

Requirement For Physical Ability Assessment

Gender	Age	Push-up	Sit-up	1.5 Mile Run
Males	20-29	24	35	13:25
	30-39	19	31	14:10
	40-49	13	26	15:00
	50-59	9	20	16:46
	60+	7	16	19:10

Gender	Age	Push-up	Sit-up	1.5 Mile Run
Females	20-29	11	28	16:43
	30-39	9	21	17:38
	40-49	7	16	18:39
	50-59	7	11	20:55
	60+	7	4	23:20

Above are the requirements for passing the physical ability assessment. The different test are based on the Cooper Clinic age and gender based norms.