



PRE-EMPLOYMENT PHYSICAL FITNESS TEST BATTERY

Minimum Scores for Employment as a Law Enforcement Officer in the State of Maryland

(Scores Indicate 40th Percentile of Fitness)

SIT-UP MUSCULAR ENDURANCE - **The score is the number of bent-leg sit-ups performed in one minute.**

FLEX FLEXIBILITY - The "sit-and-reach" test measures the range of motion of the lower back and hamstrings. The test involves stretching out to touch the toes and beyond with extended arms from the sitting position. **The score is in inches reached in a yardstick, with the 15" mark being at the toes.**

PUSH-UPS ABSOLUTE STRENGTH - **The score is number of repetitions of full push-ups on the toes.**

1.5 MI RUN CARDIOVASCULAR CAPACITY - 1.5 mile run. **The score is in minutes:seconds.**

AGE/SEX

TEST

MALE

SIT-UP

FLEX

PUSH-UP

1.5 MI. RUN

20-29

38

16.5

24

12:51

30-39

35

15.5

20

13:36

40-49

29

14.3

16

14:29

50-59

24

13.3

12

15:26

FEMALE

20-29

32

19.3

16

15:26

30-39

25

18.3

12

15:57

40-49

20

17.3

9

16:58

50-59

14

16.8

5

17:54



DOCTOR'S CERTIFICATION OF FITNESS TO PERFORM PHYSICAL FITNESS TEST

I have reviewed the attached elements of the Maryland Chiefs of Police Association Physical Fitness Test and find that the candidate identified below can / cannot (circle one) perform the elements of the test safely.

CANDIDATE'S NAME: _____

**AGENCY TO WHICH
APPLICATION IS MADE:** _____

DATE OF EXAMINATION: _____

DOCTOR'S SIGNATURE: _____

DOCTOR'S PRINTED NAME: _____