

Students of higher education (18-20 years old)

(except military educational units of higher educational institutions)

№	Types of tests	Gender	Standards, points			
			5	4	3	2
1	Uniform running 3000 m, min., 2000 m, min.	m	13,0	13,3	14,2	15,3
		f	10,3	11,15	11,5	12,3
2	Pull-ups on the crossbar, times, or long jump from a standstill, cm	m	14	12	11	10
			260	240	235	205
	Flexion and extension of the arms in the prone position, times, or a long jump from a standstill, cm	f	25	21	18	15
			210	200	185	165
3	Running 100 m, s	m	13,2	14,0	14,3	15,0
		f	14,8	15,5	16,3	17,0
4	Shuttle run 4 x 9 m, s	m	9,0	9,6	10,0	10,4
		f	10,4	10,8	11,3	11,6
5	Forward bend of the body from a sitting position, cm	m	13	11	9	6
		f	20	18	16	9