

**CADET FITNESS ASSESSMENT INCENTIVE LEVEL STANDARDS – FEMALE**

	<b>20-m Shuttle Run Test</b>				<b>Curl-Up (no. completed)</b>				<b>Push-Up (no. completed)</b>			
<b>Age</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Exc.</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Exc.</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Exc.</b>
12	15–22	23–31	32–40	41 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
13	23–31	32–40	41–50	51 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
14	23–31	32–40	41–50	51 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
15	32–37	38–43	44–50	51 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
16	32–40	41–50	51–60	61 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
17	41–46	47–53	54–60	61 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
18	41–50	51–60	61–71	72 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
	<b>Trunk Lift (in cm)</b>				<b>Back Saver Sit and Reach (in cm)</b>				<b>Shoulder Stretch</b>			
<b>Age</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Exc.</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Exc.</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Exc.</b>
12	23	25	28	30	25	25	25	25	Cadets must be able to touch their fingertips together behind their back on both the right and left sides.			
13	23	25	28	30	25	25	25	25				
14	23	25	28	30	25	25	25	25				
15	23	25	28	30	30	30	30	30				
16	23	25	28	30	30	30	30	30				
17	23	25	28	30	30	30	30	30				
18	23	25	28	30	30	30	30	30				

Figure B2-1 Cadet Fitness Assessment Incentive Level Standards – Female

*Note.* Created by Director Cadets 3, 2009, Ottawa, ON: Department of National Defence. [Based on *FITNESSGRAM* Standards for Healthy Fitness Zone (HFZ).]

**NORMES DES NIVEAUX DU VOLET « MOTIVATION » DU PROGRAMME D'ÉVALUATION DE LA CONDITION PHYSIQUE DES CADETS – FILLES**

Âge	Le test de course navette de 20 m				Demi-redressement assis (nombre de redressements effectués)				Pompes (nombre de pompes effectuées)			
	Bronze	Argent	Or	Exc.	Bronze	Argent	Or	Exc.	Bronze	Argent	Or	Exc.
12	15–22	23–31	32–40	41 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
13	23–31	32–40	41–50	51 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
14	23–31	32–40	41–50	51 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
15	32–37	38–43	44–50	51 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
16	32–40	41–50	51–60	61 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
17	41–46	47–53	54–60	61 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
18	41–50	51–60	61–71	72 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
Âge	Élévation du tronc (en cm)				Flexion du tronc vers l'avant (en cm)				Étirement de la coiffe des rotateurs de l'épaule			
	Bronze	Argent	Or	Exc.	Bronze	Argent	Or	Exc.	Bronze	Argent	Or	Exc.
12	23	25	28	30	25	25	25	25	Les cadets doivent être en mesure de joindre le bout des doigts derrière leur dos et ce, des deux côtés.			
13	23	25	28	30	25	25	25	25				
14	23	25	28	30	25	25	25	25				
15	23	25	28	30	30	30	30	30				
16	23	25	28	30	30	30	30	30				
17	23	25	28	30	30	30	30	30				
18	23	25	28	30	30	30	30	30				

Figure B2-1 Normes des niveaux du volet « motivation » du Programme d'évaluation de la condition physique des cadets – Filles

Remarque : Créé par le Directeur Cadets 3, 2009, Ottawa, Ont. Ministère de la Défense nationale. [Basé sur la zone de bonne condition physique (ZBCP) du *FITNESSGRAM*.]