

One Mile Run - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
------------	--------------	----------------	----------------	----------------	-------------------------------	--------------------	---------------------------------

No data.

One Mile Run - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
------------	--------------	----------------	----------------	----------------	-------------------------------	--------------------	---------------------------------

No data.

The PACER - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	76	33.62	8.00	79.00	16.09	76	100.00
9 (Grade 3)	60	26.55	8.00	45.00	10.70	60	100.00
9 (Grade 4)	205	32.81	6.00	67.00	13.84	189	92.20
10	506	37.44	6.00	77.00	15.60	417	82.41
11	414	41.20	5.00	84.00	15.81	369	89.13
12	375	46.34	5.00	107.00	18.40	283	75.47
13	333	51.23	8.00	101.00	19.74	215	64.56
14	330	53.40	6.00	109.00	19.13	245	74.24
15	124	57.02	17.00	102.00	18.89	83	66.94
16	258	63.03	10.00	113.00	18.61	140	54.26
17	179	59.87	7.00	130.00	23.71	88	49.16
18 and over	18	48.67	15.00	80.00	19.38	2	11.11

The PACER - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
7	1	48.00	48.00	48.00	-	1	100.00
8	56	18.55	8.00	34.00	6.58	56	100.00
9 (Grade 3)	48	21.71	5.00	41.00	7.78	48	100.00
9 (Grade 4)	226	23.47	7.00	54.00	10.79	226	100.00
10	447	27.89	4.00	65.00	11.18	444	99.33
11	448	33.30	10.00	85.00	13.36	435	97.10
12	485	37.76	9.00	88.00	14.14	475	97.94
13	436	40.42	9.00	87.00	14.53	400	91.74
14	437	39.23	9.00	86.00	14.70	388	88.79
15	194	41.14	10.00	86.00	15.05	142	73.20
16	176	37.16	9.00	100.00	17.59	102	57.95
17	175	35.05	7.00	76.00	15.04	57	32.57
18 and over	7	33.00	13.00	75.00	22.58	2	28.57

Walk Test - VO2Max - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
------------	--------------	----------------	----------------	----------------	-------------------------------	--------------------	---------------------------------

No data.

Walk Test - VO2Max - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
------------	--------------	----------------	----------------	----------------	-------------------------------	--------------------	---------------------------------

No data.

Percent Body Fat - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
------------	--------------	----------------	----------------	----------------	-------------------------------	--------------------	---------------------------------

No data.

Percent Body Fat - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
------------	--------------	----------------	----------------	----------------	-------------------------------	--------------------	---------------------------------

No data.

Body Mass Index - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	48	16.84	8.40	24.35	2.87	42	87.50
9	282	17.30	0.56	31.13	2.86	233	82.62
10	496	17.97	11.50	31.18	2.76	428	86.29
11	279	18.48	3.72	35.54	3.22	229	82.08
12	8	19.03	16.27	21.85	2.35	8	100.00

Body Mass Index - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	56	17.30	13.47	31.38	2.97	52	92.86
9	289	17.73	12.32	31.38	2.96	270	93.43
10	447	18.06	12.75	33.53	3.30	421	94.18
11	236	18.34	10.43	34.72	3.54	218	92.37
12	1	28.68	28.68	28.68	-	0	0.00
13	1	17.60	17.60	17.60	-	1	100.00

Curl-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	77	40.94	5.00	75.00	25.38	73	94.81
9	297	33.82	1.00	75.00	22.29	271	91.25
10	504	36.05	2.00	75.00	21.76	456	90.48
11	418	40.58	1.00	75.00	21.13	382	91.39
12	376	44.21	5.00	75.00	20.03	347	92.29
13	323	49.09	2.00	75.00	19.66	300	92.88
14	320	57.72	4.00	75.00	19.79	302	94.38
15	133	59.32	5.00	75.00	18.81	129	96.99
16	260	61.65	15.00	75.00	17.29	256	98.46
17	174	57.27	5.00	75.00	17.55	168	96.55
18 and over	18	57.61	7.00	75.00	20.51	17	94.44

Curl-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
7	1	15.00	15.00	15.00	-	1	100.00
8	56	33.57	1.00	75.00	25.47	51	91.07
9	285	34.28	1.00	75.00	22.96	264	92.63
10	450	34.97	1.00	75.00	21.54	403	89.56
11	448	35.15	1.00	75.00	19.34	398	88.84
12	481	36.97	1.00	75.00	17.60	434	90.23
13	417	39.87	1.00	75.00	18.84	386	92.57
14	431	43.92	3.00	75.00	20.08	406	94.20
15	199	52.65	1.00	75.00	20.81	195	97.99
16	179	48.36	7.00	75.00	20.80	170	94.97
17	185	50.15	5.00	75.00	20.45	181	97.84
18 and over	8	50.25	18.00	75.00	22.26	8	100.00

Trunk Lift - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	63	8.89	4.00	12.00	2.18	61	96.83
9	266	9.83	3.00	12.00	1.83	263	98.87
10	463	10.14	5.00	12.00	1.78	360	77.75
11	352	10.08	3.00	12.00	1.93	276	78.41
12	289	8.77	3.00	12.00	2.03	144	49.83
13	275	9.36	1.00	12.00	2.04	182	66.18
14	147	9.38	4.00	12.00	2.07	92	62.59

Trunk Lift - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
7	1	8.00	8.00	8.00	-	1	100.00
8	41	10.20	6.00	12.00	1.87	41	100.00
9	243	10.42	4.00	12.00	1.69	240	98.77
10	409	10.73	4.00	12.00	1.56	368	89.98
11	410	10.39	5.00	12.00	1.78	333	81.22
12	443	9.98	4.00	12.00	1.94	336	75.85
13	388	10.21	3.00	12.00	1.88	325	83.76
14	227	10.43	4.00	12.00	1.72	198	87.22
15	5	10.00	7.00	12.00	1.87	4	80.00

Push-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	41	20.24	1.00	35.00	9.52	37	90.24
9	113	18.82	2.00	42.00	9.81	103	91.15
10	233	18.90	2.00	60.00	11.53	211	90.56
11	294	18.80	1.00	76.00	10.64	253	86.05
12	367	16.23	1.00	53.00	9.33	278	75.75
13	318	17.53	1.00	50.00	9.00	239	75.16
14	323	19.70	2.00	80.00	8.83	248	76.78
15	130	20.73	1.00	75.00	9.12	97	74.62
16	257	22.47	4.00	57.00	8.00	202	78.60
17	178	21.69	2.00	50.00	7.54	138	77.53
18 and over	17	23.06	10.00	38.00	7.90	13	76.47

Push-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
7	1	20.00	20.00	20.00	-	1	100.00
8	15	21.00	10.00	35.00	9.48	15	100.00
9	102	18.50	1.00	36.00	10.30	92	90.20
10	204	15.92	1.00	43.00	9.48	174	85.29
11	344	14.45	1.00	36.00	7.93	297	86.34
12	484	13.52	1.00	57.00	7.39	411	84.92
13	409	12.95	1.00	75.00	7.19	348	85.09
14	421	13.05	1.00	65.00	6.69	361	85.75
15	195	15.70	1.00	60.00	8.73	176	90.26
16	175	14.48	1.00	50.00	8.07	157	89.71
17	180	13.93	2.00	41.00	6.39	161	89.44
18 and over	9	13.78	2.00	34.00	11.77	5	55.56

Modified Pull-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	32	8.94	2.00	20.00	4.30	28	87.50
9	178	9.73	1.00	31.00	5.36	155	87.08
10	264	10.09	1.00	26.00	5.03	233	88.26
11	108	9.52	1.00	22.00	4.66	83	76.85
12	5	9.80	2.00	22.00	8.01	3	60.00

Modified Pull-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	35	8.77	1.00	21.00	4.59	32	91.43
9	173	7.90	1.00	22.00	4.62	145	83.82
10	230	8.03	1.00	30.00	4.77	195	84.78
11	93	7.37	1.00	21.00	3.75	79	84.95

Pull-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
------------	--------------	----------------	----------------	----------------	-------------------------------	--------------------	---------------------------------

No data.

Pull-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
------------	--------------	----------------	----------------	----------------	-------------------------------	--------------------	---------------------------------

No data.

Flexed Arm Hang - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	7	11.00	2.00	29.00	8.96	6	85.71
9	66	13.70	1.00	47.00	9.52	59	89.39
10	104	14.81	1.00	50.00	10.37	91	87.50
11	37	12.43	2.00	25.00	6.21	32	86.49
12	3	12.00	3.00	25.00	11.53	1	33.33

Flexed Arm Hang - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	9	10.67	4.00	23.00	7.65	9	100.00
9	49	9.47	1.00	30.00	6.60	40	81.63
10	65	9.02	1.00	26.00	6.37	48	73.85
11	25	12.16	1.00	34.00	7.71	21	84.00

Back-Saver Sit and Reach R, L - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	77					65	84.42
9	298					251	84.23
10	462					374	80.95
11	368					271	73.64
12	361					244	67.59
13	313					191	61.02
14	315					223	70.79
15	136					113	83.09
16	260					217	83.46
17	176					149	84.66
18 and over	16					13	81.25

Back-Saver Sit and Reach R, L - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
7	1					1	100.00
8	56					50	89.29
9	277					247	89.17
10	407					346	85.01
11	418					299	71.53
12	497					381	76.66
13	432					348	80.56
14	437					353	80.78
15	207					141	68.12
16	182					133	73.08
17	184					127	69.02
18 and over	9					5	55.56

Shoulder Stretch R, L - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	14					9	64.29
9	25					18	72.00
10	13					8	61.54
11	109					75	68.81
12	301					202	67.11
13	264					183	69.32
14	140					96	68.57
15	1					1	100.00

Shoulder Stretch R, L - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
7	1					1	100.00
9	1					0	0.00
10	6					6	100.00
11	212					170	80.19
12	491					399	81.26
13	391					329	84.14
14	217					190	87.56
15	5					3	60.00