



# Southaven Police

## Physical Fitness for employment

Name & Applicant #: \_\_\_\_\_

Preceptor: \_\_\_\_\_

Age: \_\_\_\_\_

Passed Phase: \_\_\_\_\_

Age Groups		20-29		30-39		40-50+		50-59	
	Score	Male	Female	Male	Female	Male	Female	Male	Female
<b>Dynamic Strength</b>	<b>Age Groups</b>	<b>17-21</b>	<b>22-26</b>	<b>27-31</b>	<b>32-36</b>	<b>37-41</b>	<b>42-46</b>	<b>47-51</b>	<b>52+</b>
(Two minute pushups)	Minimum Amount	M-32 F-13	M-30 F-11	M-28 F-10	M-23 F-9	M-22 F-8	M-18 F-7	M-17 F-6	M-12 F-6
<b>1.5 Mile Run</b>	<b>Score</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
(maximum allowed times for each group measured in minutes)	Maximum Time	18:10	21:38	19:10	22:50	20:10	24:02	20:10	24:02
<b>Agility Run</b>	<b>Score</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
(maximum allowed times for each group measured in seconds)	Maximum Time	20.4	23.3	20.9	24.4	21.85	26.05	21.85	26.05
<b>Trunk Flexion</b>	<b>Score</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
(minimum required flexion for each group measured in inches)	Minimum Amount	3	4	2	3	1	2	1	2
	Completed	Obstacle Course				Incomplete			