



# STATE OF CONNECTICUT

Police Officer Standards and Training Council  
Connecticut Police Academy



## PHYSICAL PERFORMANCE EXAMINATION – 40%

NAME:  DEPARTMENT / AGENCY:

DATE:  GENDER: Male  Female  Age: \_\_\_\_\_ Photo ID #: \_\_\_\_\_

Start Time		<u>EVENT</u>	<u>40 % TARGET</u>	<u>TRIAL SCORE</u>	<u>INITIALS</u>	<u>P / F</u>	End Time
	1	Sit-ups					
	2	300 Meter Sprint					
	3	Push-ups					
	4	1 ½ Mile Run					

**ACCEPTANCE OF SCORES:** *I certify that to the best of my knowledge the above scores are correct.*

FITNESS SPECIALIST NAME:  DEPARTMENT:   
*(please print)*

\_\_\_\_\_  
FITNESS SPECIALIST SIGNATURE

\_\_\_\_\_  
FITNESS SPECIALIST CERTIFICATION DATE

### Male Candidate

AGE	<u>1 MINUTE OF SIT-UPS</u>	<u>300 METER SPRINT</u>	<u>1 MINUTE OF PUSH-UPS</u>	<u>1.5 MILE RUN 40%</u>
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	<u>1 MINUTE OF SIT-UPS</u>	<u>300 METER SPRINT</u>	<u>1 MINUTE OF PUSH-UPS</u>	<u>1.5 MILE RUN 40 %</u>
20-29	32	71 SECONDS(1:11)	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

285 Preston Avenue Meriden, Connecticut 06450-4891  
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