

BRUNSWICK POLICE DEPARTMENT

APPLICANT PHYSICAL FITNESS STANDARDS

An applicant must score at the level provided, in the following tables, for each individual screening measure conducted. These norms only indicated the minimum required of an applicant to enter the Brunswick Police Department. These standards are based upon the 50th percentile as established by the Institute for Aerobics Research in Dallas, Texas. Those applicants who do not meet the minimum standard will be dismissed from the process and will need to re-apply for any subsequent openings.

FITNESS TEST	MALE {Age}				FEMALE {Age}			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Academy Standards - Must Pass to Continue Process:								
Max. Push-Ups	33	27	21	15	18	14	11	5
One Minute Sit-Up	40	36	31	26	35	27	22	17
1.5 Mile Run	11:58	12:25	13:11	14:16	14:07	14:34	15:24	17:13

MEDICAL CLEARANCE

I, _____ have reviewed the enclosed Brunswick Police Department Pre-Employment Physical Fitness Test. I have reviewed the elements of the Fitness Test, and I have determined that the candidate, _____, is safely able to participate in that process.

DATE: _____

SIGNED: _____
Physician

PRINTED: _____
Physician's Name Printed