

One Mile Run - Male

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

One Mile Run - Female

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

The PACER - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	16	26.31	8.00	44.00	9.78	16	100.00
9 (Grade 3)	33	30.21	8.00	44.00	10.97	33	100.00
9 (Grade 4)	99	32.55	8.00	77.00	13.17	95	95.96
10	240	38.18	9.00	89.00	15.00	205	85.42
11	177	40.36	10.00	77.00	15.38	155	87.57
12	241	45.73	5.00	96.00	18.28	187	77.59
13	235	52.49	11.00	92.00	18.54	176	74.89
14	218	57.85	10.00	131.00	21.22	171	78.44
15	59	64.36	10.00	120.00	25.37	44	74.58
16	4	55.25	20.00	85.00	26.78	1	25.00

The PACER - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	15	24.13	11.00	44.00	11.26	15	100.00
9 (Grade 3)	16	27.75	14.00	44.00	9.92	16	100.00
9 (Grade 4)	124	27.35	9.00	55.00	10.10	124	100.00
10	279	29.95	8.00	64.00	12.81	279	100.00
11	232	31.54	8.00	80.00	13.32	219	94.40
12	264	36.50	4.00	85.00	14.46	260	98.48
13	180	38.26	13.00	75.00	14.56	150	83.33
14	218	40.70	9.00	90.00	16.10	203	93.12
15	87	43.90	23.00	83.00	13.80	68	78.16
16	103	42.10	19.00	80.00	12.39	87	84.47
17	91	41.71	8.00	74.00	11.24	63	69.23
18 and over	5	43.00	36.00	47.00	4.53	4	80.00

Walk Test - VO2Max - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
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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	16	17.46	14.52	24.89	3.09	13	81.25
9	104	17.47	13.26	30.91	2.76	88	84.62
10	195	18.03	11.81	28.88	3.27	164	84.10
11	112	18.89	3.29	28.34	3.23	91	81.25
12	2	17.26	12.77	21.74	6.34	2	100.00
14	50	20.84	16.24	29.60	3.40	43	86.00
15	60	21.35	16.46	35.87	3.48	52	86.67
16	35	22.49	16.50	32.10	3.98	29	82.86
17	42	24.34	18.13	41.98	4.66	35	83.33
18 and over	6	24.66	21.30	28.59	2.34	5	83.33

Body Mass Index - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	15	16.40	12.94	18.02	1.36	15	100.00
9	110	17.49	13.50	23.54	2.37	108	98.18
10	213	17.94	12.33	32.03	3.15	202	94.84
11	100	18.94	13.23	29.26	3.32	94	94.00
12	2	16.47	15.91	17.02	0.78	2	100.00

Curl-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	16	62.50	24.00	75.00	19.99	16	100.00
9	133	45.11	4.00	75.00	25.14	128	96.24
10	230	43.76	5.00	75.00	23.89	220	95.65
11	178	46.74	6.00	75.00	23.29	169	94.94
12	242	45.14	2.00	75.00	22.01	219	90.50
13	235	49.86	5.00	75.00	21.70	212	90.21
14	213	55.60	3.00	75.00	19.83	197	92.49
15	46	56.07	7.00	75.00	21.16	44	95.65
16	5	48.20	29.00	75.00	17.02	5	100.00

Curl-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	15	68.80	5.00	75.00	18.53	14	93.33
9	142	36.77	6.00	75.00	22.78	141	99.30
10	280	38.86	2.00	75.00	22.53	262	93.57
11	226	39.41	1.00	75.00	23.15	211	93.36
12	259	39.53	5.00	75.00	20.20	231	89.19
13	182	36.84	2.00	75.00	20.06	158	86.81
14	211	42.11	8.00	75.00	19.40	205	97.16
15	84	49.55	9.00	75.00	21.54	82	97.62
16	93	36.22	10.00	75.00	17.85	91	97.85
17	85	36.05	4.00	75.00	17.74	80	94.12
18 and over	3	39.00	20.00	49.00	16.46	3	100.00

Trunk Lift - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
9	88	9.41	6.00	12.00	1.77	88	100.00
10	202	10.04	6.00	12.00	1.80	159	78.71
11	146	9.97	3.00	12.00	2.12	113	77.40
12	245	9.57	3.00	12.00	2.04	179	73.06
13	234	9.82	4.00	12.00	2.03	178	76.07
14	162	9.24	4.00	12.00	2.08	102	62.96
15	7	8.43	4.00	12.00	2.99	3	42.86

Trunk Lift - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	1	9.00	9.00	9.00	-	1	100.00
9	114	10.13	6.00	12.00	1.73	114	100.00
10	247	10.53	4.00	12.00	1.67	217	87.85
11	206	10.29	6.00	12.00	1.62	175	84.95
12	260	10.09	4.00	12.00	1.79	213	81.92
13	178	9.99	5.00	12.00	1.44	156	87.64
14	117	9.75	5.00	12.00	1.88	93	79.49

Push-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	16	31.75	15.00	35.00	6.35	16	100.00
9	113	21.31	1.00	35.00	9.15	109	96.46
10	178	20.44	3.00	60.00	9.67	169	94.94
11	166	19.83	1.00	55.00	11.30	144	86.75
12	236	17.44	1.00	62.00	10.35	177	75.00
13	233	17.38	1.00	52.00	8.97	175	75.11
14	212	20.17	1.00	86.00	11.14	160	75.47
15	65	22.86	4.00	41.00	7.01	58	89.23
16	35	22.63	1.00	37.00	6.54	31	88.57
17	41	22.41	3.00	41.00	7.69	33	80.49
18 and over	6	21.00	15.00	29.00	5.18	4	66.67

Push-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	14	25.43	15.00	35.00	6.79	14	100.00
9	103	18.50	1.00	40.00	10.64	94	91.26
10	208	17.29	1.00	86.00	11.25	183	87.98
11	205	14.08	1.00	56.00	10.43	154	75.12
12	253	10.97	1.00	48.00	8.02	168	66.40
13	169	10.98	1.00	28.00	6.01	132	78.11
14	209	12.99	1.00	40.00	6.81	174	83.25
15	88	16.48	5.00	50.00	7.95	84	95.45
16	93	13.15	4.00	30.00	4.56	89	95.70
17	83	13.71	5.00	30.00	4.79	80	96.39
18 and over	4	11.75	8.00	16.00	3.50	4	100.00

Modified Pull-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
9	22	6.64	2.00	17.00	4.12	13	59.09
10	58	7.97	1.00	20.00	4.29	45	77.59
11	14	11.57	2.00	24.00	6.31	12	85.71

Modified Pull-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	1	7.00	7.00	7.00	-	1	100.00
9	37	8.81	2.00	24.00	5.17	30	81.08
10	71	8.10	1.00	26.00	4.93	61	85.92
11	21	7.19	3.00	18.00	4.27	18	85.71

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

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
9	1	4.00	4.00	4.00	-	1	100.00
10	6	20.17	2.00	32.00	10.70	5	83.33
11	4	13.50	6.00	22.00	6.76	4	100.00

Flexed Arm Hang - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
9	4	6.50	2.00	10.00	3.42	3	75.00
10	7	10.14	5.00	22.00	6.04	7	100.00

Back-Saver Sit and Reach R, L - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	16					14	87.50
9	135					112	82.96
10	242					200	82.64
11	181					136	75.14
12	243					167	68.72
13	237					178	75.11
14	183					121	66.12
15	37					32	86.49
16	33					28	84.85
17	42					36	85.71
18 and over	6					5	83.33

Back-Saver Sit and Reach R, L - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	15					15	100.00
9	145					126	86.90
10	284					254	89.44
11	211					168	79.62
12	241					193	80.08
13	182					136	74.73
14	221					159	71.95
15	86					68	79.07
16	92					68	73.91
17	85					65	76.47
18 and over	4					4	100.00

Shoulder Stretch R, L - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
11	26					23	88.46
12	123					109	88.62
13	159					132	83.02
14	97					75	77.32
15	5					3	60.00

Shoulder Stretch R, L - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
11	58					49	84.48
12	125					114	91.20
13	119					112	94.12
14	93					84	90.32