

AF Fitness Assessment of incoming Freshmen < 2 years of age		Cardiorespiratory Endurance		Muscular Fitness		
Age Group (years)	Health Category	Point	Pu -up (rep/in)	Point	Sit-up (rep/in)	Point
< 10:23	Low- i	0.0	47	20.0	4	20.0
10:24 - 10:31	Low- i	.0	46	18.8	3	17.7
10:32 - 11:00	Low- i	.0	45	17.6	2	14.4
11:01 - 11:22	Low- i	8.0	44	16.4	1	11.0
11:23 - 11:30	Low- i	8.0	43	15.2	0	8.8
11:31 - 11:44	Low- i	7.0	42	14.0	4	8.0
11:45 - 12:14	Low- i	7.0	41	12.8	48	7.8
12:15 - 12:23	Low- i	.0	40	11.6	47	7.0
12:24 - 12:33	Low- i	.0	39	10.4	46	7.2
12:34 - 13:14	Low- i	.0	38	9.2	45	7.0
13:15 - 13:33	Low- i	.0	37	8.0	44	7.0
13:34 - 14:00	Low- i	4.0	36	6.8	43	7.0
14:01 - 14:12	Low- i	4.0	35	5.6	42	7.0
14:13 - 14:22	Low- i	3.0	34	4.4	41	4.0
14:23 - 14:30	Moderate i	2.0	33	3.2	40	3.0
14:31 - 14:40	Moderate i	0.0	32	2.0	39	2.0
14:41 - 14:52	Moderate i	4.0	31	0.8	38	2.0
14:53 - 15:07	High i	4.0	30	0.4	37	2.0
15:08 - 17:24	High i	4.0	29	0.0	36	2.0
17:25 - 18:14	High i	3.0	28	0.0	35	2.0
18:15 - 18:30	High i	3.0	27	0.0	34	2.0
			26	14.0		
			25	14.4		
			24	14.0		
			23	13.0		
NOTES:			22	12.0		
Health Category = low, moderate or high risk			21	12.0		
current and future cardiovascular disease, diabetes,			20	11.0		
certain cancer, and other health problems.			19	11.0		
			18	10.0		
Participant requirement - member <i>must</i> : 1) achieve			17	7.0		
a composite point total ≥ 7 point <i>and</i> 2) meet minimum			16	4.0		
point value for all component.			15	1.0		
Minimum Component Value						
Age Group ≤ 18 :						
Pu -up ≥ 1 repetition /one minute						
Sit-up ≥ 1 repetition /one minute						
Composite Score Categories						
Excellent ≥ 0.0 pt						
Satisfactory $= 7.0 - 8.0$						
Unsatisfactory < 7.0						
Final Verdict						

