

Male

1-minute Push-ups (repetition)	1-minute Sit-ups (repetition)	Grip Strength(kg) (both hands total)	15m PACER (lap)	Score
43 or above	39 or above	98 or above	59	9
40 - 42	36 - 38	93 - 97.9	55 - 58	8
36 - 39	33 - 35	87 - 92.9	53 - 54	7
31 - 35	31 - 32	84 - 86.9	48 - 52	6
29 - 30	29 - 30	80 - 83.9	44 - 47	5
25 - 28	27 - 28	77 - 79.9	42 - 43	4
22 - 24	25 - 26	74 - 76.9	39 - 41	3
19 - 21	23 - 24	71 - 73.9	35 - 38	2
15 - 18	21 - 22	67 - 70.9	31 - 34	1
14 or below	20 or below	below 67	30 or below	0

Female

1-minute Push-ups (repetition)	1-minute Sit-ups (repetition)	Grip Strength(kg) (both hands total)	15m PACER (lap)	Score
33 or above	34 or above	65 or above	42	9
29 - 32	32 - 33	62 - 64.9	35 - 41	8
25 - 28	29 - 31	58 - 61.9	31 - 34	7
22 - 24	26 - 28	56 - 57.9	29 - 30	6
19 - 21	24 - 25	54 - 55.9	27 - 28	5
17 - 18	22 - 23	52 - 53.9	25 - 26	4
15 - 16	20 - 21	50 - 51.9	23 - 24	3
11 - 14	18 - 19	48 - 49.9	21 - 22	2
8 - 10	15 - 17	45 - 47.9	19 - 20	1
7 or below	14 or below	below 45	18 or below	0

Candidate needs to achieve a minimum total score of 12 in the 4 tests