

## 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>
14	19	8:20	5:47	10:45	1:25	15	78.95
15	91	8:07	5:34	15:05	1:41	73	80.22
16	45	8:14	5:50	22:00	2:30	30	66.67
17	3	7:56	5:27	11:18	3:01	2	66.67

## One Mile Run - 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>
14	42	9:31	6:36	12:03	1:21	37	88.10
15	46	10:01	7:05	12:09	1:19	26	56.52
16	39	10:08	6:55	13:41	1:30	18	46.15
17	2	11:31	11:30	11:33	0:02	0	0.00

## The PACER - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	13	27.92	16.00	38.00	7.42	13	100.00
9 (Grade 3)	22	28.82	10.00	38.00	10.06	22	100.00
9 (Grade 4)	61	35.33	8.00	70.00	12.94	59	96.72
10	211	34.56	7.00	74.00	14.16	171	81.04
11	233	41.30	7.00	89.00	16.01	204	87.55
12	226	45.26	11.00	90.00	17.87	169	74.78
13	244	52.79	12.00	102.00	18.79	181	74.18
14	229	59.11	15.00	112.00	20.22	196	85.59
15	234	67.86	20.00	124.00	21.37	180	76.92
16	180	69.06	10.00	120.00	21.21	116	64.44
17	198	70.75	3.00	114.00	20.92	147	74.24
18 and over	95	69.66	8.00	100.00	23.86	40	42.11

## The PACER - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	14	21.71	12.00	38.00	8.27	14	100.00
9 (Grade 3)	19	23.26	13.00	38.00	7.61	19	100.00
9 (Grade 4)	96	22.76	7.00	49.00	10.33	96	100.00
10	232	28.20	10.00	62.00	11.32	232	100.00
11	242	33.19	8.00	74.00	12.94	234	96.69
12	204	34.56	8.00	75.00	14.18	197	96.57
13	250	40.39	9.00	80.00	15.62	227	90.80
14	250	44.31	7.00	107.00	18.04	230	92.00
15	166	46.92	11.00	100.00	17.96	133	80.12
16	189	43.58	12.00	100.00	16.43	154	81.48
17	178	41.49	8.00	85.00	13.57	102	57.30
18 and over	114	44.16	10.00	90.00	14.11	85	74.56

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

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

Percent Body Fat - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
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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	16.46	14.35	20.54	1.66	12	92.31
9	86	17.48	12.33	27.78	2.94	70	81.40
10	215	18.17	11.88	28.99	3.08	180	83.72
11	147	18.54	12.54	36.96	3.53	120	81.63
12	2	17.75	15.77	19.73	2.80	2	100.00

## Body Mass Index - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	14	17.16	13.73	21.94	2.44	14	100.00
9	124	17.35	11.51	25.56	2.65	117	94.35
10	237	18.21	12.33	28.99	3.12	222	93.67
11	137	18.32	13.42	35.07	3.22	130	94.89
12	2	15.05	14.23	15.86	1.15	2	100.00

## Curl-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	13	59.08	16.00	75.00	19.73	13	100.00
9	86	44.84	2.00	75.00	26.59	81	94.19
10	211	41.24	2.00	75.00	24.29	198	93.84
11	233	43.51	2.00	75.00	21.91	219	93.99
12	223	46.79	1.00	75.00	22.58	203	91.03
13	244	54.83	3.00	75.00	20.87	227	93.03
14	229	55.54	13.00	75.00	19.54	213	93.01
15	237	59.93	12.00	75.00	17.93	229	96.62
16	180	60.00	3.00	75.00	17.84	174	96.67
17	198	56.63	1.00	75.00	17.59	192	96.97
18 and over	90	56.13	8.00	75.00	17.38	88	97.78

## Curl-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	14	60.79	25.00	75.00	18.61	14	100.00
9	123	36.06	3.00	75.00	24.11	116	94.31
10	231	39.88	2.00	75.00	24.62	211	91.34
11	248	41.67	2.00	75.00	23.28	221	89.11
12	203	36.14	1.00	75.00	20.73	166	81.77
13	251	41.30	2.00	75.00	20.46	231	92.03
14	250	41.69	6.00	75.00	19.87	236	94.40
15	169	47.07	5.00	75.00	19.54	165	97.63
16	204	43.02	8.00	75.00	18.33	198	97.06
17	189	40.50	5.00	75.00	15.82	183	96.83
18 and over	122	41.39	16.00	75.00	18.20	121	99.18

## Trunk Lift - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
9	49	9.08	5.00	12.00	1.91	47	95.92
10	162	9.12	2.00	12.00	1.97	106	65.43
11	210	9.31	3.00	12.00	1.94	140	66.67
12	226	9.31	4.00	12.00	2.08	147	65.04
13	244	9.12	3.00	12.00	1.93	157	64.34
14	174	9.05	2.00	12.00	1.84	116	66.67
15	4	7.25	1.00	11.00	4.35	2	50.00

## Trunk Lift - 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>
9	89	9.49	5.00	12.00	1.95	88	98.88
10	193	9.81	5.00	12.00	1.90	144	74.61
11	218	10.24	6.00	12.00	1.65	181	83.03
12	202	9.60	4.00	12.00	1.93	143	70.79
13	254	10.05	2.00	12.00	1.78	204	80.31
14	134	10.03	5.00	12.00	1.93	103	76.87
15	1	10.00	10.00	10.00	-	1	100.00

## Push-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	13	26.31	1.00	35.00	12.74	11	84.62
9	73	22.55	5.00	35.00	9.17	72	98.63
10	190	19.88	1.00	44.00	10.56	174	91.58
11	207	18.23	1.00	50.00	10.64	173	83.57
12	223	17.23	1.00	55.00	9.53	184	82.51
13	243	17.90	1.00	45.00	8.33	187	76.95
14	231	19.55	1.00	80.00	10.38	167	72.29
15	242	22.92	3.00	80.00	8.84	201	83.06
16	189	23.38	1.00	55.00	8.51	146	77.25
17	190	22.77	1.00	60.00	8.31	155	81.58
18 and over	93	25.16	5.00	60.00	10.01	80	86.02

## Push-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	14	20.86	3.00	35.00	10.05	13	92.86
9	109	17.62	1.00	35.00	10.45	95	87.16
10	194	16.64	1.00	62.00	9.63	171	88.14
11	219	13.85	1.00	45.00	9.32	170	77.63
12	194	11.70	1.00	50.00	7.25	146	75.26
13	250	11.79	1.00	60.00	7.87	180	72.00
14	255	14.58	1.00	40.00	7.56	224	87.84
15	171	17.98	2.00	51.00	8.55	164	95.91
16	206	16.12	3.00	52.00	7.23	200	97.09
17	186	14.43	1.00	60.00	7.40	175	94.09
18 and over	116	14.16	1.00	40.00	7.19	108	93.10



## 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	12	8.92	3.00	18.00	4.68	10	83.33
10	22	8.23	2.00	20.00	4.83	18	81.82
11	25	9.48	3.00	18.00	4.28	20	80.00
12	1	14.00	14.00	14.00	-	1	100.00

## 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>
9	13	5.77	1.00	15.00	4.09	10	76.92
10	40	6.53	2.00	17.00	3.86	26	65.00
11	28	6.39	1.00	16.00	3.37	23	82.14

Pull-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
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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	4	16.75	7.00	25.00	8.66	4	100.00
10	4	7.75	1.00	15.00	6.40	3	75.00
11	5	6.20	2.00	17.00	6.26	2	40.00

## Flexed Arm Hang - 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>
9	5	12.00	1.00	30.00	11.07	4	80.00
10	7	10.14	4.00	30.00	9.04	7	100.00
11	3	12.67	8.00	19.00	5.69	3	100.00

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

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	13					13	100.00
9	86					75	87.21
10	214					162	75.70
11	228					164	71.93
12	226					136	60.18
13	240					149	62.08
14	230					151	65.65
15	238					212	89.08
16	178					156	87.64
17	180					156	86.67
18 and over	76					63	82.89

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

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	14					14	100.00
9	123					107	86.99
10	233					200	85.84
11	241					187	77.59
12	203					144	70.94
13	254					206	81.10
14	251					206	82.07
15	167					139	83.23
16	193					147	76.17
17	185					148	80.00
18 and over	117					91	77.78



## Shoulder Stretch R, L - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
11	40					31	77.50
12	133					91	68.42
13	136					99	72.79
14	128					97	75.78
15	4					4	100.00

## Shoulder Stretch R, L - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
11	45					36	80.00
12	118					104	88.14
13	126					106	84.13
14	85					76	89.41
15	1					1	100.00