

49.07	$\leq s.d <$	52.36	Good
47.97	$\leq s.d <$	49.07	Enough
	$X \leq$	45.78	Low

Muscular strength and power

Score Interval			Criteria
	$X \geq$	57.92	Very good
50.86	$\leq s.d <$	57.92	Good
48.51	$\leq s.d <$	50.86	Enough
	$X \leq$	43.80	Low

Muscular endurance

Score Interval			Criteria
	$X \geq$	89.81	Very good
76.43	$\leq s.d <$	89.81	Good
71.97	$\leq s.d <$	76.43	Enough
	$X \leq$	63.05	Low

Flexibility

Score Interval			Criteria
	$X \geq$	44.90	Very good
37.3	$\leq s.d <$	44.90	Good
34.77	$\leq s.d <$	37.30	Enough
	$X \leq$	29.70	Low

Body composition

Score Interval			Criteria
	$X \geq$	22.14	Very good

4.84	$\leq s.d <$	5.70	Enough
4.56	$\leq s.d <$	4.84	Good
	$X \leq$	3.99	Very good

Agility

Score Interval			Criteria
	$X \geq$	13.76	Low
13.13	$\leq s.d <$	13.76	Enough
12.92	$\leq s.d <$	13.13	Good
	$X \leq$	12.50	Very good

Coordination

Score Interval			Criteria
	$X \geq$	18.12	Very good
15	$\leq s.d <$	18.12	Good
13.96	$\leq s.d <$	15.00	Enough
	$X \leq$	11.88	Low

Balance

Score Interval			Criteria
	$X \geq$	59.12	Very good
50	$\leq s.d <$	59.12	Good
46.96	$\leq s.d <$	50.00	Enough
	$X \leq$	40.88	Low

Reaction Time

Score Interval			Criteria
	$X \geq$	7.72	Very good

Physical Abilities Test For Canada Post

Mike Jess



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