

Standards for monthly Coast Guard MAW Program Fitness Assessment

As motivation to adopt a regular work-out program and a means, other than scale weight, for members to monitor their individual fitness progress, members placed on the weight program for exceeding their MAW will be subjected to a monthly mandatory fitness assessment until MAW standards are met.

If the fitness assessment standards are met, but the member is still not in compliance with MAW, the member's weekly fitness activities will no longer need to be monitored. However, the member will still be responsible for complying with MAW standards in the time designated by COMDTINST M1020.8E and will still be required to complete the fitness assessment on a monthly basis until the weight is lost. If during their probationary period the member comes into compliance with their MAW, but is still unable to meet the fitness assessment standards they will be removed from the weight program, and monthly testing as well as mandatory fitness activities will no longer be required.

These fitness assessment standards were taken from a level considered "desirable" in the Personal Wellness Profile (PWP) Fitness Assessment that the Coast Guard Health Promotion Program uses as their Health Risk Appraisal. Higher and lower levels of performance can be obtained by contacting your Regional Health Promotion Manager at your Integrated Support Command's Work-Life Office. The standards for the alternate 12 minute swim test were adapted from Coast Guard Boat Crew standards derived from Cooper Institute studies.

Men

Fitness Assessment	<20 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60-69 years
Wellsorce 1.5 mile Run (minutes)	8:42 - 9:01	9:12 – 10:50	11:06 – 11:38	12:33 – 13:36	14:00 – 15:19	18:14 – 19:42
Wellsorce Push-Ups (#)	27 - < 35	27 - < 34	21 - < 27	16 - < 21	11 - < 17	10 - < 16
Wellsorce Sit-ups (#)	41 - < 46	36 - < 41	30 - < 34	25 - < 30	21 - < 25	15 - < 21
Wellsorce Abdominal Curl-ups (#) *	53 - <60	46 - <54	39 -<45	33 - <39	28 -<33	21 - <29
Wellsorce One Mile Walk (VO2 ml/kg/min) *	57- <59	48- <56	45- <47	39- <42	35- <38	28- <30
Coast Guard 12-minute Swim (yards) *	500	500	450	400	350	300

Women

Fitness Assessment	<20 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60-69 years
Wellsorce 1.5 mile Run (minutes)	12:33 – 13:36	13:37 – 14:24	14:25 – 16:22	15:50 – 17:33	18:57 – 20:32	22:28 – 24:45
Wellsorce Push-Ups (#)	23 - < 31	20 - < 26	17 - < 24	14 - < 22	10 - < 17	10 - < 15
Wellsorce Sit-ups (#)	35 - < 40	29 - < 34	23 - < 27	18 - < 23	11 - < 17	10 - < 15
Wellsorce Abdominal Curl-ups (#) *	45 - <53	39 - < 45	30 - <36	25 - <31	15 - <24	15 - <20
Wellsorce One Mile Walk (VO2 ml/kg/min)	39- <42	37- <39	33- <37	31- <34	27- <29	23- <25

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Coast Guard 12-minute Swim (yards) *	400	400	350	300	250	200

Men

Fitness Assessment	18-25 years	26-35 years	36-45 years	46-55 years	56-65 years	>65 years
YMCA Bench Press Test (#) *	25	22	20	14	10	8

Women

Fitness Assessment	18-25 years	26-35 years	36-45 years	46-55 years	56-65 years	>65 years
YMCA Bench Press Test (#) *	22	20	17	13	12	9

* Denotes alternate fitness assessment

VO2 Calculation Sheet for One Mile Walk

Not all tests of cardiorespiratory fitness can be measured directly by time as with the 1.5 mile run. As a result, a measurement called VO2 max must be calculated to get an estimate of the member's cardiorespiratory ability. The VO2 max, also known as the maximal oxygen consumption is the highest rate of oxygen consumption an individual is capable of during maximum physical effort. It is a reflection of the body's ability to transport and use oxygen and is measured in milliliters of oxygen used per minute per kilogram of body weight. The participant's maximal VO2 can be predicted using the following formula:

To calculate time to nearest second (for formula below): = Divide walk seconds time by 60 (Ex. a time of 14 minutes and 45 seconds would be 14 (mins) + (45/60), or 14.75 minutes)

_____ (seconds time) / 60 = _____ + Minutes Time = _____ Time to nearest second

Calculate VO2:

Start Calculation Here: (132.853)

- 1) Weight Factor: 0.0769 x _____ (WT in lbs.) - ()
- 2) Age Factor: 0.3877 x _____ (AGE measured to the last year) - ()
- 3) Gender Factor: 6.3150 x _____ (1 = male, 0 = female) + ()
- 4) Time Factor: 3.2649 x _____ (Walk Time to nearest second) - ()
- 5) Heart Rate Factor: _____ (10 sec heart rate) x 6 = _____ beats per min.
0.1565 x _____ (beats per min) - ()

VO2 max = _____