

2003 Physical Fitness Data

Gr	Sex	Category	Not Tested	Tested	> HFR	% > HFR
05	F	AERO	1,418	31,498	19,869	63.08%
		ABDO	1,010	31,821	23,285	73.17%
		FLEX	965	31,895	22,083	69.24%
		UPPER	1,195	31,548	18,810	59.62%
	M	AERO	1,455	33,237	20,432	61.47%
		ABDO	1,206	33,340	23,483	70.43%
		FLEX	1,190	33,360	21,406	64.17%
		UPPER	1,275	33,190	21,436	64.59%
09	F	AERO	3,892	25,626	14,880	58.07%
		ABDO	3,358	26,161	18,275	69.86%
		FLEX	3,345	26,065	18,908	72.54%
		UPPER	3,576	25,947	16,588	63.93%
	M	AERO	3,316	27,984	18,044	64.48%
		ABDO	2,933	28,270	20,232	71.57%
		FLEX	3,218	28,165	18,414	65.38%
		UPPER	3,175	28,134	19,431	69.07%

Gr	Category	Not Tested	Tested	> HFR	% > HFR
5	AERO	2,873	64,735	40,301	62.26%
	ABDO	2,216	65,161	46,768	71.77%
	FLEX	2,155	65,255	43,489	66.64%
	UPPER	2,470	64,738	40,246	62.17%
9	AERO	7,208	53,610	32,924	61.41%
	ABDO	6,291	54,431	38,507	70.74%
	FLEX	6,563	54,230	37,322	68.82%
	UPPER	6,751	54,081	36,019	66.60%

Gr	Class Size	Mins/Week	% in PE
05	21.81	80.94	
09	22.59		83.07%