<b>10.3</b>	<b>10.1</b>	<b>9.8</b>	<b>9.8</b>
<b>25</b>	<b>10.5</b>	<b>10.2</b>	<b>10.0</b>	<b>9.9</b>
<b>20</b>	<b>10.7</b>	<b>10.4</b>	<b>10.1</b>	<b>10.1</b>
<b>15</b>	<b>11.0</b>	<b>10.7</b>	<b>10.3</b>	<b>10.3</b>
<b>10</b>	<b>11.3</b>	<b>11.0</b>	<b>10.6</b>	<b>10.6</b>
<b>5</b>	<b>12.0</b>	<b>11.8</b>	<b>11.1</b>	<b>11.1</b>
<b>0</b>	<b>19.9</b>	<b>19.8</b>	<b>23.0</b>	<b>23.0</b>



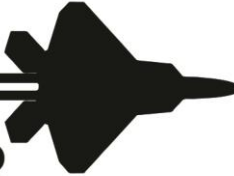
# TUSCOLA AIRPOWER

## A53.8.8. SHUTTLE RUN FOR GIRLS.

<b>SHUTTLE RUN FOR GIRLS</b>				
<b>PERCENTILE</b>	<b>AGE</b>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
<b>100</b>	<b>8.0</b>	<b>8.3</b>	<b>6.4</b>	<b>7.6</b>
<b>95</b>	<b>9.6</b>	<b>9.5</b>	<b>9.6</b>	<b>9.5</b>
<b>90</b>	<b>9.9</b>	<b>9.8</b>	<b>10.0</b>	<b>9.9</b>
<b>85</b>	<b>10.1</b>	<b>10.0</b>	<b>10.1</b>	<b>10.0</b>
<b>80</b>	<b>10.3</b>	<b>10.1</b>	<b>10.2</b>	<b>10.2</b>
<b>75</b>	<b>10.5</b>	<b>10.3</b>	<b>10.4</b>	<b>10.3</b>
<b>70</b>	<b>10.6</b>	<b>10.4</b>	<b>10.5</b>	<b>10.4</b>
<b>65</b>	<b>10.8</b>	<b>10.6</b>	<b>10.6</b>	<b>10.6</b>
<b>60</b>	<b>10.9</b>	<b>10.7</b>	<b>10.7</b>	<b>10.7</b>
<b>55</b>	<b>11.0</b>	<b>10.8</b>	<b>10.8</b>	<b>10.9</b>
<b>50</b>	<b>11.2</b>	<b>11.0</b>	<b>10.9</b>	<b>11.0</b>
<b>45</b>	<b>11.3</b>	<b>11.1</b>	<b>11.0</b>	<b>11.1</b>
<b>40</b>	<b>11.4</b>	<b>11.2</b>	<b>11.2</b>	<b>11.2</b>
<b>35</b>	<b>11.6</b>	<b>11.4</b>	<b>11.4</b>	<b>11.3</b>
<b>30</b>	<b>11.7</b>	<b>11.5</b>	<b>11.5</b>	<b>11.5</b>
<b>25</b>	<b>11.9</b>	<b>11.7</b>	<b>11.7</b>	<b>11.7</b>
<b>20</b>	<b>12.1</b>	<b>11.9</b>	<b>11.9</b>	<b>11.9</b>
<b>15</b>	<b>12.5</b>	<b>12.2</b>	<b>12.2</b>	<b>12.1</b>
<b>10</b>	<b>12.9</b>	<b>12.6</b>	<b>12.6</b>	<b>12.7</b>
<b>5</b>	<b>14.0</b>	<b>13.2</b>	<b>13.2</b>	<b>13.2</b>
<b>0</b>	<b>21.4</b>	<b>16.6</b>	<b>15.4</b>	<b>19.8</b>



# TUSCOLA AIRPOWER



## A53.8.9. V-SIT REACH FOR BOYS.

<b>V-SIT REACH FOR BOYS</b>				
<b>PERCENTILE</b>	<b>AGE</b>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
<b>100</b>	<b>12.0</b>	<b>12.0</b>	<b>13.0</b>	<b>12.5</b>
<b>95</b>	<b>6.5</b>	<b>7.0</b>	<b>8.0</b>	<b>8.5</b>
<b>90</b>	<b>5.0</b>	<b>6.0</b>	<b>7.0</b>	<b>8.0</b>
<b>85</b>	<b>4.5</b>	<b>5.0</b>	<b>6.0</b>	<b>7.0</b>
<b>80</b>	<b>4.0</b>	<b>5.0</b>	<b>5.5</b>	<b>6.0</b>
<b>75</b>	<b>3.5</b>	<b>4.0</b>	<b>5.0</b>	<b>5.5</b>
<b>70</b>	<b>3.0</b>	<b>4.0</b>	<b>4.5</b>	<b>5.0</b>
<b>65</b>	<b>2.5</b>	<b>3.0</b>	<b>4.0</b>	<b>4.5</b>
<b>60</b>	<b>2.0</b>	<b>3.0</b>	<b>3.5</b>	<b>4.0</b>
<b>55</b>	<b>2.0</b>	<b>2.5</b>	<b>3.0</b>	<b>3.5</b>
<b>50</b>	<b>1.0</b>	<b>2.0</b>	<b>3.0</b>	<b>3.0</b>
<b>45</b>	<b>1.0</b>	<b>2.0</b>	<b>2.0</b>	<b>3.0</b>
<b>40</b>	<b>1.0</b>	<b>1.0</b>	<b>2.0</b>	<b>2.0</b>
<b>35</b>	<b>0.0</b>	<b>1.0</b>	<b>1.5</b>	<b>1.5</b>
<b>30</b>	<b>0.0</b>	<b>0.0</b>	<b>1.0</b>	<b>1.0</b>
<b>25 -</b>	<b>1.0</b>	<b>0.0</b>	<b>0.5</b>	<b>1.0</b>
<b>20</b>	<b>-2.0</b>	<b>-1.0</b>	<b>0.0</b>	<b>0.0</b>
<b>15</b>	<b>-2.0</b>	<b>-2.0</b>	<b>-1.0</b>	<b>-1.0</b>
<b>10</b>	<b>-4.0</b>	<b>-3.0</b>	<b>-3.0</b>	<b>-2.0</b>
<b>5</b>	<b>-5.0</b>	<b>-5.0</b>	<b>-4.0</b>	<b>-4.0</b>
<b>0</b>	<b>-12.0</b>	<b>-10.0</b>	<b>-12.0</b>	<b>-10.0</b>



# TUSCOLA AIRPOWER

## A53.8.10. V-SIT REACH FOR GIRLS.

<b>V-SIT REACH FOR GIRLS</b>				
<b>PERCENTILE</b>	<b>AGE</b>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
<b>100</b>	<b>14.0</b>	<b>15.0</b>	<b>15.0</b>	<b>15.0</b>
<b>95</b>	<b>10.0</b>	<b>10.0</b>	<b>10.5</b>	<b>10.5</b>
<b>90</b>	<b>8.5</b>	<b>9.0</b>	<b>9.5</b>	<b>9.0</b>
<b>85</b>	<b>8.0</b>	<b>8.0</b>	<b>9.0</b>	<b>8.0</b>
<b>80</b>	<b>7.0</b>	<b>7.5</b>	<b>8.0</b>	<b>7.5</b>
<b>75</b>	<b>6.5</b>	<b>7.0</b>	<b>8.0</b>	<b>7.0</b>
<b>70</b>	<b>6.0</b>	<b>6.5</b>	<b>7.0</b>	<b>6.0</b>
<b>65</b>	<b>6.0</b>	<b>6.0</b>	<b>7.0</b>	<b>6.0</b>
<b>60</b>	<b>5.0</b>	<b>6.0</b>	<b>6.0</b>	<b>5.5</b>
<b>55</b>	<b>5.0</b>	<b>5.0</b>	<b>6.0</b>	<b>5.0</b>
<b>50</b>	<b>4.5</b>	<b>5.0</b>	<b>5.5</b>	<b>4.5</b>
<b>45</b>	<b>4.0</b>	<b>4.5</b>	<b>5.0</b>	<b>4.0</b>
<b>40</b>	<b>4.0</b>	<b>4.0</b>	<b>4.5</b>	<b>4.0</b>
<b>35</b>	<b>3.5</b>	<b>3.5</b>	<b>4.0</b>	<b>3.5</b>
<b>30</b>	<b>3.0</b>	<b>3.0</b>	<b>4.0</b>	<b>3.0</b>
<b>25</b>	<b>2.5</b>	<b>2.0</b>	<b>3.0</b>	<b>2.5</b>
<b>20</b>	<b>2.0</b>	<b>2.0</b>	<b>2.5</b>	<b>2.0</b>
<b>15</b>	<b>1.0</b>	<b>1.0</b>	<b>2.0</b>	<b>1.5</b>
<b>10</b>	<b>0.0</b>	<b>0.5</b>	<b>1.0</b>	<b>1.0</b>
<b>5</b>	<b>-1.5</b>	<b>-1.0</b>	<b>-0.5</b>	<b>-1.0</b>
<b>0</b>	<b>-10.0</b>	<b>-10.0</b>	<b>-6.0</b>	<b>-12.0</b>



# TUSCOLA AIRPOWER

### A53.9. The Presidential Physical Fitness Award.

Participants must at least reach these levels in all 5 events in order to qualify for the Presidential Physical Fitness Award. These levels represent the 85<sup>th</sup> percentile based on the 1985 School Population Fitness Survey.



**The Presidential Physical Fitness Award**  
(This chart represents the 85th percentile)

	Age	Curl-Ups (# one minute)	Partial* or Curl-Ups (#)	Shuttle Run (sec.)	V-Sit Reach (inches)	Sit & Reach (cm)	One-Mile Run (min:sec)	Distance Option** (min:sec) (min:sec)		Pull-Ups (#)	Rt. Angle* or Push-Ups (#)
							1/4 mile	1/2 mile			
<b>BOYS</b>	6	33	22	12.1	+3.5	31	10:15	1:55		2	9
	7	36	24	11.5	+3.5	30	9:22	1:48		4	14
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18
	10	45	35	10.3	+4.0	30	7:57			6	22
	11	47	43	10.0	+4.0	31	7:32			6	27
	12	50	64	9.8	+4.0	31	7:11			7	31
	13	53	59	9.5	+3.5	33	6:50			7	39
	14	56	62	9.1	+4.5	36	6:26			10	40
	15	57	75	9.0	+5.0	37	6:20			11	42
16	56	73	8.7	+6.0	38	6:08			11	44	
17	55	66	8.7	+7.0	41	6:06			13	53	
<b>GIRLS</b>	6	32	22	12.4	+5.5	32	11:20	2:00		2	9
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14
	8	38	30	11.8	+4.5	33	10:02		3:58	2	17
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18
	10	40	33	10.8	+6.0	33	9:19			3	20
	11	42	43	10.5	+6.5	34	9:02			3	19
	12	45	50	10.4	+7.0	36	8:23			2	20
	13	46	59	10.2	+7.0	38	8:13			2	21
	14	47	48	10.1	+8.0	40	7:59			2	20
	15	48	38	10.0	+8.0	43	8:08			2	21
16	45	49	10.1	+9.0	42	8:23			1	24	
17	44	58	10.0	+8.0	42	8:15			1	25	



# TUSCOLA AIRPOWER

## A53.10. The National Physical Fitness Award.

Participants must at least reach these levels in all 5 events in order to qualify for the National Physical Fitness Award. These levels represent the 50th percentile based on the 1985 School Population Fitness Survey.



*The National Physical Fitness Award  
(This chart represents the 50th percentile)*

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (sec.)	V-Sit Reach (inches)	Sit & Reach (cm)	One-Mile Run (min:sec)	Distance Option** (min:sec) (min:sec)		Pull-Ups (#)	Rt. Angle Push - Ups* (#)	Flexed Arm Hang (sec.)
		or			or		1/4 mile	1/2 mile	or	or	or	
<b>BOYS</b>	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10
	9	32	17	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48			2	14	12
	11	37	26	11.1	+1.0	25	9:20			2	15	11
	12	40	32	10.6	+1.0	26	8:40			2	18	12
	13	42	39	10.2	+0.5	26	8:06			3	24	14
	14	45	40	9.9	+1.0	28	7:44			5	24	20
	15	45	40	9.7	+2.0	30	7:30			6	30	28
16	45	37	9.4	+3.0	30	7:10			7	30	28	
17	44	42	9.4	+3.0	34	7:04			8	37	30	
<b>GIRLS</b>	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	10	30	24	12.1	+3.0	28	11:22			1	13	8
	11	32	27	11.5	+3.0	29	11:17			1	11	7
	12	35	30	11.3	+3.5	30	11:05			1	10	7
	13	37	40	11.1	+3.5	31	10:23			1	11	8
	14	37	30	11.2	+4.5	33	10:06			1	10	9
	15	36	26	11.0	+5.0	36	9:58			1	15	7
16	35	26	10.9	+5.5	34	10:31			1	12	7	
17	34	40	11.0	+4.5	35	10:22			1	16	7	





# TUSCOLA AIRPOWER

**A53.11. The Participant Physical Fitness Award.** Those who attempt all five events but have one or more scores below the 50th percentile (see chart above) are eligible for the Participant Award.



**A53.12.** To see more specific percentiles for these test events, you can also download the President's Challenge Normative Data Spreadsheet at [www.presidentschallenge.org](http://www.presidentschallenge.org). Click on any category, then choose Downloads at the bottom of the page, and see *Forms*.

