

Physical Fitness Scoring

Physical Fitness Test

The scoring for the individual events in the physical fitness test are based off an optimal score and the breakdown is as follows:

2 Mile Run: 12:00 perfect score of 100

Push Ups: 50 repetitions for a perfect score of 100

Plank: 6:00 perfect score of 100

Pull Ups: 20 repetitions for a perfect score of 100

The scoring breakdown for the individual components of the physical fitness test will be configured in the following way.

2 Mile Run

<u>Time</u>	<u>Points</u>	<u>Time</u>	<u>Points</u>
<=12:00	100	15:00-15:30	65
12:00-12:30	95	15:30-16:00	60
12:30-13:00	90	16:00-16:30	55
13:00-13:30	85	16:30-17:00	50
13:30-14:00	80	17:00-17:30	45
14:00-14:30	75	17:30-18:00	40
14:30-15:00	70	18:00 <	0

Continuing to 18:00, any recruit who fails to complete the run in under 18 minutes will receive zero points

Push Ups

The push-ups are completed to the beat of a metronome set at a pace of 80 BPM.

<u>Repetition</u>	<u>Points</u>
50	100
49	99
48	98
47	97
46	96
45	95

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Scoring continues in the same manner until the minimum score of 25 which would equal 75 points. If a recruit fails to attain 25 repetitions, they will receive zero points for this element of the test.

Plank

Elbows shall be inline with the shoulder with the upper arm 90 degrees and perpendicular to the ground. The plank shall be held in a parallel line. No shifting of the elbows or any other body parts is allowed. 2 minutes is the minimum score = 40 pts. 1/4 pts will be awarded for every second after for a maximum score of 100 at 6 minutes

<u>TIME</u>	<u>Score</u>
2:00 Minutes	40
3:00 Minutes	55
4:00 Minutes	70
5:00 Minutes	85
6:00 Minutes	100

Pull Ups

<u>Repetitions</u>	<u>Score</u>
20	100
19	95
18	90
17	85
16	80
15	75

Scoring continues in the same manner until the minimum score of 1 which would equal 5 points. If a recruit fails to attain 1 pull up, they will receive zero points for this element of the test.

Work Capacity Course

Scoring will be based on a time standard similar to the PT test.

<u>Time</u>	<u>Score</u>
<4:00	100

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<u>Time</u>	<u>Score</u>	<u>Time</u>	<u>Score</u>
4:00-4:10	95	6:00-6:10	45
4:10-4:20	90	6:10-6:20	40
4:20-4:30	85	6:20-6:30	35
4:30-4:40	80	6:30-6:40	30
4:40-4:50	75	6:40-6:50	25
4:50-5:00	70	6:50-7:00	20
5:10-5:20	65	7:00-7:10	15
5:30-5:40	60	7:10-7:20	10
5:40-5:50	55	7:20-7:30	5
5:50-6:00	50	7:30+	0

The logo features a stylized fire flame in red and grey, with the text 'SOUTH KING COUNTY' arched above it and 'FIRE TRAINING CONSORTIUM' in large, bold, grey letters below it.

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