



NSCC/SLCC PHYSICAL READINESS TESTING STANDARDS



Sit-Reach

MALES

Age	10	11	12	13	14	15	16	17	18	Age
Passed	0.50	0.50	0.50	0.25	0.50	1.00	1.50	1.50	1.50	Passed
National	1.00	1.00	1.00	0.50	1.00	2.00	3.00	3.00	3.00	National
Presidential	4.00	4.00	4.00	3.50	4.50	5.00	6.00	7.00	7.00	Presidential

FEMALES

Age	10	11	12	13	14	15	16	17	18	Age
Passed	1.50	1.50	1.75	1.75	2.25	2.50	2.75	2.25	2.25	Passed
National	3.00	3.00	3.50	3.50	4.50	5.00	5.50	4.50	4.50	National
Presidential	6.00	6.50	7.00	7.00	8.00	8.00	9.00	8.00	8.00	Presidential

Sit-Ups

MALES

Age	10	11	12	13	14	15	16	17	18	Age
Passed	28	29	32	34	36	38	40	40	40	Passed
National	35	37	40	42	45	45	45	44	44	National
Presidential	45	47	50	53	56	57	56	55	55	Presidential

FEMALES

Age	10	11	12	13	14	15	16	17	18	Age
Passed	26	28	30	32	32	31	30	29	29	Passed
National	30	32	35	37	37	36	35	34	34	National
Presidential	40	42	45	46	47	48	45	44	44	Presidential

Shuttle-Run

MALES

Age	10	11	12	13	14	15	16	17	18	Age
Passed	14.5	13.5	12.4	12.2	11.9	11.7	11.4	11.4	11.4	Passed
National	11.5	11.1	10.6	10.2	9.9	9.7	9.4	9.4	9.4	National
Presidential	10.3	10.0	9.8	9.5	9.1	9.0	8.7	8.7	8.7	Presidential

FEMALES

Age	10	11	12	13	14	15	16	17	18	Age
Passed	14.2	13.4	12.9	13.1	13.2	13.0	12.9	13.0	13.0	Passed
National	12.1	11.5	11.3	11.1	11.2	11.0	10.9	11.0	11.0	National
Presidential	10.8	10.5	10.4	10.2	10.1	10.0	10.1	10.0	10.0	Presidential

Push-Ups

MALES

Age	10	11	12	13	14	15	16	17	18	Age
Passed	12	14	15	20	20	25	25	30	30	Passed
National	14	15	18	24	24	30	30	37	37	National
Presidential	22	27	31	39	40	42	44	53	53	Presidential

FEMALES

Age	10	11	12	13	14	15	16	17	18	Age
Passed	9	7	5	7	7	10	10	10	10	Passed
National	13	11	10	11	10	15	12	16	16	National
Presidential	20	19	20	21	20	20	24	25	25	Presidential

One Mile Run

MALES

Age	10	11	12	13	14	15	16	17	18	Age
Passed	11:40	11:25	10:22	9:45	9:30	9:15	9:00	8:45	8:45	Passed
National	9:48	9:20	8:40	8:06	7:44	7:30	7:30	7:10	7:04	National
Presidential	7:57	7:32	7:11	6:50	6:26	6:20	6:08	6:06	6:06	Presidential

FEMALES

Age	10	11	12	13	14	15	16	17	18	Age
Passed	13:00	12:42	12:24	12:15	12:00	11:45	12:15	12:15	12:15	Passed
National	11:22	11:17	11:05	10:23	10:06	9:58	10:31	10:22	10:22	National
Presidential	9:19	9:02	8:23	8:13	7:59	8:08	8:23	8:15	8:15	Presidential