

Physical Fitness Profile Charts For College Age Males

Classification	National Back Fitness Test	Systolic BP (mmHg)	Diastolic BP (mmHg)	Max VO ₂ PACER Step Test (mL·kg ⁻¹ ·min ⁻¹)	Peak Power WAT (watts)	Peak Power (watts·kg ⁻¹)	Mean Power WAT (watts)	Mean Power (watts·kg ⁻¹)	Fatigue Index % WAT	Static Push-Up (s)	AnP Step Test (watts)
Reference#	15	14	14	4	12	12	12	12	12	7	1
Excellent	4 5	94 102 110	60 64	≥60	867 822	11.08 10.89	677 662	8.63 8.24	21 23	114 111	730 608 584
Very Good		112 116	70 72	52-59	807 777 768	10.59 10.39 10.39	631 618 604	8.09 8.01 7.96	27 29 30	106	554 536 520
Good	6 7 8	118	78	43-51	757 744 721	10.20 10.00 9.80	600 592 577	7.91 7.70 7.59	31 34 35	102 100	507 495 483
Average		120	80	42	706 689 678	9.51 9.22 9.02	575 565 553	7.46 7.44 7.26	37 38 39	97	472 460 448
Fair	9 10	128 130	84	34-41	671 662 656	8.92 8.63 8.53	548 535 530	7.14 7.08 7.00	40 42 44	94 92	438 425 413
Poor		132 136	88	25-33	646 618 594	8.34 8.24 7.45	521 496 485	6.79 6.59 6.39	45 46 47	88	400 384 360
Very Poor	11 12	140 150 158	90 100 110	≤24	570 531	7.06 6.57	471 453	5.98 5.56	52 55	83 80	336 312

Classification	HW or Skinfold (% BF)	90° Push-Ups (reps)	Vertical Jump (in)	Agility Run (s)	Grip Strength Right (lbs)	Grip Strength Left (lbs)	Standing Long Jump (cm)	Balance (s)
Reference#	10, 13	11	5	5	5	5	8	8
Excellent	5	61 53	28 27 26	12.8 13.7 14.6	184 177 171	170 164 157	>94	59.8 46.9 41.1
Very Good	8	50 48 43	25 24 23	15.4 16.3 17.2	164 158 151	151 145 139		24.9
Good	10	40 36	22 21 20	18.1 19.0 19.8	145 138 132	133 127 121	90-94	15.4 12.0
Average	13 15	34 33 31	18 17 16	20.7 21.6 22.5	125 118 112	115 109 102	85-89	9.2
Fair	17	30 28	15 14 13	23.4 24.2 25.1	105 99 92	96 90 84	77-84	7.3 5.8
Poor	18 22	25 24 22	12 11 10	26.0 26.9 27.8	86 79 73	78 72 66	76	4.3
Very Poor	25	20 16	9 7 6	28.6 29.5 30.4	66 60 53	60 54 48	<76	3.1 2.6

Physical Fitness Profile Charts For College Age Females

Classification	National Back Fitness Test	Systolic BP (mmHg)	Diastolic BP (mmHg)	Max VO ₂ PACER Step Test (ml·kg ⁻¹ ·min ⁻¹)	Peak Power WAT (watts)	Peak Power (watts·kg ⁻¹)	Mean Power WAT (watts)	Mean Power (watts·kg ⁻¹)	Fatigue Index % WAT	Static Push-Up (s)	AnP Step Test (watts)
Reference#	15	14	14	4	12	12	12	12	12	7	1
Excellent	4 5	90 98	56 60 64	≥55	602 560	9.32 9.02	483 470	7.52 7.31	20 25	38 35	490 407 391
Very Good		100	68	48-54	530 527 518	8.92 8.83 8.63	437 420 414	7.08 6.95 6.93	25 26 28	32	370 358 348
Good	6 7 8	106 110	70 72	38-47	505 493 480	8.53 8.34 8.14	410 402 391	6.77 6.65 6.59	29 30 33	30 28	339 331 322
Average		112	74 76	37	464 449 447	7.85 7.65 7.16	386 381 377	6.51 6.39 6.20	34 35 37	26	315 307 299
Fair	9 10	118 120	78 80	31-36	433 418 399	6.96 6.96 6.86	367 361 353	6.15 6.13 6.03	38 39 40	24 22	292 283 275
Poor		122	80	24-30	396 376 362	6.77 6.57 6.37	347 337 320	5.94 5.71 5.56	42 43 44	20	266 258 244
Very Poor	11 12	130 140	82 88 90	≤23	353 330	5.98 5.69	306 287	5.25 5.07	47 48	17 14	223 207

Classification	HW or Skinfold (% BF)	90° Push-Ups (reps)	Vertical Jump (in)	Agility Run (s)	Grip Strength Right (lbs)	Grip Strength Left (lbs)	Standing Long Jump (cm)	Balance (s)
Reference#	10, 13	11	5	5	5	5	8	8
Excellent	16	40 26	18 17	15.9 16.6 17.3	106.5 102 98	99 95 91	>74	59.9 39.1 25.8
Very Good	18	23 20 17	16 15	18.0 18.8 19.5	93 89 85	87 83 79		16.7
Good	20	15	14 13	20.2 20.9 21.7	81 77 73	75 71 67	70-74	11.9 9.8
Average	25	13 12 11	12 11	22.4 23.1 23.8	69 65 60	63 59 55	64-69	7.6
Fair	28	10 9	10 9 8	24.6 25.3 26.0	56 52 48	50 46 42	58-63	6.2 5.0
Poor	32	6 5 4	7 6	26.8 27.5 28.2	44 40 36	38 34 30	57	4.2
Very Poor	39	3 2	5 4	28.9 29.6 30.4	32 27 23	26 22 18	<57	2.9 1.8

Norms Table for Criterion - Referenced Tests³

Criterion-Referenced Classification	Trunk Extension (inches)	Back Saver Sit and Reach (inches)	Partial Curl (# of Reps)	Body Mass Index (BMI) (Kg·m ⁻²)
Healthy Fitness	12 - 9	≥ 12 Females ≥ 8 Males	18-35 Females 24-47 Males	18-27.3 Females 19 - 27.8 Males
Needs Improvement	8 or less	< 12 Females < 8 Males	< 18 Females < 24 Males	> 27.4 Females > 27.9 Males

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Percentiles for Strength for College Age Males and Females^{2,6,9}

Percentile	Males			Females		
	Bench Press*	Lat-Pull*	Leg Press*	Bench Press	Lat-Pull*	Leg Press*
99	300	270	940		145	530
95	238	230	815		130	470
90	225	225	770		125	440
85	215	220	730		120	420
80	205	215	710		115	400
75	200	210	690		110	390
70	195	210	665		105	375
65	190	200	640		100	370
60	190	200	635		100	360
55	185	195	630		100	345
50	180	190	615		95	330
45	175	190	600		95	325
40	170	190	570		90	320
35	165	185	560		85	310
30	157	180	545		85	300
25	155	180	540		80	290
20	150	175	515		80	280
15	145	170	500		75	260
10	135	160	475		70	250
5	125	150	435		65	240
1	100	130	350		60	220

* 1 RM scores are in pounds.

