

Performance Scales for the Half Mile Jog

Test Description:

- This test will be completed in arm pit deep water.
- Jogging will be done in an upright position and movement will be forward. Arms must remain under the water and used to help with forward movement by the student.
- The side of the pool must be touched at the completion of each length with NO push off allowed by either the hands or feet.
- The test will be completed at the end of 33 lengths of the pool.

Females	Percentage	Males
0-14:50	100	0-14:00
14:51-15:20	98.3	14:01-14:20
15:21-15:40	96.7	14:21-14:40
15:41-16:00	95.0	14:41-15:00
16:00-16:20	93.3	15:01-15:20
16:21-16:40	91.7	15:21-15:40
16:41-17:00	90.0	15:41-16:00
17:01-17:20	88.3	16:01-16:20
17:21-17:40	86.7	16:21-16:40
17:41-18:00	85.0	16:41-17:00
18:01-18:20	83.3	17:01-17:20
18:21-18:40	81.7	17:21-17:40
18:41-19:00	80.0	17:41-18:00
19:01-19:20	78.3	18:01-18:20
19:21-19:40	76.7	18:21-18:40
19:41-20:00	75.0	18:41-19:00
20:01-20:20	73.3	19:01-19:20
20:21-20:40	71.7	19:21-19:40
20:41-21:00	70.0	19:41-20:00
21:01-21:20	68.3	20:01-20:20
21:21-21:40	66.7	20:21-20:40
21:41-22:00	65.0	20:41-21:00
22:01-22:20	63.3	21:01-21:20
22:21-22:40	51.7	21:21-21:40
22:41-23:00	60.0	21:41-22:00
23:01-23:20	58.3	22:01-22:20
23:21-23:40	56.7	22:21-22:40
23:41-24:00	55.0	22:41-23:00
24:01-24:20	53.3	23:01-23:20
24:21-24:40	51.7	23:21-23:40
24:41-25:00	50.0	23:41-24:00
<i>*Source: Department of Health and Exercise Studies, NC State University 2011</i>		