

## **Physical Fitness Test**

Physical fitness standards for entry are based on the Cooper Fitness standards for age and Gender and are intended to assess the applicant's fitness level and physical preparedness for the academy. The test is divided into four components and each component is awarded a point-value based on performance. A maximum of 20 total points can be achieved; however, applicants must earn a minimum of 12 points to advance in the hiring process. Applicants are expected to give maximum effort during all portions of the test.

**Vertical Jump:** This test is a measure of jumping and explosive power. It is an important area of pursuit tasks that require jumping or vaulting over obstacles. Applicants will jump utilizing a Vertical Jump Training Tool.

**Push-ups:** This test measures muscular endurance of the upper body. It is an important area of general strength needed to conduct basic patrol functions. The score is based on the number of push-ups performed in one minute. The applicant must keep the back straight at all times and lower the body to the floor until their arms break a 90 degree angle.

**Sit-ups:** This test measures abdominal and hip flexor muscular endurance. It is an important area of general fitness needed to conduct basic patrol functions. The score is based on the number of sit-ups performed in one minute. A correct sit up will be counted each time the up position is met while maintaining proper form.

**1.5 mile run:** This test measures cardiovascular capacity. It is an important area of pursuit tasks that require running and arrest & control tactics. Candidates must run 1.5 miles on a flat, paved surface.

## MALE PT STANDARDS

Males Ages 20 to 29				
	Vertical Jump	Push-ups	Sit-ups	1.5 mile run
1 pt	18 inches	26	36	13:08
2 pts	19 inches	27	37	12:53
3 pts	19.5 inches	29	38	12:29
4 pts	20 inches	31	39	12:11
5 pts	20.5 inches	33	40	11:55
Males Ages 30 to 39				
	Vertical Jump	Push-ups	Sit-ups	1.5 mile run
1 pt	18 inches	20	32	13:48
2 pts	18.5 inches	21	33	13:25
3 pts	19 inches	24	34	12:53
4 pts	19.5 inches	25	35	12:44
5 pts	20 inches	27	36	12:25
Males Ages 40 to 49				
	Vertical Jump	Push-ups	Sit-ups	1.5 mile run
1 pt	14.5 inches	15	27	14:33
2 pts	15 inches	16	28	14:10
3 pts	15.5 inches	18	29	13:50
4 pts	16 inches	19	30	13:25
5 pts	16.5 inches	21	31	13:05
Males Ages 50 to 59				
	Vertical Jump	Push-ups	Sit-ups	1.5 mile run
1 pt	12.5 inches	10	21	16:16
2 pts	13 inches	11	22	15:53
3 pts	13.5 inches	13	24	15:14
4 pts	14 inches	14	25	14:35
5 pts	14.5 inches	15	26	14:33

## FEMALE PT STANDARDS

Females Ages 20 to 29				
	Vertical Jump	Push-ups	Sit-ups	1.5 mile run
1 pt	13.5 inches	13	30	15:56
2 pts	14 inches	14	31	15:32
3 pts	14.5 inches	15	32	15:05
4 pts	15 inches	17	34	14:33
5 pts	15.5 inches	18	35	14:15
Females Ages 30 to 39				
	Vertical Jump	Push-ups	Sit-ups	1.5 mile run
1 pt	11 inches	9	22	16:46
2 pts	11.5 inches	10	24	16:43
3 pts	12 inches	11	25	15:56
4 pts	12.5 inches	13	26	15:35
5 pts	13 inches	14	27	15:14
Females Ages 40 to 49				
	Vertical Jump	Push-ups	Sit-ups	1.5 mile run
1 pt	9 inches	7	17	18:26
2 pts	9.5 inches	8	19	17:38
3 pts	10 inches	9	20	17:11
4 pts	10.5 inches	10	21	16:46
5 pts	11 inches	11	22	16:13
Females Ages 50 to 59				
	Vertical Jump	Push-ups	Sit-ups	1.5 mile run
1 pt	7 inches	5	12	20:17
2 pts	7.5 inches	6	13	19:43
3 pts	8 inches	7	14	19:10
4 pts	8.5 inches	8	16	18:39
5 pts	9 inches	9	17	18:05