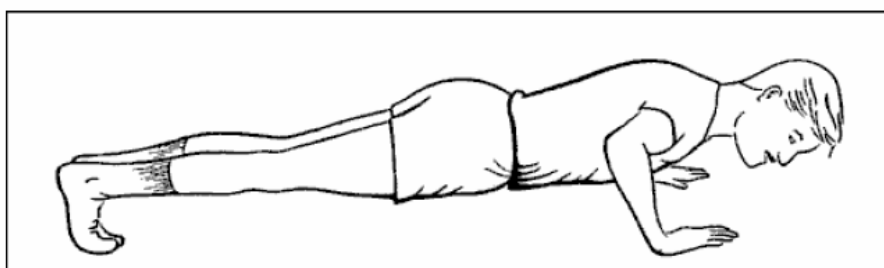


NOAA Working Diver
Minimum Physical Fitness Requirement

All fields must be completed including names and signatures!

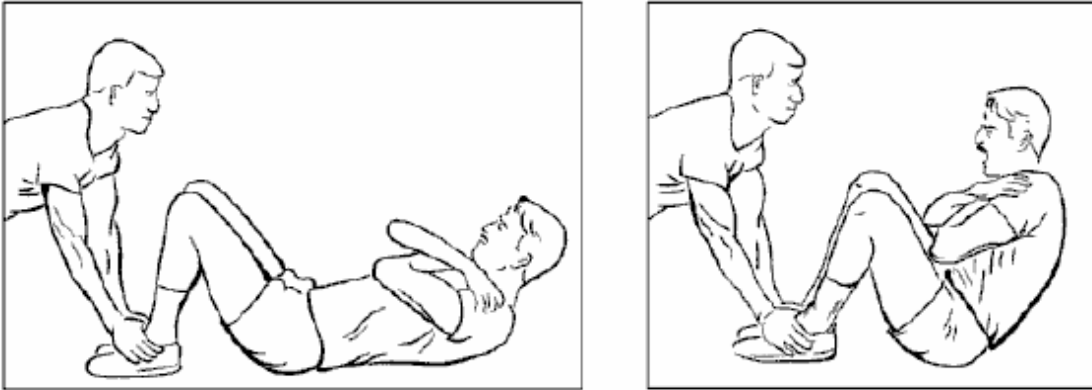
Age	Pushups, male, 2 min	Pushups, female, 2 min	Sit-ups, both, 2 min.
Up to 25	37	16	45
26-30	32	13	40
31-40	25	9	34
41-50	20	6	27
51+	10	4	25

All repetitions for each exercise (pushups and sit-ups) must be performed in a 2 minute timed period with a short break (if necessary) between them.



Push-ups

- (1) Push-ups shall be performed on a firm or suitably padded, level surface. Shoes are optional.
- (2) Push-ups shall be performed as follows:
 - (a) Participant shall begin in "front-leaning rest" position, palms of hands placed on floor directly beneath or slightly wider than shoulders. Both feet together on floor.
 - (b) Back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. Toes and palms of hands shall remain in contact with floor. Feet shall not contact a wall or other vertical support surface.
 - (c) Timer shall signal start for participants and calls out 15-second time intervals until two minutes have elapsed.
 - (d) Participants shall lower entire body as a single unit by bending elbows until upper arms, shoulders, and lower back are aligned and parallel to deck.
 - (e) Participants shall return to starting position by extending elbows, raising body as a single unit until arms are straight.
 - (f) Participants may rest only in up position while maintaining arms, back, buttocks, and legs in straight position.
- (3) Push-ups are repeated correctly as many times as possible in two minutes. Test Administrator will monitor participants for correct form and counts correctly performed push-ups. Incorrect push-ups shall not be counted. Results for event ended in less than two minutes shall be number of push-ups properly performed at time of termination.
- (4) Event is ended if participant:
 - (a) Touches deck with any part of body except hands and feet.
 - (b) Raises one or both feet or hands off deck or ground.
 - (c) Fails to maintain back, buttocks, and legs straight from head to heels.



Curl-ups

- (1) Event shall be conducted with partner on a level surface on a blanket, mat, or other suitable padding. Shoes are optional.
- (2) Curl-ups are conducted as follows:
 - (a) Participants shall start by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with hands touching upper chest or shoulders.
 - (b) Feet shall be held to floor only by partner's hands.
 - (c) Timer shall signal start for participants and call out 15-second time intervals until two minutes have elapsed.
 - (d) Participants curls body up, touching elbows to thighs while keeping hands in contact with chest or shoulders.
 - (e) After touching elbows to thighs, participants lie back, touching lower edge of shoulder blades to deck.
 - (f) Participants may rest in either up or down position.
- (3) Curl-ups are repeated correctly as many times as possible in 2 minutes. Test Administrator monitors participants for correct form and counts number of correctly performed curl-ups. Incorrectly performed curl-ups shall not be counted. Results for event ended in less than two minutes shall be the number of curl-ups properly completed at time of termination.
- (4) Event is ended if participant:
 - (a) Lowers legs
 - (b) Raises feet off ground or floor
 - (c) Lifts buttocks off ground or floor
 - (d) Fails to keep arms folded across and touching chest.
 - (e) Fails to keep hands in contact with chest or shoulders.

Applicants Printed Name/Unit	Push-up Results	Curl-up Results	Age

Printed Name of Test Administrator _____ Date _____

Test Administrator's Signature _____