

PHYSICAL CAPACITY RATING SCALE

Level	EXERCISE					1 mile run	2 mile walk
	1	2	3	4	5	In minutes	
A+	30	23	33	20	500	9	30
A	29	21	31	19	485	9	31
A-	28	20	29	18	470	9	32
B+	26	18	27	17	455	9½	33
B	24	17	25	16	445	9½	33
B-	22	16	23	15	440	9½	33
C+	20	15	21	14	425	10	34
C	19	14	19	13	410	10	34
C-	18	13	17	12	395	10	34
D+	16	12	15	11	380	10½	35
D	15	11	14	10	360	10½	35
D-	14	10	13	9	335	10½	35
Minutes for each exercise	2	1	1	1	6		

AGE GROUPS

8 yrs	maintains	D-
9 yrs	maintains	C-
10 yrs	maintains	B-
11 yrs	maintains	A-
45-49 yrs	maintains	A+
50-60 yrs	maintains	C+

CHART 2 —

- Feet astride, arms upward.
—Touch floor and press (bounce) once then stretch upward and backward bend. Do not strain to keep knees straight.
- Back lying, feet 6" apart, arms at sides.
—“Sit up” to vertical position, keep feet on floor even if it is necessary to hook them under a chair. Allow knees to bend slightly.
- Front lying, palms placed under thighs.
—Raise head, shoulders, and both legs.
—Keep legs straight, both thighs must clear the palms.
- Front lying, hands under the shoulder, palms flat on floor.
—Straighten arms to lift body with only palms and toes on the floor. Back straight.
—Chest must touch floor for each completed movement after arms have been fully extended.
- Stationary run**—(count a step each time left foot touches floor—Lift feet approximately 4 inches off floor). After every 75 steps, do 10 “astride jumps”. Repeat this sequence until required number of steps is completed.
Astride jumps—feet together, arms at side.
Jump and land with feet astride and arms raised sideways to slightly above shoulder height. Return with a jump to the starting position for count of one. Keep arms straight.

CHART 2

