

PAPS: 5 Health Factors (12 elective methods)

<Cardiopulmonary Evaluation>

- ① Shuttle-run (PACER)
- ② Distance runs or walks
- ③ Step tests

<Flexibility>

- ④ Sit-and-reach
- ⑤ Whole body flexibility

<Muscular Strength and Endurance>

- ⑥ Push-ups
- ⑦ Sit-up
- ⑧ Grip strength

<Quickness>

- ⑨ 50m run
- ⑩ Standing long jumping

<Body Composition>

- ⑪ Body Mass Index
- ⑫ %Fat

[PACER] (unit: repetition) *4th~6th: 15m, 7th~12th: 20m

Male

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
4th	19~25	26~44	45~68	69~95	96~103
5th	22~28	29~49	50~72	73~99	100~107
6th	22~31	32~53	54~77	78~103	104~112
7th	15~19	20~35	36~49	50~63	64~73
8th	15~21	22~37	38~51	52~65	66~75
9th	16~23	24~39	40~53	54~67	68~79
10th	16~25	26~41	42~55	56~69	70~80
11th	16~27	28~43	44~57	58~71	72~81
12th	18~29	30~45	46~59	60~73	74~82

Female

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
4th	16~20	21~39	40~56	57~76	77~100
5th	18~22	23~44	45~62	63~84	85~104
6th	20~24	25~49	50~68	69~92	93~112
7th	10~13	14~18	19~24	25~34	35~70
8th	10~14	15~20	21~28	29~39	40~75
9th	12~15	16~22	23~32	33~44	45~80
10th	13~16	17~24	25~36	37~49	50~85
11th	14~17	18~26	27~40	41~54	55~90
12th	14~17	18~26	27~40	41~54	55~90

[Distance runs or walks] (unit: sec)

*5th~6th: 1000m, Female: 1200m, Male: 1600m

Male

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
5th	480~640	410~479	325~409	282~324	268~281
6th	450~587	380~449	315~379	251~314	243~250
7th	700~791	600~699	503~599	426~502	400~425
8th	680~774	584~679	488~583	417~487	380~416
9th	660~761	568~659	473~567	408~472	370~407

10th	640~755	552~639	458~551	399~457	370~398
11th	620~721	536~619	443~535	390~442	370~389
12th	600~701	520~599	428~519	381~427	362~380

Female

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
5th	502~640	442~501	360~441	300~359	268~299
6th	480~587	430~479	354~429	300~353	243~299
7th	609~661	518~608	443~517	380~442	355~379
8th	609~661	518~608	443~517	380~442	355~379
9th	609~661	518~608	443~517	380~442	355~379
10th	609~661	518~608	443~517	380~442	365~379
11th	609~661	518~608	443~517	380~442	365~379
12th	609~661	518~608	443~517	380~442	365~379

[Step test] (unit: PEI)

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
전 학년	44.0~46.9	47.0~51.9	52.0~61.9	62.0~75.9	76.0~95.0

[Whole body flexibility] (unit: score)

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
All Grades	<4	5	6	7	8

[Sit-and-reach] (unit: cm)

Male

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
5th	-5.1~-4.1	-4.0~0.9	1.0~4.9	5.0~7.9	8.0~18.0
6th	~5.1~-4.1	-4.0~0.9	1.0~4.9	5.0~7.9	8.0~18.0
7th	-5.1~-4.1	-4.0~1.9	2.0~5.9	6.0~9.9	10.0~25.0
8th	-5.1~-4.1	-4.0~1.9	2.0~6.9	7.0~9.9	10.0~25.0
9th	-5.1~-3.1	-3.0~2.5	2.6~6.9	7.0~9.9	10.0~25.0
10th	-3.1~-2.1	-2.0~3.9	4.0~8.9	9.0~12.9	13.0~28.0
11th	-3.1~0.0	0.1~4.9	5.0~10.9	11.0~15.9	16.0~28.0
12th	-3.1~0.0	0.1~5.9	6.0~10.9	11.0~15.9	16.0~28.0

Female

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
5th	-0.1~0.9	1.0~4.9	5.0~6.9	7.0~9.9	10.0~22.0
6th	-0.1~1.9	2.0~4.9	5.0~9.9	10.0~13.9	14.0~26.0
7th	-0.1~1.9	2.0~7.9	8.0~10.9	11.0~14.9	15.0~28.0
8th	-0.1~1.9	2.0~7.9	8.0~10.9	11.0~14.9	15.0~28.0
9th	-0.1~1.9	2.0~7.9	8.0~10.9	11.0~15.9	16.0~28.0
10th	-0.1~1.9	2.0~7.9	8.0~10.9	11.0~15.9	16.0~28.0

11th	-0.1~4.9	5.0~8.9	9.0~11.9	12.0~16.9	17.0~28.0
12th	-0.1~4.9	5.0~8.9	9.0~11.9	12.0~16.9	17.0~28.0

[Push-ups] (unit: repetitions)

Male

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
7th	0~3	4~11	12~24	25~33	34~41
8th	0~3	4~11	12~24	25~33	34~41
9th	0~3	4~13	14~24	25~33	34~41
10th	2~6	7~15	16~29	30~45	46~50
11th	7~10	11~24	25~41	42~49	50~54
12th	7~16	17~29	30~45	46~55	56~62

Female

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
7th	0~5	6~13	14~23	24~44	45~50
8th	0~5	6~13	14~23	24~39	40~44

9th	0~5	6~13	14~23	24~39	40~44
10th	0~5	6~13	14~23	24~39	40~44
11th	0~8	9~17	18~29	30~39	40~44
12th	0~8	9~17	18~29	30~39	40~44

[Grip strength] (unit: kg)

Male

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
4th	16~20	21~39	40~56	57~76	77~100
5th	18~22	23~44	45~62	63~84	85~104
6th	20~24	25~49	50~68	69~92	93~112
7th	10~13	14~18	19~24	25~34	35~70
8th	10~14	15~20	21~28	29~39	40~75

9th	12~15	16~22	23~32	33~44	45~80
10th	13~16	17~24	25~36	37~49	50~85
11th	14~17	18~26	27~40	41~54	55~90
12th	14~17	18~26	27~40	41~54	55~90

Female

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
4th	16~20	21~39	40~56	57~76	77~100
5th	18~22	23~44	45~62	63~84	85~104
6th	20~24	25~49	50~68	69~92	93~112
7th	10~13	14~18	19~24	25~34	35~70
8th	10~14	15~20	21~28	29~39	40~75
9th	12~15	16~22	23~32	33~44	45~80
10th	13~16	17~24	25~36	37~49	50~85
11th	14~17	18~26	27~40	41~54	55~90
12th	14~17	18~26	27~40	41~54	55~90

[50m run] (unit: sec)

Male

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
4th	13.21~16.01	10.51~13.20	9.71~10.50	8.81~9.70	8.70~8.80
5th	13.21~15.56	10.21~13.20	9.41~10.20	8.51~9.40	8.30~8.50
6th	12.51~15.51	10.01~12.50	9.11~10.00	8.11~9.10	7.77~8.10
7th	11.51~12.51	9.31~11.50	8.41~9.30	7.51~8.40	7.40~7.50
8th	11.51~12.41	9.01~11.50	8.21~9.00	7.31~8.20	7.11~7.30
9th	11.01~12.38	8.51~11.00	7.81~8.50	7.01~7.80	6.80~7.00
10th	10.01~10.74	8.11~10.00	7.61~8.10	7.01~7.60	6.80~7.00
11th	9.51~9.71	7.91~9.50	7.51~7.90	6.71~7.50	6.50~6.70
12th	8.71~9.61	7.91~8.70	7.51~7.90	6.71~7.50	6.40~6.70

Female

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
4th	13.31~18.42	11.01~13.30	10.41~11.00	9.41~10.40	9.30~9.40
5th	13.01~15.91	10.71~13.00	9.91~10.70	8.91~9.90	8.73~8.90
6th	12.91~15.01	10.71~12.90	9.81~10.70	8.91~9.80	8.66~8.90
7th	12.21~13.51	10.51~12.20	9.81~10.50	8.81~9.80	8.60~8.80
8th	12.21~13.51	10.51~12.20	9.81~10.50	8.81~9.80	8.60~8.80
9th	12.21~13.51	10.51~12.20	9.81~10.50	8.81~9.80	8.60~8.80
10th	12.21~13.51	10.51~12.20	9.81~10.50	8.81~9.80	8.60~8.80
11th	12.21~13.51	10.51~12.20	9.51~10.50	8.81~9.50	8.60~8.80

12th	12.21~13.51	10.51~12.20	9.51~10.50	8.81~9.50	8.60~8.80
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[Standing long jumping] (unit: cm)

Male

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
4th	98.2~100	100.1~130	130.1~149	149.1~170	170.1~179.4
5th	105.6~111	111.1~141	141.1~159	159.1~180	180.1~187.4
6th	112.0~122	122.1~148	148.1~167	167.1~200	200.1~204.7
7th	122.9~131	131.1~159	159.1~177	177.1~211	211.1~219.7
8th	129.9~136	136.1~169	169.1~187	187.1~218	218.1~229.3
9th	141.4~145	145.1~180	180.1~201	201.1~238	238.1~244.0
10th	139.9~160	160.1~195	195.1~216	216.1~255	255.1~260.2
11th	162.9~177	177.1~212	212.1~228	228.1~258	258.1~270.0
12th	169.9~185	185.1~221	221.1~243	243.1~264	264.1~277.1

Female

Grade	Very Poor (5등급)	Poor (4등급)	Fair (3등급)	Good (2등급)	Excellent (1등급)
4th	87.4~97	97.1~119	119.1~135	135.1~161	161.1~165.5
5th	89.3~100	100.1~123	123.1~139	139.1~170	170.1~175.0

6th	89.9~100	100.1~127	127.1~144	144.1~175	175.1~177.8
7th	89.9~100	100.1~127	127.1~144	144.1~175	175.1~180.5
8th	93.9~100	100.1~127	127.1~145	145.1~183	183.1~198.0
9th	94.9~100	100.1~127	127.1~145	145.1~183	183.1~198.0
10th	94.9~100	100.1~139	139.1~159	159.1~186	186.1~200.0
11th	94.9~100	100.1~139	139.1~159	159.1~186	186.1~200.0
12th	94.9~100	100.1~139	139.1~159	159.1~186	186.1~200.0

[Body Mass Index] (unit: kg/m²)

Male

Grade	Lean	Normal	Overweight	Mild Obesity	Severe Obesity
4th	<14.0	14.1~20.1	20.2~22.3	22.4~32.3	32.4이상
5th	<14.3	14.4~20.9	21.0~23.3	23.4~33.3	33.4이상
6th	<14.9	15.0~21.7	21.8~24.0	24.1~34.0	34.1이상
7th	<15.4	15.5~22.6	22.7~24.7	24.8~34.7	34.8이상
8th	<16.1	16.2~23.1	23.2~25.6	25.7~35.6	35.7이상
9th	<16.7	16.8~23.7	23.8~25.9	26.0~35.9	36.0이상
10th	<17.3	17.4~23.8	23.9~26.0	26.1~36.0	36.1이상
11th	<17.6	17.7~23.7	23.8~25.9	26.0~35.9	36.0이상
12th	<18.0	18.1~23.7	23.8~25.5	25.6~35.5	35.6이상

Female

Grade	Lean	Normal	Overweight	Mild Obesity	Severe Obesity
4th	<14.3	14.4~21.1	21.2~23.7	23.8~33.8	33.9<
5th	<14.6	14.7~21.7	21.8~24.4	24.5~34.5	34.6<
6th	<15.0	15.1~22.3	22.4~25.1	25.2~35.2	35.3<
7th	<15.5	15.6~22.9	23.0~25.7	25.8~35.8	35.9<
8th	<15.9	16.0~23.3	23.4~26.2	26.3~36.3	36.4<
9th	<16.5	16.6~23.7	23.8~26.6	26.7~36.7	36.8<
10th	<16.9	17.0~24.1	24.2~26.8	26.9~36.9	37.0<
11th	<17.4	17.5~24.3	24.4~26.9	27.0~37.0	37.1<
12th	<17.9	18.0~24.5	24.6~26.8	26.9~36.9	37.0<

[%Fat] (unit: %)

	Lean	Normal	Overweight	Mild Obesity	Severe Obesity
Male	<11.9	12	15	25	33<
Female	<14.9	15	27	32	40<

