

ANEXO C1

TABELA DO EXAME DE APTIDÃO FÍSICA – PROTOCOLO MASCULINO

FLEXÃO DE BRAÇOS		CORRIDA 12 MIN	FLEXÃO ABDOMINAL	PONTOS POR FAIXA ETÁRIA							
BARRA FIXA	SOLO			Até 25	26 a 30	31 a 35	36 a 40	41 a 45	46 a 50	51 a 55	56 em diante
Reps	Reps	Metros	Repetições								
-	1	1.050 m	12	-	-	-	-	-	-	-	1,0
-	2	1.100 m	14	-	-	-	-	-	-	1,0	1,5
-	3	1.150 m	16	-	-	-	-	-	1,0	1,5	2,0
-	4	1.200 m	18	-	-	-	-	1,0	1,5	2,0	2,5
-	6	1.250 m	20	-	-	-	1,0	1,5	2,0	2,5	3,0
-	8	1.300 m	22	-	-	1,0	1,5	2,0	2,5	3,0	3,5
-	10	1.400 m	24	-	1,0	1,5	2,0	2,5	3,0	3,5	4,0
-	12	1.500 m	26	1,0	1,5	2,0	2,5	3,0	3,5	4,0	4,5
-	14	1.600 m	28	1,5	2,0	2,5	3,0	3,5	4,0	4,5	5,0
-	16	1.700 m	30	2,0	2,5	3,0	3,5	4,0	4,5	5,0	5,5
-	18	1.800 m	32	2,5	3,0	3,5	4,0	4,5	5,0	5,5	6,0
-	20	1.900 m	34	3,0	3,5	4,0	4,5	5,0	5,5	6,0	6,5
1	22	2.000 m	36	3,5	4,0	4,5	5,0	5,5	6,0	6,5	7,0
2	24	2.100 m	38	4,0	4,5	5,0	5,5	6,0	6,5	7,0	7,5
3	26	2.200 m	40	4,5	5,0	5,5	6,0	6,5	7,0	7,5	8,0
4	28	2.300 m	42	5,0	5,5	6,0	6,5	7,0	7,5	8,0	8,5
5	30	2.400 m	44	5,5	6,0	6,5	7,0	7,5	8,0	8,5	9,0
6	32	2.500 m	46	6,0	6,5	7,0	7,5	8,0	8,5	9,0	9,5
7	34	2.550 m	48	6,5	7,0	7,5	8,0	8,5	9,0	9,5	10,0
8	36	2.600 m	50	7,0	7,5	8,0	8,5	9,0	9,5	10,0	
9	38	2.650 m	52	7,5	8,0	8,5	9,0	9,5	10,0		
10	40	2.700 m	54	8,0	8,5	9,0	9,5	10,0			
11	42	2.750 m	56	8,5	9,0	9,5	10,0				
12	44	2.800 m	58	9,0	9,5	10,0					
13	46	2.850 m	60	9,5	10,0						
14	48	2.900 m	62	10,0							

ANEXO C2

TABELA DO EXAME DE APTIDÃO FÍSICA - PROTOCOLO FEMININO

FLEXÃO DE BRAÇOS		CORRIDA 12 MIN	FLEXÃO ABDOMINAL	PONTOS POR FAIXA ETÁRIA							
BARRA FIXA (ISO)	SOLO			Até 25	26 a 30	31 a 35	36 a 40	41 a 45	46 a 50	51 a 55	56 em diante
Seg	Rep	Metros	Rep								
05''	-	800m	01	-	-	-	-	-	-	-	1,0
06''	-	850m	02	-	-	-	-	-	-	1,0	1,5
07''	-	900m	03	-	-	-	-	-	1,0	1,5	2,0
08''	01	950m	04	-	-	-	-	1,0	1,5	2,0	2,5
09''	02	1000m	06	-	-	-	1,0	1,5	2,0	2,5	3,0
10''	03	1050m	08	-	-	1,0	1,5	2,0	2,5	3,0	3,5
11''	04	1100m	10	-	1,0	1,5	2,0	2,5	3,0	3,5	4,0
12''	05	1300m	12	1,0	1,5	2,0	2,5	3,0	3,5	4,0	4,5
13''	06	1400m	14	1,5	2,0	2,5	3,0	3,5	4,0	4,5	5,0
14''	07	1500m	16	2,0	2,5	3,0	3,5	4,0	4,5	5,0	5,5
15''	08	1600m	18	2,5	3,0	3,5	4,0	4,5	5,0	5,5	6,0
16''	09	1700m	20	3,0	3,5	4,0	4,5	5,0	5,5	6,0	6,5
17''	10	1750m	22	3,5	4,0	4,5	5,0	5,5	6,0	6,5	7,0
18''	11	1800m	24	4,0	4,5	5,0	5,5	6,0	6,5	7,0	7,5
19''	12	1850m	26	4,5	5,0	5,5	6,0	6,5	7,0	7,5	8,0
20''	13	1900m	28	5,0	5,5	6,0	6,5	7,0	7,5	8,0	8,5
21''	14	1950m	30	5,5	6,0	6,5	7,0	7,5	8,0	8,5	9,0
22''	15	2000m	32	6,0	6,5	7,0	7,5	8,0	8,5	9,0	9,5
23''	16	2100m	34	6,5	7,0	7,5	8,0	8,5	9,0	9,5	10,0
24''	17	2200m	36	7,0	7,5	8,0	8,5	9,0	9,5	10,0	
25''	18	2300m	38	7,5	8,0	8,5	9,0	9,5	10,0		
26''	19	2400m	40	8,0	8,5	9,0	9,5	10,0			
27''	20	2500m	42	8,5	9,0	9,5	10,0				
28''	21	2600m	44	9,0	9,5	10,0					
29''	22	2700m	46	9,5	10,0						
30''	23	2800m	48	10,0							