

DEPUTY PHYSICAL FITNESS TEST

Physical fitness is a status pertaining to the individual officer having the physiological readiness to perform maximum physical effort when required.

Physical fitness consists of three areas:

Aerobic capacity or cardiovascular endurance pertaining to the heart and vascular system's capacity to transport oxygen. It is also a key area for heart disease in that low aerobic capacity is a risk factor.

Strength pertains to the ability of muscles to generate force. Upper body strength and abdominal strength are important areas in that low strength levels have a bearing on upper torso and lower back disorders.

Flexibility pertains to the range of motion of the joints and muscles. Lack of lower back flexibility is a major risk area for lower back disorders.

WHAT ARE STANDARDS?

The actual performance requirement for each test is based upon norms for a national population sample.

You must pass every test.

The required performance to pass each test is based upon sex and age. While the absolute performance is different for each age and sex group. All applicants are being required to meet the same percentile in terms of their respective age and sex group. The performance requirement is that level of physical performance that approximates the 40th percentile for each age and sex group.

TEST MALES					
AGE	20-29	30-39	40-49	50-59	60+
Sit & Reach	16.5	15.5	14.3	13.3	12.5
1 min sit-ups	38	35	29	24	19
1 min push-ups	29	24	18	13	10
1.5 mile run	12:51	13:36	14:29	15:26	16:43

TEST FEMALES					
AGE	20-29	30-39	40-49	50-59	60+
Sit & Reach	19.3	18.3	17.3	16.8	15.5
1 min sit-ups	32	25	20	14	6
1 min push-ups	15	11	9	*12	*5
1.5 mile run	15:26	15:57	16:58	17:54	18:44

*Females in excess of 49 years of age may do push ups on their knees. Normative data for these age groups have not been established.