



## Lorain County Community College Police Academy

# Civil Service Physical Agility Testing

You will be tested on sit-ups, push-ups, and a 1.5 mile run. In order to receive a Certificate of Completion, you must pass all 3 events.

Cooper Institute of Aerobic Research Standards (30th Percentile)		
	Males (age 29 and younger)	Females (age 29 and younger)
Sit-ups (1 min.)	35	30
Push-ups (1 min.)	26	13
1.5 Mile Run	13:16	15:52
	Males (age 30-39)	Females (age 30-39)
Sit-ups (1 min.)	32	22
Push-ups (1 min.)	20	9
1.5 Mile Run	13:46	16:38
	Males (age 40-49)	Females (age 40-49)
Sit-ups (1 min.)	27	17
Push-ups (1 min.)	15	7
1.5 Mile Run	14:34	17:22
	Males (age 50-59)	Females (age 50-59)
Sit-ups (1 min.)	21	12
Push-ups (1 min.)	10	9 modified
1.5 Mile Run	15:58	18:59
	Males (age 60+)	Females (age 60+)
Sit-ups (1 min.)	17	4
Push-ups (1 min.)	8	3 modified
1.5 Mile Run	17:38	21:20