

Norms for Males

Push Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	55	50	43	39
Good	50-54	41-49	33-41	29-38
Fair	46-49	36-40	28-34	23-28
Poor	38-45	29-35	22-27	16-20
Very Poor	17	29	21	15

Chin Ups

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	11	10	8	5
Good	9-10	8-9	6-7	3-4
Fair	7-8	6-7	4-5	2
Poor	3-6	3-5	2-3	1
Very Poor	4	2	1	0

Sit Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	47	43	39	35
Good	43-46	39-42	34-38	28-34
Fair	38-41	35-38	29-33	24-27
Poor	23-37	30-34	24-28	19-23
Very Poor	32	29	23	18

1.5 Mile Run

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	10:16	10:47	11:44	12:51
Good	10:17-10:46	11:45-12:50	12:51-14:00	14:01-15:10
Fair	11:43-12:50	13:15-14:24	14:25-15:34	15:35-16:44
Poor	12:51-13:37	14:25-15:27	16:11-17:02	17:03-18:02
Very Poor	14:14	14:53	15:42	16:44

Norms for Females

Push Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	40	39	23	23
Good	36-39	25-29	19-22	19-22
Fair	26-29	20-24	12-18	12-18
Poor	20-25	13-19	8-11	8-11
Very Poor	19	12	7	7

Chin Ups

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	4	4	4	4
Good	3	3	3	3
Fair	2	2	2	2
Poor	1	1	1	1
Very Poor	0	0	0	0

Sit Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	44	35	29	24
Good	38-43	29-34	24-28	20-23
Fair	33-37	25-28	20-23	16-19
Poor	23-31	20-24	16-19	10-13
Very Poor	26	19	13	9

1.5 Mile Run

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	12:50	13:43	14:30	15:54
Good	12:51-13:42	14:31-15:53	16:04-17:00	17:54-18:50
Fair	14:24-15:00	15:57-16:58	17:25-18:21	19:14-20:10
Poor	15:27-16:04	16:59-17:55	18:51-19:47	20:42-21:38
Very Poor	16:34	17:15	18:01	18:50

Nys Physical Fitness Test

Christian G. Meyer

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Nys Physical Fitness Test:

Complete Physical Education Plans for Grades 5 to 12 Isobel Kleinman, 2009 This popular book provides loads of teacher tested lesson plans and assessment tools that will decrease your preparation time and increase your students competency After listening to requests of the first edition s users the author has packed two more popular field sports and a unique chapter on educational gymnastics into this new edition of *Complete Physical Education Plans for Grades 5 to 12* Lessons can cover beginner intermediate and advanced levels and break down each skill as it is introduced The chapters also integrate the applicable rules and strategies during the learning process and use methods that will keep students active learning successful and completely motivated In addition to the clear instruction for teaching skills rules and strategies each lesson generates opportunities for students to develop physical cognitive and social skills Each unit is designed to help students gain competency appropriate for their experience level Formerly published as *Complete Physical Education Plans for Grades 7 to 12* the book features exciting new material Detailed introductions of skills and how to practice the mechanics of each skill or dance Three new chapters field hockey lacrosse and educational gymnastics the latter of which includes three units that can be used in teaching both gymnastics and creative dance *Complete Physical Education Plans for Grades 5 to 12* provides field tested lesson plans for 484 classes covering 18 areas of fitness creative movement and dance and sports These professionally prepared plans will not only cut your own prep time but also help you focus on the essentials in each step of your students learning process It is a great resource when you need material for a substitute teacher or when you are asked to submit plans to your school administrator In addition to the lesson plans the book and CD ROM package contains a wealth of teaching and assessment tools including skills rubrics portfolio checklists unit fact sheets and quizzes The accompanying CD ROM enables you to print study sheets student extension projects portfolio checklists unit quizzes and answer keys You can also print out any page of the text from the CD ROM e g lessons full units tests Publisher s website *The New York State Physical Fitness Test for Boys and Girls, Grades 4-12* New York (State) Bureau of Physical Education, 1958 *Bulletin*, 1959 **Bulletin** United States. Office of Education, 1959 *Test, Measurement And Evaluation In: Sports And Physical Education (5th Edition)* Dr. Devinder K. Kansal, *Test Measurement and Evaluation in Sports and Physical Education* is a foundational academic resource that explores the principles tools and techniques used to assess performance fitness and skill levels in sports and physical education Designed for students educators and sports professionals this book provides a clear and systematic approach to understanding The objectives of testing and evaluation in physical education Standardized measurement techniques for strength endurance flexibility speed and agility Fitness and skill testing protocols for various age groups and athletic levels Data interpretation and performance analysis Construction and validation of sports specific tests The role of evaluation in program planning and improvement *A Textbook of Sports Science : TEST, EVALUATION, ACCREDITATION, MEASUREMENTS And STANDARDS (TEAMS)* DR. DEVINDER K. KANSAL, 2021-07-23 CONTENTS IN

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 firefighting mining forestry and the military It is the first book to examine the relationship of recruitment practices physical
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 employment rights Hard Work assists readers in making intelligent and informed decisions resulting in a safer healthier and

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