

PHYSICAL FITNESS SCREENING TEST

SIT-UP MUSCULAR ENDURANCE (Core Body) - The score indicated below is the number of bent-leg sit-ups performed in one (1) minute.

PUSH-UP MUSCULAR ENDURANCE (Upper Body) – The score indicated below is the 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. The running surface may vary and the test may be conducted on either an indoor or outdoor track.

TEST - MALE			
AGE	SIT-UP	PUSH-UP	1.5 MILE RUN
20 - 29	38	29	12:29
30 - 39	35	24	12:53
40 - 49	29	18	13:50
TEST – FEMALE			
20 - 29	32	15	15:05
30 - 39	25	11	15:56
40 - 49	20	9	17:11

A candidate must successfully complete each of the three elements of the test battery at the minimum score as set forth above to be deemed to have successfully completed the physical fitness screening test.

These standards are subject to change during the life of the eligible list without notice to candidates.