



# Hagerstown Police Department

## Physical Qualification Test



**Applicant/Age:** \_\_\_\_\_

**SIT-UPS:** Used to measure MUSCULAR ENDURANCE. The applicant is to perform as many bent-leg-sit-ups as possible in a minute. Acceptable minimum scores are shown below

**PUSH-UPS:** Used to measure DYNAMIC STRENGTH. The applicant is to perform as many push-ups as possible in a minute. Acceptable minimum scores are shown below.

**RUN:** Used to measure CARDIOVASCULAR CAPACITY. The maximum acceptable times for the **one and a half (1.5) mile run** are shown below in minutes and seconds.

This test is on a **PASS/FAIL** basis. The minimum standards required to pass the test are as follows:

<b>MALE (AGE)</b>	<b>SIT-UPS</b>	<b>PUSH-UPS</b>	<b>1.5 MILE RUN</b>
20 – 29	38	29	12:24
30 – 39	35	24	12:53
40 – 49	29	18	13:50
50 – 59	24	13	15:14

<b>FEMALE (AGE)</b>	<b>SIT-UPS</b>	<b>PUSH-UPS</b>	<b>1.5 MILE RUN</b>
20 – 29	32	15 (full) 23 (modified)	15:05
30 – 39	25	11 (full) 19 (modified)	15:56
40 – 49	20	9 (full) 13 (modified)	17:11
50 – 59	14	N/A 12 (modified)	19:10

**Test Results:**

- Sit-Ups: \_\_\_\_\_  PASS  FAIL
- Push-Ups: \_\_\_\_\_  PASS  FAIL
- 1.5 Mile Run: \_\_\_\_\_  PASS  FAIL

Evaluator: \_\_\_\_\_ Date/Time: \_\_\_\_\_

### Physician's Verification

I have reviewed the above elements of the Hagerstown Police Department's Physical Qualification Test and certify that the identified applicant may safely perform this test.

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's Printed Name: \_\_\_\_\_

Physician's Address: \_\_\_\_\_

Physician's Phone Number: \_\_\_\_\_

*Applicant returns the original form to the Hagerstown Police Department; a copy may be maintained by the physician.*