NSCC ADULT CRITERIA FOR WEAR OF THE PT RIBBON

(Encl (2) to NSCC Action Letter 1-07)

Criteria is based on the Presidents Fitness Program for Adults and the level used is moderate on a five point scale of very high, high, moderate, low and very low. The flexibility component models NAVY. NSCC adults are reminded of their charge to model good behavior with cadets, and promoting physical fitness is considered modeling good behavior. However, adults should sufficiently practice ahead of time before taking these tests so as to preclude any personal injury that might occur as a result of prolonged inactivity prior to the test. Just going out and doing it without any preparation, and suffering personal injury, is not modeling the best of behavior the NSCC would hope for !

There are four elements to the test. Test is to be completed and scored in the presence of another NSCC adult and upon successful completion the PT ribbon may be worn. Upon successful completion adults are encourage to maintain the level of fitness they have achieved.

PHYSICAL FITNESS COMPONENT BEING TESTED: FLEXIBILITY
TEST: SIT & REACH

Instructions: Warm up with a few minutes of low-level movements (i.e. arm circles, walking in place, etc.) Sit on the floor legs flat and heels 5 inches apart. Lean forward, stretching out and touch your toes several times. Do not lunge forward. For the test, touch your toes and hold for 3 seconds This is a pass fail.

PHYSICAL FITNESS COMPONENT BEING TESTED: CARDIORESPIRATORY ENDURANCE
TEST: 1.5 MILE RUN/WALK

Instructions: Warm up and stretch prior to performing this test. Run/walk 1.5 miles as quickly as possible but not to complete exhaustion. Record time. After the test, walk and additional 5 minutes and stretch to cool down. This test is recommended only after 6 weeks of training, since it is an all-out effort.

	Under 30	30-39	40-49	50-59	60+
Male	14	14:45	15:35	17	19
Female	18:30	19	19:30	20	20:30

PHYSICAL FITNESS COMPONENT BEING TESTED: ABDOMINAL STRENGTH,ENDURANCE
TEST: SIT UPS

Instructions: Lie flat on the back, shoulders touching the floor, knees bent, heels approximately six inches form the buttocks. Place hands by the sides, palms down. Curl upwards, lifting head, shoulders and upper trunk off the ground. Exhale. Hands should slide to mid-knee cap. Return to starting position. Continue until fatigue or time limit of 1 ½ minutes. Test is terminated at point when pause occurs.

	Under 30	30-39	40-49	50-59	60+
Male	30	30	25	20	19
Female	25	25	20	15	15

PHYSICAL FITNESS COMPONENT BEING TESTED: UPPER BODY STRENGTH
TEST: PUSH UPS

Instructions: Women assume bent knee pushup position; men assume straight leg pushup position. For women, lower entire body until chest touches floor and return to starting position with arms extended. For men, have someone place fist directly below chest and lower until your chest touches fist. Return to starting with arms extended. Test continues until pushups are completed. No pauses are allowed.

	Under 30	30-39	40-49	50-59	60+
Male	35	25	20	15	10
Female	17	12	8	6	3