

## Norms for Males

### Push Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	55	50	43	39
Good	50-54	41-49	33-41	29-38
Fair	46-49	36-40	28-34	23-28
Poor	38-45	29-35	22-27	16-20
Very Poor	17	29	21	15

### Chin Ups

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	11	10	8	5
Good	9-10	8-9	6-7	3-4
Fair	7-8	6-7	4-5	2
Poor	3-6	3-5	2-3	1
Very Poor	4	2	1	0

### Sit Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	47	43	39	35
Good	43-46	39-42	34-38	28-34
Fair	38-41	35-38	29-33	24-27
Poor	23-37	30-34	24-28	19-23
Very Poor	32	29	23	18

### 1.5 Mile Run

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	10:16	10:47	11:44	12:51
Good	10:17-10:46	11:45-12:50	12:51-14:00	14:01-15:10
Fair	11:43-12:50	13:15-14:24	14:25-15:34	15:35-16:44
Poor	12:51-13:37	14:25-15:27	16:11-17:02	17:03-18:02
Very Poor	14:14	14:53	15:42	16:44

## Norms for Females

### Push Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	40	39	23	23
Good	36-39	25-29	19-22	19-22
Fair	26-29	20-24	12-18	12-18
Poor	20-25	13-19	8-11	8-11
Very Poor	19	12	7	7

### Chin Ups

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	4	4	4	4
Good	3	3	3	3
Fair	2	2	2	2
Poor	1	1	1	1
Very Poor	0	0	0	0

### Sit Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	44	35	29	24
Good	38-43	29-34	24-28	20-23
Fair	33-37	25-28	20-23	16-19
Poor	23-31	20-24	16-19	10-13
Very Poor	26	19	13	9

### 1.5 Mile Run

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	12:50	13:43	14:30	15:54
Good	12:51-13:42	14:31-15:53	16:04-17:08	17:09-18:58
Fair	14:25-15:09	15:54-16:58	17:54-18:58	19:59-21:58
Poor	15:22-16:58	16:59-18:58	19:59-21:58	22:59-24:58
Very Poor	16:34	17:15	18:01	18:50

# Nys Physical Fitness Test

**New York (State). Civil Service  
Commission**



## **Nys Physical Fitness Test:**

**The New York State Physical Fitness Test for Boys and Girls, Grades 4-12** New York (State). Division of Health, Physical Education and Recreation,1966      **The New York State Physical Fitness Test for Boys and Girls, Grades 4-12** New York (State) Bureau of Physical Education,1958      *Complete Physical Education Plans for Grades 5 to 12* Isobel Kleinman,2009 This popular book provides loads of teacher tested lesson plans and assessment tools that will decrease your preparation time and increase your students competency After listening to requests of the first edition s users the author has packed two more popular field sports and a unique chapter on educational gymnastics into this new edition of Complete Physical Education Plans for Grades 5 to 12 Lessons can cover beginner intermediate and advanced levels and break down each skill as it is introduced The chapters also integrate the applicable rules and strategies during the learning process and use methods that will keep students active learning successful and completely motivated In addition to the clear instruction for teaching skills rules and strategies each lesson generates opportunities for students to develop physical cognitive and social skills Each unit is designed to help students gain competency appropriate for their experience level Formerly published as Complete Physical Education Plans for Grades 7 to 12 the book features exciting new material Detailed introductions of skills and how to practice the mechanics of each skill or dance Three new chapters field hockey lacrosse and educational gymnastics the latter of which includes three units that can be used in teaching both gymnastics and creative dance Complete Physical Education Plans for Grades 5 to 12 provides field tested lesson plans for 484 classes covering 18 areas of fitness creative movement and dance and sports These professionally prepared plans will not only cut your own prep time but also help you focus on the essentials in each step of your students learning process It is a great resource when you need material for a substitute teacher or when you are asked to submit plans to your school administrator In addition to the lesson plans the book and CD ROM package contains a wealth of teaching and assessment tools including skills rubrics portfolio checklists unit fact sheets and quizzes The accompanying CD ROM enables you to print study sheets student extension projects portfolio checklists unit quizzes and answer keys You can also print out any page of the text from the CD ROM e g lessons full units tests Publisher s website      New York State Physical Fitness Standards New York State War Council. Office of Physical Fitness,1944      *New York State Physical Fitness Standards for Boys and Young Men* New York State War Council. Office of Physical Fitness,1944      *Physical Fitness Research Digest* ,1971      *Bulletin* ,1959      Bulletin United States. Office of Education,1936      **Statistics of Land-grant Colleges and Universities** United States. Office of Education,1959      Hard Work Brian J. Sharkey,Paul O. Davis,2008 Hard Work Defining Physical Work Performance Requirements focuses on physically demanding occupations that require strength and stamina such as law enforcement structural and wildland firefighting mining forestry and the military It is the first book to examine the relationship of recruitment practices physical training and physical evaluation to the intricate environment of corporations labor

organizations the legal system and employment rights Hard Work assists readers in making intelligent and informed decisions resulting in a safer healthier and more productive work force Authors Brian Sharkey and Paul Davis have spent more than 70 years combined researching worker performance in physically demanding professions Hard Work brings their perspective as exercise scientists to an examination of these factors Work requirements and capacity for physically demanding jobs Physical characteristics of the athlete worker including aerobic and muscular fitness Test development validation and utilization in employee selection Employee health and job related fitness Environmental factors affecting employee performance such as heat cold and altitude Respiratory protection and lifting guidelines Legal aspects of employment consequences of legal decisions and a proposed alternative to litigation By using case studies and real life examples of tests and programs the authors teach readers how to evaluate recruits and maintain employee health and safety The book also includes nine appendixes offering valuable perspectives on testing job related fitness policies procedures and performance assessment Hard Work Defining Physical Work Performance Requirements is organized into five parts Part I begins with definitions of the physically demanding occupation and characteristics of workers available for employment The legal aspects of employment are also considered including reference to age gender race and disability Part II examines the value of initial and periodic evaluations the test development process and issues related to testing Additionally part II contains an examination of the effects of court decisions and labor unions on the evaluation processes of both new and incumbent employees Part III discusses implementation of recruit testing designed to determine those individuals who can and cannot perform the job The inherent challenges in shifting from recruit testing to periodic tests for incumbents are described and ways to evaluate the costs and benefits of testing and training programs are examined In part IV the values and limits of medical examinations and employee wellness programs are considered Part IV also discusses work physiology and its relationship to performance and presents the job related physical fitness program as the essential element required for preserving career long performance and health Part V discusses employee performance in extreme environments respiratory protection devices and their impact on the worker and guidelines designed to reduce the risk of back injuries It concludes with an examination of legal issues and a proposed alternative to litigation using a collective approach that avoids confrontation and biased testimony and saves taxpayer money Hard Work Defining Physical Work Performance Requirements suggests how workers could benefit by working up to job requirements while maintaining their health safety and job performance This unique text seeks to bring about a paradigm shift wherein workers are viewed as occupational athletes who aided by effective recruitment testing and training receive the necessary support to help them excel in their physically demanding workplace

A Textbook of Sports Science : TEST, EVALUATION, ACCREDITATION, MEASUREMENTS And STANDARDS ( TEAMS ) DR. DEVINDER K. KANSAL, 2021-07-23 CONTENTS IN BRIEF PREFACE ACKNOWLEDGEMENTS vii PART I INTRODUCTION 19 77 Chapter 1 Philosophy of Testing 21 Chapter 2 Need for Sports Science to Develop Sports

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P. Winnick, David L. Porretta, 2016-09-13 The field of adapted physical education and sport has undergone numerous changes in recent years. This new edition of *Adapted Physical Education and Sport* will help you stay on top of those changes and in doing so provide the highest quality physical education and sport opportunities for students with disabilities. **NEW MATERIAL** The sixth edition of this well-loved text builds on its successful previous editions and is replete with changes that are current with today's trends and practices in the field. As the inclusion movement continues to expand, the authors have revised several chapters to detail relevant inclusion practices and applications in both physical education and sport, helping to integrate students with disabilities into regular class and sport settings with guidelines for modifying activities. The chapter on adapted sport is further developed to communicate and reflect on progress in the field and includes a Sport Framework for Individuals with Disabilities model to help develop and implement sport programs. The book gives attention to the revised Brockport Physical Fitness Test, and the accompanying web resource offers video clips that explain and demonstrate the criterion-referenced health-related tests that are applicable to many students with disabilities. Advances and applications pertaining to behavior management and wheelchair sport performance are covered in various chapters. The authors address the use of new technology as it relates to teaching and administration for adapted physical education and explore stand-alone apps that can be used in conjunction with the book that are useful in behavior management, fitness development, communication, social interaction, and physical education activities. The authors give increased attention to the problem of obesity, particularly relevant to students with disabilities. Many new authors and a coeditor have been brought on board, bringing fresh perspectives to the book and adding to the depth of experience provided by the returning authors and editor. These additions help *Adapted Physical Education and Sport* maintain its reputation as a comprehensive, user-friendly text that helps teachers provide top-quality services to people with unique physical education needs. Greatly influenced by the Individuals with Disabilities Education Act, this book helps in identifying the unique needs of students and developing physical education programs, including individualized education programs (IEPs) for students with disabilities that are consistent with current federal legislation. **STRONG ANCILLARIES** The text is augmented by its ancillaries, which include an instructor guide, test package, presentation package, and web resource with video. The instructor guide offers chapter objectives, additional resources, and learning and enrichment activities that will help students master the content and extend their knowledge. The test package helps in building custom tests using hundreds of test questions and answers. You will find hundreds of PowerPoint slides that reinforce the text's key points in the presentation package, and the web resource includes 26 videos of the new Brockport Physical Fitness Test in action, as well as several reproducibles from the book. **DEEPEXED UNDERSTANDING** The authors, renowned authorities in their fields, use real-life scenarios to introduce chapter concepts and then show how to apply the concepts in solving issues. The text will help deepen understanding of the implications of disabilities for people through age 21, though much of the book is relevant in the entire life span. It grounds readers in the

foundational topics for adapted physical education and sport explores the developmental considerations involved and outlines activities for developing programs for people with unique physical education needs The book offers a four color design to draw attention to important elements and provides separate author and subject indexes as well as resources with each chapter and on the web resource for further exploration Adapted Physical Education and Sport supplies all that is needed for enriching the lives of students with disabilities by providing them with the high quality programs they deserve

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

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