

NSCC MINIMUM PHYSICAL FITNESS STANDARDS

AGE	CURL-UPS (TIMED 1 MIN) #1	V-SIT REACH OR SIT & REACH		SHUTTLE RUN (SECONDS) #3	ONE-MILE RUN (MINUTES:SECONDS) #4	PULL UPS #5	FLEXED ARM-HANG
		(INCHES) #2	(CENTIMETERS)				
			MALE				
13	39	+0.5	26	12.2	9:36	2	11
14	42	+1.0	28	11.9	9:14	4	17
15	43	+2.0	30	11.7	9:00	5	27
16	44	+3.0	34	11.4	8:40	6	25
17	44	+3.0	34	11.4	8:34	7	27
13	34	+3.5	31	13.1	11:53	1	6
14	34	+4.5	33	13.2	11:36	1	7
15	33	+5.0	36	13.0	11:28	1	5
16	32	+5.5	34	12.9	12:01	1	5
17	31	+4.5	35	13.0	11:52	1	5

NOTE THESE MINIMUM STANDARDS MUST BE PASSED PRIOR TO SUBMITTING FOR NSCC RECRUIT TRAINING