

## NSCC MINIMUM PHYSICAL FITNESS STANDARDS

Age	Curl Ups	V-Sit/Reach	Shuttle Run	One Mile Run	Push Ups
<b>Male</b>					
<b>13</b>	34	+0.5	12.2	9:45	20
<b>14</b>	36	+1.0	11.9	9:30	20
<b>15</b>	38	+2.0	11.7	9:15	25
<b>16</b>	40	+3.0	11.4	9:00	25
<b>17</b>	40	+3.0	11.4	8:45	30
<b>Female</b>					
<b>13</b>	32	+3.5	13.1	12:15	7
<b>14</b>	32	+4.5	13.2	12:00	7
<b>15</b>	31	+5.0	13.0	11:45	10
<b>16</b>	30	+5.5	12.9	12:15	10
<b>17</b>	29	+4.5	13.0	12:15	12

Note: These minimum standards must be passed prior to submitting for recruit training. Cadets must maintain their physical fitness from date of testing through commencement of recruit training.