

Applicants for RMC-SSO course are to meet the Army Basic Fitness Assessment (BFA) for age, to the standard tabled below:

Age	Push-ups (number)	Sit-ups (number)	2.4 km Run (minutes)	5 km Walk (minutes)
25 and under	21	70	13:30	
26-30	18	65	14:00	
31-35	15	57	14:30	
36-40	10	50	15:00	
41-45	7	30	15:30	45:00
46-50	3	20	16:00	47:00
51 and over	3	15	16:30	47:00

Minimum Basic Fitness Assessment performance standards – females

Age	Push-ups (number)	Sit-ups (number)	2.4 km Run (minutes)	5 km Walk (minutes)
25 and under	40	70	11:18	
26-30	35	65	11:48	
31-35	30	57	12:18	
36-40	25	50	12:42	
41-45	20	30	13:12	44:00
46-50	10	20	13:48	45:00
51 and over	6	15	14:30	45:00

Minimum Basic Fitness Assessment performance standards - males