

Normative data for MSFT

Male

Age	Excellent	Above Average	Average	Below Average	Poor
14 - 16	L12 S7	L11 S2	L8 S9	L7 S1	< L6 S6
17 - 20	L12 S12	L11 S6	L9 S2	L7 S6	< L7 S3
21 - 30	L12 S12	L11 S7	L9 S3	L7 S8	< L7 S5
31 - 40	L11 S7	L10 S4	L6 S10	L6 S7	< L6 S4
41 - 50	L10 S4	L9 S4	L6 S9	L5 S9	< L5 S2

Female

Age	Excellent	Above Average	Average	Below Average	Poor
14 - 16	L10 S9	L9 S1	L6 S7	L5 S1	< L4 S7
17 - 20	L10 S11	L9 S3	L6 S8	L5 S2	< L4 S9
21 - 30	L10 S8	L9 S2	L6 S6	L5 S1	< L4 S9
31 - 40	L10 S4	L8 S7	L6 S3	L4 S6	< L4 S5
41 - 50	L9 S9	L7 S2	L5 S7	L4 S2	< L4 S1

Normative data for the Cooper Test

Male Athletes

Age	Excellent	Above Average	Average	Below Average	Poor
13-14	>2700m	2400-2700m	2200-2399m	2100-2199m	<2100m
15-16	>2800m	2500-2800m	2300-2499m	2200-2299m	<2200m
17-19	>3000m	2700-3000m	2500-2699m	2300-2499m	<2300m
20-29	>2800m	2400-2800m	2200-2399m	1600-2199m	<1600m
30-39	>2700m	2300-2700m	1900-2299m	1500-1999m	<1500m
40-49	>2500m	2100-2500m	1700-2099m	1400-1699m	<1400m
>50	>2400m	2000-2400m	1600-1999m	1300-1599m	<1300m

Female Athletes

Age	Excellent	Above Average	Average	Below Average	Poor
13-14	>2000m	1900-2000m	1600-1899m	1500-1599m	<1500m
15-16	>2100m	2000-2100m	1700-1999m	1600-1699m	<1600m
17-20	>2300m	2100-2300m	1800-2099m	1700-1799m	<1700m
20-29	>2700m	2200-2700m	1800-2199m	1500-1799m	<1500m

30-39	>2500m	2000-2500m	1700-1999m	1400-1699m	<1400m
40-49	>2300m	1900-2300m	1500-1899m	1200-1499m	<1200m
>50	>2200m	1700-2200m	1400-1699m	1100-1399m	<1100m

Normative data for the Sit & Reach test

The following table is for 16 to 19 year olds (Davis et al. 2000, p. 126) [1]:

Gender	Excellent	Above average	Average	Below average	Poor
Male	>14	14.0 - 11.0	10.9 - 7.0	6.9 - 4.0	<4
Female	>15	15.0 - 12.0	11.9 - 7.0	6.9 - 4.0	<4

Normative data for the sit ups test

The following are norms for 16 to 19 year olds (Davis 2000) [1] .

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	>30	26 - 30	20 - 25	17 - 19	<17
Female	>25	21 - 25	15 - 20	9 - 14	<9

Normative data for the Harvard Step Test

The following table is for 16 year old athletes (Beashel and Taylor 1997) [1] using a 45cm step.

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	>90.0	80.0-90.0	65.0-79.9	55.0-64.9	<55
Female	>86.0	76.0-86.0	61.0-75.9	50.0-60.9	<50

Result = $30000 \div (\text{pulse1} + \text{pulse2} + \text{pulse3})$

Normative data for the Standard Long Jump

The following table is for male athletes (adapted from: Hede et al. 2011) [2]:

Age	Excellent	Above average	Average	Below average	Poor
14	> 2.11m	2.11 - 1.96m	1.95 - 1.85m	1.84 - 1.68m	<1.68m
15	>2.26m	1.26 - 2.11m	2.10 - 1.98m	1.97 - 1.85m	<1.85m
16	>2.36m	2.36 - 2.21m	2.20 - 2.11m	2.10 - 1.98m	<1.98m
>16	>2.44m	2.44 - 2.29m	2.28 - 2.16m	2.15 - 1.98m	<1.98m

The following table is for female athletes (adapted from: Hede et al. 2011) [2]:

Age	Excellent	Above average	Average	Below average	Poor
14	>1.91m	1.91 - 1.73m	1.72 - 1.60m	1.59 - 1.47m	<1.47m
15	>1.85m	1.84 - 1.73m	1.72 - 1.60m	1.59 - 1.50m	<1.50m
16	>1.83m	1.83 - 1.68m	1.67 - 1.58m	1.57 - 1.45m	<1.45m
>16	>1.91m	1.91 - 1.78m	1.77 - 1.63m	1.62 - 1.50m	<1.50m

Normative data for the Illinois Agility Run Test

The following are national norms for 16 to 19 year olds (Davis et al. 2000) [1]:

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	<15.2 secs	15.2 - 16.1 secs	16.2 - 18.1 secs	18.2 - 19.3 secs	>19.3 secs
Female	<17.0 secs	17.0 - 17.9 secs	18.0 - 21.7 secs	21.8 - 23.0 secs	>23.0 secs

Normative data for the Stork Test

The following are national norms for 16 to 19 year olds (Johnson & Nelson 1979).

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	>50 secs	50 - 41 secs	40 - 31 secs	30 - 20 secs	<20 secs
Female	>30 secs	30 - 23 secs	22 - 16 secs	15 - 10 secs	<10 secs

Normative data for the Ruler Drop Test

The following are national norms, adapted from Davis (2000) [1], for 16 to 19 year olds.

Excellent	Above Average	Average	Below Average	Poor
<7.5cm	7.5 - 15.9cm	15.9 - 20.4cm	20.4 - 28cm	>28cm

One Minute Press Up

Result 1 of 2 in this book for normative data for one minute press up - [Previous](#) [Next](#) - [View all](#) [Clear search](#)

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Btec National Sport
By Mark Adams George Caplan, Mark Adams

normative data for on

also known as the curl-up or abdominal curl test, it is important that there is a helper for this test to hold the feet in a stationary position. The client is positioned on the mat with the hips flexed and knees flexed to 90°, with the feet flat on the mat. The normative data in Table 6.8 is based on a protocol that requires the client to perform as many as possible until there is total fatigue. A full

All these activities would be classed as requiring a good level of muscular endurance because they require a number of muscular contractions over a number of minutes. The following tests will help you test for muscular endurance.

Rating	Males (age in years)					Females (age in years)				
	15-19	20-29	30-39	40-49	50-59	15-19	20-29	30-39	40-49	50-59
Excellent	>39	>36	>30	>22	>21	>33	>30	>27	>24	>21
Good	29-38	29-35	22-29	17-21	13-20	25-32	21-29	20-26	15-23	11-20
Average	23-28	22-28	17-21	13-16	10-12	18-24	15-20	13-19	11-14	7-10
Fair	18-22	17-21	12-16	10-12	7-9	12-17	10-14	8-12	5-10	2-6
Poor	<17	<16	<11	<9	<6	<11	<9	<7	<4	<1

Table 6.7 Norms for the press-up test

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6.1

Rating	Males (age in years)					Females (age in years)				
	18-25	26-35	36-45	46-55	56-65	18-25	26-35	36-45	46-55	56-65
Excellent	>39	>36	>30	>22	>21	>33	>30	>27	>24	>21
Good	29-38	29-35	22-29	17-21	13-20	25-32	21-29	20-26	15-23	11-20
Average	23-28	22-28	17-21	13-16	10-12	18-24	15-20	13-19	11-14	7-10
Fair	18-22	17-21	12-16	10-12	7-9	12-17	10-14	8-12	5-10	2-6
Poor	<17	<16	<11	<9	<6	<11	<9	<7	<4	<1