# PHYSICAL ACTIVITY AND POINT SYSTEM

| CIRCUIT TRAINING | | ROWING | | GOLF (No Motorized Cart) | | TENNIS | | ICE SKATING/ ROLLER BLADING | |
|---|---|---|---|---|---|---|---|---|---|
| **Time** | **Points** | **Time** | **Points** | **Holes** | **Points** | **Time** | **Points** | **Time** | **Points** |
| 5:00 | 1.0 | 15:00 | 3.5 | Under 4 | 0.0 | 15:00 | 0.5 | 15:00 | 1.25 |
| 10:00 | 2.0 | 30:00 | 7.0 | 4 | 0.5 | 30:00 | 1.0 | 30:00 | 2.50 |
| 15:00 | 3.0 | 45:00 | 10.5 | 6 | 1.0 | 45:00 | 1.5 | 45:00 | 3.75 |
| 20:00 | 4.0 | 60:00 | 14.0 | 9 | 1.5 | 60:00 | 2.0 | 60:00 | 5.00 |
| 25:00 | 5.0 | | | 12 | 2.0 | 1:15:00 | 2.5 | 1:15:00 | 6.25 |
| 30:00 | 6.0 | | | 15 | 2.5 | 1:30:00 | 3.0 | 1:30:00 | 7.50 |
| 35:00 | 7.0 | | | 18 | 3.0 | 1:45:00 | 3.5 | 1:45:00 | 8.75 |
| 40:00 | 8.0 | | | 21 | 3.5 | 2:00:00 | 4.0 | 2:00:00 | 10.00 |
| 45:00 | 9.0 | | | 24 | 4.0 | | | | |
| | | | | 27 | 4.5 | | | | |
| | | | | 30 | 5.0 | | | | |
| | | | | 33 | 5.5 | | | | |
| | | | | 36 | 6.0 | | | | |

| VOLLEYBALL | | SKIPPING ROPE | | | | | | CROSS COUNTRY SKIING | |
|---|---|---|---|---|---|---|---|---|---|
| | | 70-90 skips/min. | | 90-110 skips/min. | | 110+ skips/min. | | | |
| **Time** | **Points** | **Time** | **Points** | **Time** | **Points** | **Time** | **Points** | **Time** | **Points** |
| 5:00 | 0.35 | 5:00 | 1.50 | 5:00 | 2.0 | 5:00 | 2.50 | 15:00 | 4.5 |
| 10:00 | 0.70 | 7:30 | 2.25 | 7:30 | 3.0 | 7:30 | 3.75 | 20:00 | 6.0 |
| 15:00 | 1.05 | 10:00 | 3.00 | 10:00 | 4.0 | 10:00 | 5.00 | 25:00 | 7.5 |
| 20:00 | 1.40 | 12:30 | 4.25 | 12:30 | 5.5 | 12:30 | 6.75 | 30:00 | 9.0 |
| 25:00 | 1.75 | 15:00 | 5.00 | 15:00 | 7.0 | 15:00 | 8.50 | 35:00 | 10.5 |
| 30:00 | 2.10 | 17:30 | 6.75 | 17:30 | 8.5 | 17:30 | 10.25 | 40:00 | 12.0 |
| 35:00 | 2.45 | 20:00 | 8.00 | 20:00 | 10.0 | 20:00 | 12.00 | 45:00 | 13.5 |
| 40:00 | 2.80 | 22:30 | 9.25 | 22:30 | 11.5 | 22:30 | 13.75 | 50:00 | 15.0 |
| 45:00 | 3.15 | 25:00 | 10.50 | 25:00 | 13.0 | 25:00 | 15.50 | 55:00 | 16.5 |
| 50:00 | 3.50 | 27:30 | 11.75 | 27:30 | 14.5 | 27:30 | 17.25 | 60:00 | 18.0 |
| 55:00 | 3.85 | 30:00 | 13.00 | 30:00 | 16.0 | 30:00 | 19.00 | | |
| 60:00 | 4.20 | | | | | | | | |

| CALISTHENICS | | AEROBICS | | RUNNING | | WEIGHT LIFTING | | BICYCLING (IN/OUTDOOR) (Min. 8 mph) | |
|---|---|---|---|---|---|---|---|---|---|
| **Time** | **Points** | **Time** | **Points** | **Time** | **Points** | **Time** | **Points** | **Time** | **Points** |
| 10:00 | 0.25 | 5:00 | 1.0 | 15:00 | 3 | 30:00 | 5.0 | 20:00 | 5.0 |
| 20:00 | 0.50 | 10:00 | 2.0 | 20:00 | 6 | 40:00 | 7.0 | 30:00 | 7.5 |
| 30:00 | 0.75 | 15:00 | 3.0 | 25:00 | 9 | 50:00 | 9.0 | 40:00 | 10.0 |
| 40:00 | 1.00 | 20:00 | 4.0 | 30:00 | 12 | 60:00 | 11.0 | 50:00 | 12.5 |
| 50:00 | 1.25 | 25:00 | 5.0 | 35:00 | 15 | 1:15:00 | 13.0 | 60:00 | 15.0 |
| 60:00 | 1.50 | 30:00 | 6.0 | 40:00 | 18 | 1:30:00 | 15.0 | | |
| | | 35:00 | 7.0 | 45:00 | 21 | 1:45:00 | 17.5 | | |
| | | 40:00 | 8.0 | 50:00+ | 24 | 2:00:00 | 20.0 | | |
| | | 45:00 | 9.0 | | | | | | |
| | | 50:00 | 10.0 | | | | | | |
| | | 55:00 | 11.0 | | | | | | |
| | | 60:00 | 12.0 | | | | | | |

| BASKETBALL | | SWIMMING | | RACQUETBALL | | MISC. ACTIVITIES | | WALKING | |
|---|---|---|---|---|---|---|---|---|---|
| **Time** | **Points** | **Time** | **Points** | **Time** | **Points** | **Time** | **Points** | **Time** | **Points** |
| 20:00 | 3 | 10:00 | 5 | 15:00 | 2 | 15:00 | 2 | 15:00 | 1.25 |
| 30:00 | 6 | 20:00 | 10 | 30:00 | 5 | 30:00 | 4 | 20:00 | 2.50 |
| 40:00 | 9 | 30:00 | 15 | 45:00 | 8 | 45:00 | 6 | 25:00 | 3.75 |
| 50:00 | 12 | 40:00 | 20 | 60:00 | 11 | 60:00 | 8 | 30:00 | 5.00 |
| 60:00 | 15 | 50:00 | 25 | | | | | 35:00 | 6.25 |
| 1:15:00 | 18 | 60:00 | 30 | | | | | 40:00 | 7.50 |
| | | | | | | | | 45:00+ | 8.75 |

| STAIRCLIMBER (Min. 77 steps/min.) | | DOWNHILL SKIIING | | FREERUNNER MACHINE | | POWER WALKER | | TAE-BO | |
|---|---|---|---|---|---|---|---|---|---|
| **Time** | **Points** | **Time** | **Points** | **Time** | **Points** | **Time** | **Points** | **Time** | **Points** |
| 15:00 | 3 | 30:00 | 1.25 | 15:00 | 3 | 15:00 | 2.5 | 15:00 | 3.0 |
| 20:00 | 6 | 60:00 | 2.50 | 20:00 | 6 | 20:00 | 5.0 | 20:00 | 4.0 |
| 25:00 | 9 | 1:30:00 | 3.75 | 25:00 | 9 | 25:00 | 7.5 | 25:00 | 5.0 |
| 30:00 | 12 | 2:00:00 | 5.00 | 30:00 | 12 | 30:00 | 10.0 | 30:00 | 6.0 |
| 35:00 | 15 | 2:30:00 | 6.25 | 35:00 | 15 | 35:00 | 12.5 | 35:00 | 7.0 |
| 40:00 | 18 | 3:00:00 | 7.50 | 40:00 | 18 | 40:00 | 15.0 | 40:00 | 8.0 |
| 45:00 | 21 | | | 45:00 | 21 | 45:00 | 17.5 | 45:00 | 9.0 |
| 50:00+ | 24 | | | 50:00+ | 24 | 50:00+ | 20.0 | 50:00 | 10.0 |
| | | | | | | | | 55:00 | 11.0 |
| | | | | | | | | 60:00+ | 12.0 |