



# CONNECTICUT POLICE OFFICER STANDARDS & TRAINING



## DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

### PHYSICAL PERFORMANCE EXAMINATION – 40%

PRE-CERTIFICATION       DAY ONE       MID-TERM       FINAL       RE-TAKE

Name: \_\_\_\_\_ Department/Agency: \_\_\_\_\_ Date: \_\_\_\_\_  
D.O.B: \_\_\_\_\_ Gender:  Male  Female Age: \_\_\_\_\_ Photo ID#: \_\_\_\_\_

Time Start	Event	40% Target	Trial Score	Initials	P/F	Time End
	Sit- Ups					
	300 Meter					
	Push-Ups					
	1.5 Mile Run					

#### Acceptance of Scores:

I certify to the best of my knowledge the above scores are correct \_\_\_\_\_

Candidate Signature

#### Male Candidate

Age	1 Minute of Sit-Ups	300 Meter Sprint	1 Minute of Push-Ups	1.5 Mile Run 40%
20-29	38	59 Seconds	29	12:38
30-39	35	59 Seconds	24	13:04
40-49	29	72 Seconds (1:12)	18	13:49
50-59	24	83 Seconds (1:23)	13	15:03
60-69	19	N/A	10	16:46

#### Female Candidate

Age	1 Minute of Sit-Ups	300 Meter Sprint	1 Minute of Push-Ups	1.5 Mile Run 40%
20-29	32	71 Seconds (1:14)	15	14:50
30-39	25	79 Seconds (1:19)	11	15:38
40-49	20	94 Seconds (1:34)	9	16:21
50-59	14	N/A	7	18:07
60-69	06	N/A	N/A	20:06

Fitness Specialist Name:

\_\_\_\_\_

Department:

(Please Print)

Certification Date/POST #

Fitness Specialist Signature