

APPENDIX A Physical Fitness Standards

1. SIT AND REACH TEST: This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes beyond the extended arms from the sitting position. The score is in the inches reached on a yard stick with 15" being at the toes.

| | MALE AGE | MALE AGE | MALE AGE | MALE AGE | | FEMALE AGE | FEMALE AGE | FEMALE AGE | FEMALE AGE |
|---------------------|-------------|-------------|-------------|-------------|--|-------------|-------------|-------------|-------------|
| TEST: Sit and Reach | 20-29 | 30-39 | 40-49 | 50-59 | | 20-29 | 30-39 | 40-49 | 50-59 |
| 1-14-91 | 16.0 | 15.0 | 13.8 | 12.8 | | 18.8 | 17.8 | 16.8 | 16.3 |
| 12-15-22 | 14.4 | 13.0 | 12.0 | 10.5 | | 17.0 | 16.5 | 15.0 | 14.8 |

2. ONE MINUTE SIT UP TEST: This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems.

| | MALE AGE | MALE AGE | MALE AGE | MALE AGE | | FEMALE AGE | FEMALE AGE | FEMALE AGE | FEMALE AGE |
|------------------------------|-----------|-----------|-----------|-----------|--|------------|------------|------------|------------|
| TEST: One Minute Sit Up Test | 20-29 | 30-39 | 40-49 | 50-59 | | 20-29 | 30-39 | 40-49 | 50-59 |
| 1-14-91 | 37 | 34 | 28 | 23 | | 31 | 24 | 18 | 13 |
| 12-15-22 | 33 | 30 | 24 | 19 | | 24 | 20 | 14 | 10 |

3. ONE REPETITION MAXIMUM BENCH PRESS: This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate.

| | MALE AGE | MALE AGE | MALE AGE | MALE AGE | | FEMALE AGE | FEMALE AGE | FEMALE AGE | FEMALE AGE |
|-------------------|------------|------------|------------|------------|--|------------|------------|------------|------------|
| TEST: Bench Press | 20-29 | 30-39 | 40-49 | 50-59 | | 20-29 | 30-39 | 40-49 | 50-59 |
| 1-14-91 | 98% | 87% | 79% | 70% | | 58% | 52% | 49% | 43% |
| 12-15-22 | 88% | 78% | 72% | 63% | | 51% | 47% | 43% | 39% |

4. 1.5 MILE RUN: This is a timed run to measure the heart and vascular systems' capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.

| | MALE AGE | MALE AGE | MALE AGE | MALE AGE | | FEMALE AGE | FEMALE AGE | FEMALE AGE | FEMALE AGE |
|--------------------|--------------|--------------|--------------|--------------|--|--------------|--------------|--------------|--------------|
| TEST: 1.5 Mile Run | 20-29 | 30-39 | 40-49 | 50-59 | | 20-29 | 30-39 | 40-49 | 50-59 |
| 1-14-91 | 13:46 | 14:31 | 15:24 | 16:21 | | 16:21 | 16:52 | 17:53 | 18:44 |
| 12-15-22 | 14:00 | 14:34 | 15:24 | 16:58 | | 16:46 | 17:38 | 18:37 | 20:44 |