

POLICE OFFICER PHYSICAL FITNESS AGILITY TESTING

The three components measured in this physical fitness screening test are muscular endurance, flexibility, muscular endurance (upper body) and cardiovascular capacity. A brief description of the test items used to measure each component follows:

SIT-UP:

MUSCULAR ENDURANCE (CORE BODY) – The score indicated below is the number of bent-leg sit-ups performed in one minute.

PUSH-UP:

Muscular Endurance (upper Body) – The score below is the maximum number of full body repetitions that a candidate must complete without breaks.

1.5 MILE RUN:

Cardiovascular Capacity – The score indicated below is calculated in minutes: seconds.

AGE/SEX	TEST		
MALE	SIT-UP	PUSH-UP	1.5 MILE RUN
20-29	38	29	12:29
30-35	35	24	12:53

FEMALE			
20-29	32	15	15:05
30-35	25	11	15:56

(revised 6/27/01 to eliminate ages 40 to 60 plus)
(revised 4/23/03 to eliminate flex and new times for 1.5 mile run)
Revised 4/25/05 (maximum age – 35)