

## One Mile Run - Male

<b>Age</b>	<b>Count</b>	<b>Average</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Standard Deviation</b>	<b>HFZ Minimum</b>	<b>Percent Achieved HFZ</b>
9 (Grade 4)	5	10:01	7:24	14:06	2:29	4	80.00
10	49	9:39	6:32	14:57	2:15	36	73.47
11	36	10:12	7:35	16:53	2:22	27	75.00

## One Mile Run - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
9 (Grade 4)	20	11:24	8:18	15:45	1:44	17	85.00
10	39	10:56	8:17	17:42	2:01	33	84.62
11	37	10:50	7:20	17:52	2:43	28	75.68
14	1	10:34	10:34	10:34		1	100.00

## The PACER - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	13	29.23	10.00	44.00	11.17	13	100.00
9 (Grade 3)	27	25.04	7.00	44.00	12.72	27	100.00
9 (Grade 4)	59	31.53	9.00	65.00	12.95	56	94.92
10	235	35.75	4.00	80.00	15.15	191	81.28
11	234	42.50	8.00	87.00	16.71	202	86.32
12	234	47.03	11.00	92.00	17.60	191	81.62
13	237	53.56	10.00	114.00	19.88	175	73.84
14	222	57.89	10.00	113.00	19.89	178	80.18
15	102	63.27	7.00	110.00	16.92	81	79.41
16	107	67.74	13.00	105.00	16.22	76	71.03
17	58	72.95	25.00	105.00	14.00	49	84.48
18 and over	1	95.00	95.00	95.00	-	1	100.00

## The PACER - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	17	23.06	9.00	44.00	10.01	17	100.00
9 (Grade 3)	22	21.77	8.00	37.00	8.06	22	100.00
9 (Grade 4)	100	23.87	8.00	54.00	8.79	100	100.00
10	206	27.27	6.00	59.00	10.97	205	99.51
11	220	32.71	6.00	80.00	14.16	206	93.64
12	224	38.39	11.00	76.00	14.16	221	98.66
13	258	42.00	8.00	88.00	14.89	240	93.02
14	170	44.55	18.00	90.00	13.95	160	94.12
15	123	43.41	17.00	105.00	15.59	94	76.42
16	115	41.34	8.00	71.00	13.21	90	78.26
17	68	42.71	16.00	90.00	13.08	39	57.35
18 and over	1	41.00	41.00	41.00	-	1	100.00

Walk Test - VO2Max - Male

<b>Age</b>	<b>Count</b>	<b>Average</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Standard Deviation</b>	<b>HFZ Minimum</b>	<b>Percent Achieved HFZ</b>
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No data.

Walk Test - VO2Max - Female

<b>Age</b>	<b>Count</b>	<b>Average</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Standard Deviation</b>	<b>HFZ Minimum</b>	<b>Percent Achieved HFZ</b>
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No data.

Percent Body Fat - Male

<b>Age</b>	<b>Count</b>	<b>Average</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Standard Deviation</b>	<b>HFZ Minimum</b>	<b>Percent Achieved HFZ</b>
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No data.

Percent Body Fat - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
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No data.



## Body Mass Index - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	13	16.84	14.33	22.10	2.45	11	84.62
9	89	17.50	13.26	24.11	2.54	74	83.15
10	233	17.78	10.99	31.16	3.04	203	87.12
11	155	18.04	11.52	32.31	3.47	128	82.58
12	2	14.01	3.36	24.66	15.06	1	50.00

## Body Mass Index - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	17	16.91	13.52	21.75	2.15	17	100.00
9	129	17.34	13.26	24.87	2.67	125	96.90
10	210	18.23	10.10	33.73	3.53	191	90.95
11	132	17.97	11.52	31.38	3.35	124	93.94
12	1	18.38	18.38	18.38	-	1	100.00
14	1	17.04	17.04	17.04	-	1	100.00

## Curl-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	13	67.69	30.00	75.00	15.15	13	100.00
9	88	42.67	1.00	75.00	26.20	84	95.45
10	236	35.89	1.00	75.00	22.73	205	86.86
11	239	41.99	2.00	75.00	22.72	213	89.12
12	232	48.26	6.00	75.00	21.47	216	93.10
13	237	54.90	1.00	75.00	21.22	219	92.41
14	224	56.71	7.00	75.00	20.71	203	90.63
15	102	64.45	18.00	75.00	15.95	100	98.04
16	108	60.67	11.00	75.00	18.34	103	95.37
17	60	52.80	23.00	75.00	16.09	58	96.67
18 and over	1	75.00	75.00	75.00	-	1	100.00

## Curl-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	17	64.00	12.00	75.00	21.53	17	100.00
9	128	35.87	2.00	75.00	23.57	119	92.97
10	208	33.58	2.00	75.00	21.20	186	89.42
11	224	38.34	2.00	75.00	22.22	203	90.63
12	225	39.03	3.00	75.00	19.77	201	89.33
13	258	40.47	1.00	75.00	21.10	231	89.53
14	170	44.85	3.00	75.00	20.55	159	93.53
15	122	43.67	8.00	75.00	17.16	117	95.90
16	114	44.11	6.00	75.00	20.53	108	94.74
17	69	49.14	5.00	75.00	18.45	68	98.55
18 and over	1	24.00	24.00	24.00	-	1	100.00

## Trunk Lift - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
9	60	9.30	5.00	12.00	1.80	59	98.33
10	216	9.11	4.00	12.00	1.91	124	57.41
11	218	9.10	3.00	12.00	1.83	138	63.30
12	216	8.81	5.00	12.00	1.76	129	59.72
13	185	8.68	2.00	12.00	1.78	101	54.59
14	127	9.31	5.00	12.00	1.77	84	66.14
15	2	7.50	7.00	8.00	0.71	0	0.00
16	1	8.00	8.00	8.00	-	0	0.00

## Trunk Lift - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	5	8.40	8.00	9.00	0.55	5	100.00
9	104	9.60	6.00	12.00	1.74	104	100.00
10	192	10.03	2.00	12.00	1.85	155	80.73
11	192	9.82	4.00	12.00	1.91	143	74.48
12	198	9.71	4.00	12.00	1.75	151	76.26
13	239	10.10	3.00	12.00	1.66	201	84.10
14	100	10.24	4.00	12.00	1.71	88	88.00
15	1	7.00	7.00	7.00	-	0	0.00

## Push-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	13	25.92	14.00	37.00	9.55	13	100.00
9	42	26.24	3.00	55.00	11.25	41	97.62
10	109	19.70	1.00	50.00	10.71	100	91.74
11	161	19.66	1.00	58.00	10.77	146	90.68
12	230	16.92	1.00	53.00	8.35	192	83.48
13	236	19.31	1.00	50.00	9.59	193	81.78
14	226	20.26	2.00	63.00	9.50	172	76.11
15	103	20.83	3.00	40.00	6.95	85	82.52
16	107	22.77	7.00	51.00	7.57	82	76.64
17	60	24.08	6.00	52.00	8.13	53	88.33
18 and over	1	25.00	25.00	25.00	-	1	100.00

## Push-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	12	27.58	10.00	37.00	9.20	12	100.00
9	61	20.38	5.00	58.00	10.25	58	95.08
10	95	15.36	1.00	41.00	8.37	83	87.37
11	176	14.57	1.00	40.00	9.41	143	81.25
12	221	12.46	1.00	34.00	6.85	181	81.90
13	257	12.14	1.00	42.00	6.88	204	79.38
14	171	14.41	2.00	72.00	8.07	154	90.06
15	122	16.20	2.00	40.00	6.67	118	96.72
16	111	14.98	1.00	30.00	5.39	109	98.20
17	68	15.32	2.00	40.00	7.06	65	95.59
18 and over	1	15.00	15.00	15.00	-	1	100.00



## Modified Pull-Up - Male

<b>Age</b>	<b>Count</b>	<b>Average</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Standard Deviation</b>	<b>HFZ Minimum</b>	<b>Percent Achieved HFZ</b>
9	45	8.29	1.00	19.00	5.03	30	66.67
10	123	9.52	1.00	25.00	5.07	99	80.49
11	74	8.78	1.00	24.00	4.94	53	71.62
12	2	5.00	2.00	8.00	4.24	1	50.00

## Modified Pull-Up - Female

<b>Age</b>	<b>Count</b>	<b>Average</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Standard Deviation</b>	<b>HFZ Minimum</b>	<b>Percent Achieved HFZ</b>
8	3	5.00	1.00	10.00	4.58	2	66.67
9	68	7.71	2.00	22.00	4.31	59	86.76
10	108	7.85	1.00	34.00	5.85	88	81.48
11	47	7.19	1.00	17.00	3.94	37	78.72
12	1	18.00	18.00	18.00	-	1	100.00

Pull-Up - Male

<b>Age</b>	<b>Count</b>	<b>Average</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Standard Deviation</b>	<b>HFZ Minimum</b>	<b>Percent Achieved HFZ</b>
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No data.

Pull-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
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No data.

## Flexed Arm Hang - Male

<b>Age</b>	<b>Count</b>	<b>Average</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Standard Deviation</b>	<b>HFZ Minimum</b>	<b>Percent Achieved HFZ</b>
9	11	9.27	2.00	19.00	6.07	8	72.73
10	38	15.37	2.00	51.00	12.73	34	89.47
11	18	22.61	2.00	61.00	18.87	14	77.78

## Flexed Arm Hang - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	2	4.00	2.00	6.00	2.83	1	50.00
9	13	11.08	1.00	28.00	8.14	10	76.92
10	19	8.16	2.00	31.00	6.31	15	78.95
11	10	10.70	2.00	28.00	7.69	8	80.00

## Back-Saver Sit and Reach R, L - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	5					4	80.00
9	72					60	83.33
10	212					163	76.89
11	217					158	72.81
12	227					148	65.20
13	230					150	65.22
14	219					157	71.69
15	102					94	92.16
16	109					94	86.24
17	62					54	87.10
18 and over	1					1	100.00

## Back-Saver Sit and Reach R, L - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	10					10	100.00
9	108					92	85.19
10	186					160	86.02
11	194					136	70.10
12	222					156	70.27
13	250					189	75.60
14	172					150	87.21
15	123					88	71.54
16	115					94	81.74
17	69					52	75.36
18 and over	1					1	100.00



## Shoulder Stretch R, L - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
11	40					29	72.50
12	100					72	72.00
13	72					62	86.11
14	44					30	68.18
15	1					0	0.00
16	1					0	0.00

## Shoulder Stretch R, L - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
11	38					36	94.74
12	93					84	90.32
13	109					93	85.32
14	48					39	81.25