

# East Lake Tarpon Special Fire Control District



## *SOP 307.1 Test Evaluation Report*

**Implementation  
Date: 11/2000**

**Revision Date(s): 08/26/2014**

**Reviewed Date(s):**

**Forms or Attachments: None**

Name: \_\_\_\_\_

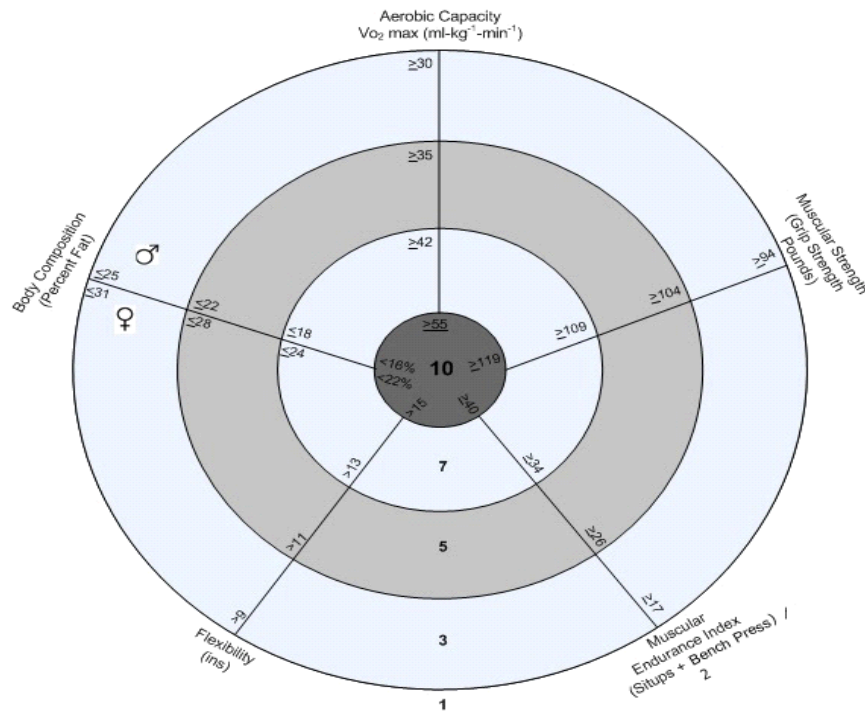


Table 1: Fitness Constructs		A Raw Score	B Ring Value	C X	D Points
Aerobic Capacity				2.5	0
Muscular Strength				2.0	0
Bench Press					
+ Sit-ups	÷ 2				
=					
Muscular Endurance		0.00		2.0	0
Body Composition				2.0	0
Flexibility				1.5	0
Total On - Target Score to a maximum of 45 repetitions					0

How to compute your On-Target Score

Step 1: Enter your raw score in Table 1, Column "A"

Step 2: Determine the ring value corresponding to your raw score and enter in column "B"

Step 3: Multiply the ring value by the X factor in column "C" and enter the result in the box under Column "D"

Step 4: Sum the scores and compare the values to the point range and award category criteria displayed in table 2

Table 2: Fitness Classifications

Point Range	Appraisal Rating	Local 1158 Award Category
≥ 85	3	\$500
80 - 84.9	3	\$250
60 - 79	2	N/A
40 - 59	2	N/A
15 - 39	1	N/A
< 15	1	N/A