

**CADET FITNESS ASSESSMENT INCENTIVE LEVEL STANDARDS – MALE**

<b>20-m Shuttle Run Test</b>					<b>Curl-Up (no. completed)</b>				<b>Push-Up (no. completed)</b>			
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	32–44	45–57	58–71	72 +	18–23	24–29	30–35	36 +	10–12	13–15	16–19	20 +
13	41–54	55–68	69–82	83 +	21–26	27–32	33–39	40 +	12–15	16–19	20–24	25 +
14	41–54	55–68	69–82	83 +	24–30	31–37	38–44	45 +	14–18	19–23	24–29	30 +
15	51–64	65–78	79–93	94 +	24–30	31–38	39–46	47 +	16–21	22–27	28–34	35 +
16	61–71	72–82	83–93	94 +	24–30	31–38	39–46	47 +	18–22	23–28	29–34	35 +
17	61–75	76–90	91–105	106 +	24–30	31–38	39–46	47 +	18–22	23–28	29–34	35 +
18	72–82	83–93	94–105	106 +	24–30	31–38	39–46	47 +	18–22	23–28	29–34	35 +
<b>Back Saver Sit and Reach (in cm)</b>					<b>Shoulder Stretch</b>							
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.				
12	20	20	20	20	Cadets must be able to touch their fingertips together behind their back on both the right and left sides.							
13	20	20	20	20								
14	20	20	20	20								
15	20	20	20	20								
16	20	20	20	20								
17	20	20	20	20								
18	20	20	20	20								

Figure B1-1 Cadet Fitness Assessment Incentive Level Standards – Male

*Note.* Created by Director Cadets 3, 2009, Ottawa, ON: Department of National Defence. [Based on *FITNESSGRAM* Standards for Healthy Fitness Zone (HFZ).]

**CADET FITNESS ASSESSMENT INCENTIVE LEVEL STANDARDS – FEMALE**

	<b>20-m Shuttle Run Test</b>				<b>Curl-Up (no. completed)</b>				<b>Push-Up (no. completed)</b>			
<b>Age</b>	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	15–22	23–31	32–40	41 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
13	23–31	32–40	41–50	51 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
14	23–31	32–40	41–50	51 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
15	32–37	38–43	44–50	51 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
16	32–40	41–50	51–60	61 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
17	41–46	47–53	54–60	61 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
18	41–50	51–60	61–71	72 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
	<b>Back Saver Sit and Reach (in cm)</b>				<b>Shoulder Stretch</b>							
<b>Age</b>	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.				
12	25	25	25	25	Cadets must be able to touch their fingertips together behind their back on both the right and left sides.							
13	25	25	25	25								
14	25	25	25	25								
15	30	30	30	30								
16	30	30	30	30								
17	30	30	30	30								
18	30	30	30	30								

Figure B2-1 Cadet Fitness Assessment Incentive Level Standards – Female

*Note.* Created by Director Cadets 3, 2009, Ottawa, ON: Department of National Defence. [Based on *FITNESSGRAM* Standards for Healthy Fitness Zone (HFZ).]