

Certificate of Fitness Achievement

presented to

ARRIF BIN SAHRUDDIN, S9300XXXD
(School, Course, Class, Admin Number)

Congratulations! You have passed the Individual Physical Proficiency Test and have achieved the GOLD award on 20 April 2015 at Nanyang Polytechnic.

Your test results are as follows:

	<u>SCORE</u>	<u>POINTS</u>
One-minute Sit-up	48	21
Push-up	40	20
2.4 km Run/Walk	10.20	39
	Total Points :	80

The results show that your present level of overall fitness is
VERY GOOD. Keep it up

Note: GOLD, SILVER and PASS award are valid to CMPB for 12 months only.

GOLD Award Requirements : At Least 1 point performance in all the 3 test items and a total of 81 or more points
SILVER Award Requirements : At Least 1 point performance in all the 3 test items and a total of 71 or more points
PASS Award Requirements : At Least 1 point performance in all the 3 test items and a total of 51 or more points