

**From: Medical and Physical Fitness Standards and Procedures for Police Officer Candidates
Version 2011 (9/14/2011)**

6000.8 Physical fitness screening

- 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 number of full body repetitions that a candidate must complete without breaks.
- 1.5 Mile Run Cardiovascular capacity - The (time) score indicated below is calculated in minutes:seconds.

The 1.5 mile run shall only be administered to such individuals who have successfully completed each of the other two elements of the test battery (sit-up and push-up).

Age : Gender		Test		
	Age	Sit Up	Push Up	1.5 Mile Run
Males	20-29	38	29	12:38
	30-39	35	24	12:58
	40-49	29	18	13:50
	50-59	24	13	15:06
	60+	19	10	16:46
Females	20-29	32	15	14:50
	30-39	25	11	15:43
	40-49	20	9	16:31
	50-59	14	-	18:18
	60+	6	-	20:16