

II-O Physical Readiness Performance Assessment Task 1

***Physical Readiness test (PRT)*

Environment Gym/workout area/track

Evaluators Instructor

Target Performance - Competencies

This performance assessment task gives you an opportunity to document your achievement of the following skills, knowledge, and abilities:

II. O. 1. Find your fitness starting point.*

Directions to Student

You will be completing a Physical Readiness Test. This must be passed to continue in the academy.

You will be completing the following tests:

Test	Entrance Standards	Exit Standards
Vertical Jump	11.5 inches	14 inches
Agility Run	23.4 seconds	19.5 seconds
Sit-ups	24	30
300m run	82 seconds	68 seconds
Push ups	18	23
1.5 mile run	20:20 minutes	16:57

You will have as many chances as made available to meet the entrance readiness standards, but it must be completed prior to beginning the academy.

You will only have one re-test to pass the exit readiness standards.

Directions to Evaluator

You must be either a FitForce instructor or a Cooper Certified Instructor to administer the physical readiness tests. There may be other wellness instructors assisting you.

Using the Physical Readiness Testing Handbook, run each student through the physical