

## NSCC MINIMUM PHYSICAL FITNESS STANDARDS

### MALE

Age	Curl Ups	V-Site Reach	Shuttle Run	One Mile Run	Push Ups
13	34	+0.5	12.2	9:45	20
14	36	+1.0	11.9	9:30	20
15	38	+2.0	11.7	9:15	25
16	40	+3.0	11.4	9:00	25
17	40	+3.0	11.4	8:45	30

### FEMALE

Age	Curl Ups	V-Site Reach	Shuttle Run	One Mile Run	Push Ups
13	32	+3.5	13.1	12:15	7
14	32	+4.5	13.2	12:00	7
15	31	+5.0	13.0	11:45	10
16	30	+5.5	12.9	12:15	10
17	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 the date of testing through graduation of Recruit Training.

## NLCC MINIMUM PHYSICAL FITNESS STANDARDS

### MALE

Age	Curl Ups	V-Site Reach	Shuttle Run	One Mile Run	Push Ups
10	28	+1.0	14.5	11:40	12
11	29	+1.0	13.5	11:25	14
12	32	+1.0	12.4	10:22	15

### FEMALE

Age	Curl Ups	V-Site Reach	Shuttle Run	One Mile Run	Push Ups
10	26	+3.0	14.2	13:00	9
11	28	+3.0	13.4	12.42	7
12	30	+3.5	12.9	12.24	5