

6. PHYSICAL ABILITY STANDARDS

PRE-CERTIFICATION PHYSICAL ABILITY TEST BATTERY

Minimum scores for Certification as a Police Officer
(Scores indicate 50th Percentile of
Fitness)

- SIT-UP** **MUSCULAR ENDURANCE** – The score is the number of bent-leg sit-ups performed in one minute.
- FLEX** **FLEXIBILITY** – The “sit-and-reach” test measures the *flexibility* of the lower back and hamstrings and the candidate’s range of motion. The test involves stretching out to touch the toes and beyond with extended arms from the sitting position. **The score is in inches reached on a yardstick with the 15” mark being at the toes and the 36” mark being at the far end away from the toes.**
- PUSH-UP** **UPPER BODY STRENGTH** – The test starts from the up position (elbows fully extended). Back must be straight and flat at all times. (Head up ensures a flatter back). The subject will lower their body to the floor until their chest touches the administrators fist or acceptable measuring tool at a depth of no less than 4 inches from the floor, and then return to the up position. This is one repetition. Resting should only be done in the up position. The total number of correct push ups in one minute is recorded as the score.

1.5 MILE RUN **CARDIOVASCULAR CAPACITY** – 1.5 MILE RUN. The score is in minutes:seconds.

Male Candidate

AGE	1 MINUTE SIT-UPS	SIT/REACH (straight-leg)	1 MINUTE PUSH-UPS	1.5 MILE RUN
20 – 29	40	17-1/2 in.	33	11:58
30 – 39	36	16-1/2 in.	27	12:24
40 – 49	31	15-1/4 in.	21	13:12
50 – 59	26	14-1/2 in.	15	14:23
60 – 69	20	13-1/2 in.	15	15:56

Female Candidate

AGE	1 MINUTE SIT-UPS	SIT/REACH (straight-leg)	PUSH UP’S	1.5 MILE RUN
20 – 29	35	20 in.	18	14:04
30 – 39	27	19 in.	14	14:34
40 – 49	22	18 in.	11	15:34
50 – 59	17	17-3/4 in.	8	17:19