

Boys Ages 9-12

West Virginia Fitness Assessment Performance Standards



Aerobic Capacity

Age	One Mile Run (min:sec) HFZ	One Mile Run (min:sec) NatL.	One Mile Run (min:sec) Pres.	20 Meter PACER (# of laps) HFZ	20 Meter PACER (# of laps) NatL.	20 Meter PACER (# of laps) Pres.
9	≤ 12:00	≤ 10:30	≤ 8:31	≥ 14	≥ 23	≥ 47
10	≤ 11:30	≤ 9:48	≤ 7:57	≥ 17	≥ 26	≥ 55
11	≤ 11:00	≤ 9:20	≤ 7:32	≥ 20	≥ 31	≥ 60
12	≤ 10:30	≤ 8:40	≤ 7:11	≥ 23	≥ 37	≥ 65

Core Strength

Age	Plank (sec) HFZ	Plank (sec) NatL.	Plank (sec) Pres.
9	≥ 30	≥ 63	≥ 109
10	≥ 35	≥ 65	≥ 119
11	≥ 40	≥ 71	≥ 119
12	≥ 45	≥ 71	≥ 127

Upper Body Strength

Age	Plank (sec) HFZ	Plank (sec) NatL.	Plank (sec) Pres.
9	≥ 6	≥ 12	≥ 18
10	≥ 7	≥ 14	≥ 22
11	≥ 8	≥ 15	≥ 27
12	≥ 10	≥ 18	≥ 31

Flexibility

Age	TrunkLift (Inches) HFZ	Sit and Reach (Inches) HFZ	Shoulder Stretch HFZ
9	6 - 12	≥ 8	Y*
10	9 - 12	≥ 8	Y*
11	9 - 12	≥ 8	Y*
12	9 - 12	≥ 8	Y*

Body Composition

Age	Body Mass Index HFZ	Percent Body Fat HFZ
9	14.2 - 18.9	8.7 - 20.6
10	14.5 - 19.7	8.9 - 22.4
11	14.9 - 20.5	8.8 - 23.6
12	15.3 - 21.3	8.4 - 23.6

The Healthy Fitness Zone (HFZ) - is age and gender specific, recognizing developmental differences. Students who meet the HFZ standards are considered to have fitness levels associated with reduced risk of chronic diseases related to sedentary lifestyles.

The Presidential Physical Fitness Test - provides students with clear, age-appropriate benchmarks that encourage them to build strength, endurance, and healthy habits while striving for personal improvement. Students must meet benchmarks in all three categories (Aerobic Capacity, Core Strength and Upper Body Strength) to earn the National Physical Fitness Award (NatL.) or Presidential Physical Fitness Award (Pres.).

≥ The score is greater than or equal to the indicated value.

≤ The score is less than or equal to the indicated value.

* Touching fingertips together behind the back on both right and left sides.

Girls Ages 9-12

West Virginia Fitness Assessment Performance Standards



Aerobic Capacity

Age	One Mile Run (min:sec) HFZ	One Mile Run (min:sec) NatL.	One Mile Run (min:sec) Pres.	20 Meter PACER (# of laps) HFZ	20 Meter PACER (# of laps) NatL.	20 Meter PACER (# of laps) Pres.
9	≤ 12:00	≤11:52	≤ 9:30	≥ 14	≥ 18	≥ 35
10	≤ 11:30	≤11:22	≤ 9:19	≥ 17	≥ 21	≥ 41
11	≤ 11:20	≤11:17	≤ 9:02	≥ 20	≥ 24	≥ 46
12	≤ 11:10	≤11:05	≤ 8:23	≥ 23	≥ 26	≥ 49

Core Strength

Age	Plank (sec) HFZ	Plank (sec) NatL.	Plank (sec) Pres.
9	≥ 30	≥ 66	≥ 105
10	≥ 35	≥ 66	≥ 105
11	≥ 40	≥ 67	≥ 105
12	≥ 45	≥ 69	≥ 127

Upper Body Strength

Age	Plank (sec) HFZ	Plank (sec) NatL.	Plank (sec) Pres.
9	≥ 6	≥ 12	≥ 18
10	≥ 7	≥ 13	≥ 20
11	≥ 7	≥ 13	≥ 20
12	≥ 7	≥ 13	≥ 20

Flexibility

Age	TrunkLift (Inches) HFZ	Sit and Reach (Inches) HFZ	Shoulder Stretch HFZ
9	6 - 12	9	Y*
10	9 - 12	9	Y*
11	9 - 12	10	Y*
12	9 - 12	10	Y*

Body Composition

Age	Body Mass Index HFZ	Percent Body Fat HFZ
9	14.0 - 19.4	11.0 - 22.6
10	14.3 - 20.3	11.6 - 24.3
11	14.7 - 21.2	12.2 - 25.7
12	15.2 - 22.1	12.7 - 26.7

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Boys Ages 11-14

West Virginia Fitness Assessment Performance Standards



Aerobic Capacity

Age	One Mile Run (min:sec) HFZ	One Mile Run (min:sec) NatL.	One Mile Run (min:sec) Pres.	20 Meter PACER (# of laps) HFZ	20 Meter PACER (# of laps) NatL.	20 Meter PACER (# of laps) Pres.
11	≤11:00	≤ 9:20	≤ 7:32	≥ 20	≥ 31	≥ 60
12	≤10:30	≤ 8:40	≤ 7:11	≥ 23	≥ 37	≥ 65
13	≤10:00	≤ 8:06	≤ 6:50	≥ 29	≥ 42	≥ 70
14	≤9:30	≤ 7:44	≤ 6:26	≥ 36	≥ 44	≥ 75

Core Strength

Age	Plank (sec) HFZ	Plank (sec) NatL.	Plank (sec) Pres.
11	≥ 40	≥ 71	≥ 119
12	≥ 45	≥ 71	≥ 127
13	≥ 50	≥ 83	≥ 134
14	≥ 55	≥ 90	≥ 134

Upper Body Strength

Age	Plank (sec) HFZ	Plank (sec) NatL.	Plank (sec) Pres.
11	≥ 8	≥ 15	≥ 27
12	≥ 10	≥ 18	≥ 32
13	≥ 12	≥ 24	≥ 39
14	≥ 14	≥ 24	≥ 40

Flexibility

Age	TrunkLift (Inches) HFZ	Sit and Reach (Inches) HFZ	Shoulder Stretch HFZ
11	9 - 12	8	Y*
12	9 - 12	8	Y*
13	9 - 12	8	Y*
14	9 - 12	8	Y*

Body Composition

Age	Body Mass Index HFZ	Percent Body Fat HFZ
11	14.9 - 20.5	8.8 - 23.6
12	15.3 - 21.3	8.4 - 23.6
13	15.8 - 22.2	7.8 - 22.8
14	16.4 - 23.0	7.1 - 21.3

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Girls Ages 11-14

West Virginia Fitness Assessment Performance Standards



Aerobic Capacity

Age	One Mile Run (min:sec) HFZ	One Mile Run (min:sec) NatL.	One Mile Run (min:sec) Pres.	20 Meter PACER (# of laps) HFZ	20 Meter PACER (# of laps) NatL.	20 Meter PACER (# of laps) Pres.
11	≤ 11:20	≤ 11:17	≤ 9:02	≥ 20	≥ 24	≥ 46
12	≤ 11:10	≤ 11:05	≤ 8:23	≥ 23	≥ 26	≥ 49
13	≤ 10:30	≤ 10:23	≤ 8:13	≥ 25	≥ 26	≥ 50
14	≤ 10:20	≤ 10:06	≤ 7:59	≥ 27	≥ 27	≥ 50

Core Strength

Age	Plank (sec) HFZ	Plank (sec) NatL.	Plank (sec) Pres.
11	≥ 40	≥ 67	≥ 105
12	≥ 45	≥ 69	≥ 127
13	≥ 45	≥ 69	≥ 127
14	≥ 45	≥ 79	≥ 134

Upper Body Strength

Age	Plank (sec) HFZ	Plank (sec) NatL.	Plank (sec) Pres.
11	≥ 7	≥ 13	≥ 20
12	≥ 7	≥ 13	≥ 20
13	≥ 7	≥ 13	≥ 21
14	≥ 7	≥ 13	≥ 21

Flexibility

Age	Trunk Lift (Inches) HFZ	Sit and Reach (Inches) HFZ	Shoulder Stretch HFZ
11	9 - 12	10	Y*
12	9 - 12	10	Y*
13	9 - 12	10	Y*
14	9 - 12	10	Y*

Body Composition

Age	Body Mass Index HFZ	Percent Body Fat HFZ
11	14.7 - 21.2	12.2 - 25.7
12	15.2 - 22.1	12.7 - 26.7
13	15.7 - 22.9	13.4 - 27.7
14	16.2 - 23.6	14.0 - 28.5

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Boys Ages 14-17+

West Virginia Fitness Assessment Performance Standards



Aerobic Capacity

Age	One Mile Run (min:sec) HFZ	One Mile Run (min:sec) Natl.	One Mile Run (min:sec) Pres.	20 Meter PACER (# of laps) HFZ	20 Meter PACER (# of laps) Natl.	20 Meter PACER (# of laps) Pres.
14	≤ 9:30	≤ 7:44	≤ 6:26	≥ 36	≥ 44	≥ 75
15	≤ 9:00	≤ 7:30	≤ 6:20	≥ 42	≥ 46	≥ 81
16	≤ 8:30	≤ 7:10	≤ 6:08	≥ 47	≥ 48	≥ 84
17+	≤ 8:30	≤ 7:04	≤ 6:06	≥ 50	≥ 50	≥ 84

Core Strength

Age	Plank (sec) HFZ	Plank (sec) Natl.	Plank (sec) Pres.
14	≥ 55	≥ 90	≥ 134
15	≥ 60	≥ 98	≥ 156
16	≥ 60	≥ 98	≥ 156
17+	≥ 60	≥ 98	≥ 156

Upper Body Strength

Age	Plank (sec) HFZ	Plank (sec) Natl.	Plank (sec) Pres.
14	≥ 14	≥ 24	≥ 40
15	≥ 16	≥ 30	≥ 42
16	≥ 18	≥ 30	≥ 44
17+	≥ 18	≥ 37	≥ 53

Flexibility

Age	Trunk Lift (Inches) HFZ	Sit and Reach (Inches) HFZ	Shoulder Stretch HFZ
14	9 - 12	8	Y*
15	9 - 12	8	Y*
16	9 - 12	8	Y*
17+	9 - 12	8	Y*

Body Composition

Age	Body Mass Index HFZ	Percent Body Fat HFZ
14	16.4 - 23.0	7.1 - 21.3
15	16.9 - 23.7	6.6 - 20.1
16	17.5 - 24.5	6.5 - 20.1
17+	18.1 - 24.9	6.7 - 20.9

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Girls Ages 14-17+

West Virginia Fitness Assessment Performance Standards



Aerobic Capacity

Age	One Mile Run (min:sec) HFZ	One Mile Run (min:sec) Natl.	One Mile Run (min:sec) Pres.	20 Meter PACER (# of laps) HFZ	20 Meter PACER (# of laps) Natl.	20 Meter PACER (# of laps) Pres.
14	≤ 10:20	≤ 10:06	≤ 7:59	≥ 27	≥ 27	≥ 50
15	≤ 10:10	≤ 9:58	≤ 7:59	≥ 30	≥ 28	≥ 50
16	≤ 10:00	≤ 9:58	≤ 7:59	≥ 32	≥ 28	≥ 50
17+	≤ 10:00	≤ 9:58	≤ 7:59	≥ 35	≥ 28	≥ 50

Core Strength

Age	Plank (sec) HFZ	Plank (sec) Natl.	Plank (sec) Pres.
14	≥ 45	≥ 79	≥ 134
15	≥ 50	≥ 79	≥ 145
16	≥ 50	≥ 79	≥ 145
17+	≥ 50	≥ 79	≥ 145

Upper Body Strength

Age	Plank (sec) HFZ	Plank (sec) Natl.	Plank (sec) Pres.
14	≥ 7	≥ 13	≥ 21
15	≥ 7	≥ 15	≥ 21
16	≥ 7	≥ 15	≥ 24
17+	≥ 7	≥ 16	≥ 25

Flexibility

Age	TrunkLift (Inches) HFZ	Sit and Reach (Inches) HFZ	Shoulder Stretch HFZ
14	9 - 12	10	Y*
15	9 - 12	12	Y*
16	9 - 12	12	Y*
17+	9 - 12	12	Y*

Body Composition

Age	Body Mass Index HFZ	Percent Body Fat HFZ
14	16.2 - 23.6	14.0 - 28.5
15	16.7 - 24.3	14.6 - 29.1
16	17.1 - 24.8	15.3 - 29.7
17+	17.5 - 24.9	15.9 - 30.4

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