



## MEDICAL RELEASE

### *PHYSICAL FITNESS STANDARDS*

**THIS FORM MUST BE COMPLETED IF YOU ANSWERED YES TO ANY OF THE QUESTIONS ON THE HEALTH SCREENING QUESTIONNAIRE.**

Dated \_\_\_\_\_, it is certified that \_\_\_\_\_  
(Name)

is capable of strenuous physical exercise and is physically capable of attaining the attached physical fitness performance requirements at the 40<sup>th</sup> percentile based on the applicant's age and gender.

Limitations? (One of the boxes below **must** be checked – attach additional sheets if necessary to explain)

- No  
 Yes (please explain)

Physician's Name: \_\_\_\_\_ Physician's Phone: \_\_\_\_\_  
(Please Print)

Physician's Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(over)

**Minimum Passing Scores  
40<sup>th</sup> Percentile\***

|              |                      |                      |
|--------------|----------------------|----------------------|
|              | <b>Males 20-29</b>   | <b>Females 20-29</b> |
| Sit Ups      | 38                   | 32                   |
| Push Ups     | 29                   | 15                   |
| 1.5 Mile Run | 12:29                | 15:05                |
|              | <b>Males 30-39</b>   | <b>Females 30-39</b> |
| Sit Ups      | 35                   | 25                   |
| Push Ups     | 24                   | 11                   |
| 1.5 Mile Run | 12:53                | 15:56                |
|              | <b>Males 40 – 49</b> | <b>Females 40-49</b> |
| Sit Ups      | 29                   | 20                   |
| Push Ups     | 18                   | 9                    |
| 1.5 Mile Run | 13:50                | 17:11                |
|              | <b>Males 50 – 59</b> | <b>Females 50-59</b> |
| Sit Ups      | 24                   | 14                   |
| Push ups     | 13                   | 12 Modified          |
| 1.5 Mile Run | 15:14                | 19:10                |
|              | <b>Males 60+</b>     | <b>Females 60+</b>   |
| Sit Ups      | 19                   | 6                    |
| Push Ups     | 10                   | 5 Modified           |
| 1.5 Mile Run | 17:19                | 20:55                |

\*Based on the Cooper Standards  
Cooper Institute