

ACSO P.O.S.T. ACADEMY

PHYSICAL FITNESS BATTERY SCORE MATRIX

Push-ups (one minute)	Sit ups (one minute)	Sit and Reach	1.5 Mile Run/Walk
42+ = 10 points	42+ = 10 points	21" = 10 points	14:02 or faster = 10 points
38 to 41 = 9 points	38 to 41 = 9 points	19 ¼" = 9 points	14:20 to 14:03 = 9 points
35 to 37 = 8 points	35 to 37 = 8 points	17 ½" = 8 points	14:38 to 14:21 = 8 points
31 to 34 = 7 points	31 to 34 = 7 points	15 ¾" = 7 points	14:57 to 14:39 = 7 points
28 to 30 = 6 points	28 to 30 = 6 points	14" = 6 points	15:15 to 14:58 = 6 points
24 to 27 = 5 points	24 to 27 = 5 points	12 ¼" = 5 points	15:34 to 15:16 = 5 points
21 to 23 = 4 points	21 to 23 = 4 points	10 ½" = 4 points	15:52 to 15:35 = 4 points
17 to 20 = 3 points	17 to 20 = 3 points	8 ¾" = 3 points	16:10 to 15:53 = 3 points
14 to 16 = 2 points	14 to 16 = 2 points	7" = 2 points	16:28 to 16:11 = 2 points
10 to 13 = 1 point	10 to 13 = 1 point	5 ¼" = 1 point	16:47 to 16:29 = 1 point