

## 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.

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

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<b>FEMALE</b>			
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)