

**MCOLES Basic Academy Physical Fitness Requirements  
Pre-Enrollment and Exit Test Scores  
Quick Reference Guide**

**Male Pre-Enrollment Physical Fitness Test Score – Minimum Requirements**

Age Group	Vertical Jump	Sit-Ups	Push-Ups	½ -Mile Shuttle Run
18-29	17.5	32	30	4:29.6
30-39	16.0	30	30	4:38.2
40+	15.0	30	28	4:54.7

**Male Exit Physical Fitness Test– Minimum Requirements**

Age Group	Vertical Jump	Sit-Ups	Push-Ups	½ -Mile Shuttle Run
18-29	19.0	36	37	4:11.8
30-39	17.5	34	37	4:18.2
40+	16.5	34	35	4:27.8

**Female Pre-Enrollment Physical Fitness Test– Minimum Requirements**

Age Group	Vertical Jump	Sit-Ups	Push-Ups	½ -Mile Shuttle Run
18-29	11.0	28	7	5:35.4
30-39	9.0	19	7	5:59.1
40+	8.0	18	7	6:13.3

**Female Exit Physical Fitness Test– Minimum Requirements**

Age Group	Vertical Jump	Sit-Ups	Push-Ups	½ -Mile Shuttle Run
18-29	12.0	32	12	5:02.6
30-39	10.0	23	12	5:19.0
40+	9.0	20	11	5:25.5