

MVCC Fire Academy Fitness Charts

Females Under 25

Aerobic Fitness

1.5 mile run

| | |
|-------------------|-------|
| faster than 11:06 | 50.00 |
| 11:07-11:36 | 47.50 |
| 11:37-11:54 | 45.00 |
| 11:55-12:30 | 43.50 |
| 12:31-13:12 | 42.00 |
| 13:13-14:00 | 40.50 |
| 14:01-14:54 | 39.00 |
| 14:55-15:18 | 37.50 |
| 15:19-15:48 | 36.00 |
| 15:49-16:24 | 34.00 |
| 16:25-16:54 | 32.00 |
| 16:55-17:36 | 30.00 |
| 17:37-18:12 | 27.00 |
| 18:13-18:54 | 24.00 |
| 18:55-19:42 | 21.00 |
| 19:43-20:36 | 18.00 |
| 20:37-21:30 | 15.00 |
| 21:31-22:30 | 12.00 |
| 22:31-23:36 | 9.00 |
| 23:37-24:48 | 6.00 |
| 24:49-26:06 | 3.00 |
| slower than 26:07 | 0.00 |

Muscle Fitness

Push-ups

| | |
|--------------|-------|
| more than 42 | 25 |
| 41 | 24.5 |
| 40 | 23.75 |
| 38-39 | 23.25 |
| 37 | 22.5 |
| 34-36 | 22 |
| 31-33 | 21.25 |
| 27-30 | 20.75 |
| 24-26 | 20 |
| 21-23 | 19.5 |
| 18-20 | 18.75 |
| 16-17 | 18.5 |
| 14-15 | 18.25 |
| 12 13 | 18 |
| 10 11 | 17.75 |
| 9 | 17.5 |
| 8 | 15 |
| 7 | 12.5 |
| 6 | 10 |
| 5 | 7.5 |
| 4 | 5 |
| 3 | 2.5 |
| less than 2 | 0 |

Muscle Fitness

Crunchs

| | |
|--------------|-------|
| more than 51 | 25 |
| 50 | 23.75 |
| 49 | 22.5 |
| 46-48 | 22 |
| 44-45 | 21.25 |
| 42-43 | 20.75 |
| 40-41 | 20 |
| 37-39 | 19.5 |
| 35-36 | 18.75 |
| 33-34 | 18.5 |
| 30-32 | 18.25 |
| 28-29 | 18 |
| 26-27 | 17.75 |
| 24-25 | 17.5 |
| 22-23 | 15 |
| 20-21 | 10 |
| 18-19 | 5 |
| less than 18 | 0 |

MVCC Fire Academy Fitness Charts

Females 25-29

Aerobic Fitness

1.5 mile run

| | |
|-------------------|-------|
| faster than 11:24 | 50.00 |
| 11:25-11:36 | 47.50 |
| 11:37-11:54 | 45.00 |
| 11:55-12:30 | 43.50 |
| 12:31-13:12 | 42.00 |
| 13:13-14:00 | 40.50 |
| 14:01-14:54 | 39.00 |
| 14:55-15:18 | 37.50 |
| 15:19-15:48 | 36.00 |
| 15:49-16:24 | 34.00 |
| 16:25-16:54 | 32.00 |
| 16:55-17:36 | 30.00 |
| 17:37-18:12 | 27.00 |
| 18:13-18:54 | 24.00 |
| 18:55-19:42 | 21.00 |
| 19:43-20:36 | 18.00 |
| 20:37-21:30 | 15.00 |
| 21:31-22:30 | 12.00 |
| 22:31-23:36 | 9.00 |
| 23:37-24:48 | 6.00 |
| 24:49-26:06 | 3.00 |
| slower than 26:06 | 0.00 |

Muscle Fitness

Push-ups

| | |
|--------------|-------|
| more than 40 | 25 |
| 40 | 24.5 |
| 38-39 | 23.75 |
| 36-37 | 23.25 |
| 35 | 22.5 |
| 31-34 | 22 |
| 28-30 | 21.25 |
| 25-27 | 20.75 |
| 22-24 | 20 |
| 19-21 | 19.5 |
| 16-18 | 18.75 |
| 14-15 | 18.5 |
| 13 | 18.25 |
| 11 12 | 18 |
| 10 | 17.75 |
| 8 9 | 17.5 |
| 7 | 15 |
| 6 | 12.5 |
| 5 | 10 |
| 4 | 7.5 |
| 3 | 5 |
| 2 | 2.5 |
| less than 2 | 0 |

Muscle Fitness

Crunchs

| | |
|--------------|-------|
| more than 46 | 25 |
| 46 | 23.75 |
| 45 | 22.5 |
| 42-44 | 22 |
| 40-41 | 21.25 |
| 38-39 | 20.75 |
| 36-37 | 20 |
| 34-35 | 19.5 |
| 31-33 | 18.75 |
| 29-30 | 18.5 |
| 27-28 | 18.25 |
| 25-26 | 18 |
| 23-24 | 17.75 |
| 21-22 | 17.5 |
| 19-20 | 15 |
| 17-18 | 10 |
| 15-16 | 5 |
| less than 15 | 0 |

MVCC Fire Academy Fitness Charts

Females 30-34

Aerobic Fitness

1.5 mile run

| | |
|-------------------|-------|
| faster than 11:54 | 50.00 |
| 11:55-12:30 | 47.50 |
| 12:31-12:54 | 45.00 |
| 12:55-13:12 | 43.50 |
| 13:13-13:36 | 42.00 |
| 13:37-14:24 | 40.50 |
| 14:25-14:54 | 39.00 |
| 14:55-15:18 | 37.50 |
| 15:19-15:48 | 36.00 |
| 15:49-16:24 | 34.00 |
| 16:25-16:54 | 32.00 |
| 16:55-17:36 | 30.00 |
| 17:37-18:12 | 27.00 |
| 18:13-18:54 | 24.00 |
| 18:55-19:42 | 21.00 |
| 19:43-20:36 | 18.00 |
| 20:37-21:30 | 15.00 |
| 21:31-22:30 | 12.00 |
| 22:31-23:36 | 9.00 |
| 23:37-24:48 | 6.00 |
| 24:49-26:06 | 3.00 |
| slower than 26:06 | 0.00 |

Muscle Fitness

Push-ups

| | |
|--------------|-------|
| more than 40 | 25 |
| 39 | 24.5 |
| 37-38 | 23.75 |
| 35-36 | 23.25 |
| 33-34 | 22.5 |
| 29-32 | 22 |
| 26-28 | 21.25 |
| 23-25 | 20.75 |
| 20-22 | 20 |
| 17-19 | 19.5 |
| 14-16 | 18.75 |
| 12 13 | 18.5 |
| 11 | 18.25 |
| 10 | 18 |
| 9 | 17.75 |
| 7 8 | 17.5 |
| 6 | 15 |
| 5 | 12.5 |
| 4 | 10 |
| 3 | 7.5 |
| 2 | 5 |
| 1 | 2.5 |
| 0 | 0 |

Muscle Fitness

Crunchs

| | |
|--------------|-------|
| more than 42 | 25 |
| 41 | 23.75 |
| 40 | 22.5 |
| 37-39 | 22 |
| 35-36 | 21.25 |
| 33-34 | 20.75 |
| 31-32 | 20 |
| 29-30 | 19.5 |
| 27-28 | 18.75 |
| 25-26 | 18.5 |
| 23-24 | 18.25 |
| 22 | 18 |
| 20-21 | 17.75 |
| 18-19 | 17.5 |
| 16-17 | 15 |
| 13-15 | 10 |
| 11 12 | 5 |
| less than 11 | 0 |

MVCC Fire Academy Fitness Charts

Females 35-39

Aerobic Fitness

1.5 mile run

| | |
|-------------------|-------|
| faster than 11:54 | 50.00 |
| 11:55-12:30 | 47.50 |
| 12:31-12:54 | 45.00 |
| 12:55-13:12 | 43.50 |
| 13:13-13:36 | 42.00 |
| 13:37-14:24 | 40.50 |
| 14:25-14:54 | 39.00 |
| 14:55-15:18 | 37.50 |
| 15:19-15:48 | 36.00 |
| 15:49-16:24 | 34.00 |
| 16:25-16:54 | 32.00 |
| 16:55-17:36 | 30.00 |
| 17:37-18:12 | 27.00 |
| 18:13-18:54 | 24.00 |
| 18:55-19:42 | 21.00 |
| 19:43-20:36 | 18.00 |
| 20:37-21:30 | 15.00 |
| 21:31-22:30 | 12.00 |
| 22:31-23:36 | 9.00 |
| 23:37-24:48 | 6.00 |
| 24:49-26:06 | 3.00 |
| slower than 26:06 | 0.00 |

Muscle Fitness

Push-ups

| | |
|--------------|-------|
| more than 30 | 25 |
| 29 | 24 |
| 28 | 23.75 |
| 27 | 23.5 |
| 26 | 22.5 |
| 23-25 | 22 |
| 21-22 | 21.25 |
| 19-20 | 21.75 |
| 17-18 | 20 |
| 15-16 | 19.5 |
| 13-14 | 18.75 |
| 11 12 | 18.5 |
| 10 | 18.25 |
| 9 | 18 |
| 8 | 17.75 |
| 6 7 | 17.5 |
| 4 5 | 15 |
| 3 | 7.5 |
| 1 2 | 5 |
| less than 13 | 0 |

Muscle Fitness

Crunchs

| | |
|--------------|-------|
| more than 40 | 25 |
| 38-39 | 23.75 |
| 37 | 22.5 |
| 35-36 | 22 |
| 33-34 | 21.25 |
| 31-32 | 20.75 |
| 29-30 | 20 |
| 27-28 | 19.5 |
| 25-26 | 18.75 |
| 23-24 | 18.5 |
| 21-22 | 18.25 |
| 20 | 18 |
| 18-19 | 17.75 |
| 16-17 | 17.5 |
| 14-15 | 15 |
| 12 13 | 10 |
| 9 11 | 5 |
| less than 9 | 0 |

MVCC Fire Academy Fitness Charts

Females 40+

Aerobic Fitness

1.5 mile run

| | |
|-------------------|-------|
| faster than 12:30 | 50.00 |
| 12:31-12:54 | 47.50 |
| 12:55-13:12 | 45.00 |
| 13:13-14:00 | 43.50 |
| 14:01-14:54 | 42.00 |
| 14:55-15:48 | 40.50 |
| 15:49-16:24 | 39.00 |
| 16:25-16:54 | 37.50 |
| 16:55-17:36 | 36.00 |
| 17:37-18:12 | 34.00 |
| 18:13-18:54 | 32.00 |
| 18:55-19:42 | 30.00 |
| 19:43-20:36 | 27.00 |
| 20:37-21:30 | 24.00 |
| 21:31-22:30 | 21.00 |
| 22:31-23:36 | 18.00 |
| 23:37-24:48 | 15.00 |
| 24:49-26:06 | 12.00 |
| 26:07-27:36 | 9.00 |
| 27:37-29:18 | 6.00 |
| 29:19-31:12 | 3.00 |
| slower than 31:12 | 0.00 |

Muscle Fitness

Push-ups

| | |
|--------------|-------|
| more than 20 | 25 |
| 19 | 23.75 |
| 18 | 22.5 |
| 16-17 | 22 |
| 15 | 21.25 |
| 14 | 20.75 |
| 13 | 20 |
| 12 | 19.5 |
| 11 | 18.75 |
| 9 11 | 18.5 |
| 8 | 18.25 |
| 7 | 18 |
| 6 | 17.75 |
| 5 | 17.5 |
| 3 4 | 15 |
| 2 | 10 |
| 1 | 5 |
| 0 | 0 |

Muscle Fitness

Crunchs

| | |
|--------------|-------|
| more than 38 | 25 |
| 36-37 | 23.75 |
| 34-35 | 22.5 |
| 32-33 | 22 |
| 30-31 | 21.25 |
| 28-29 | 20.75 |
| 26-27 | 20 |
| 24-25 | 19.5 |
| 22-23 | 18.75 |
| 20-21 | 18.5 |
| 18-19 | 18.25 |
| 17 | 18 |
| 15-16 | 17.75 |
| 13-14 | 17.5 |
| 11 12 | 15 |
| 9 10 | 10 |
| 7 8 | 5 |
| less than 7 | 0 |