

Cumberland County Police Testing Consortium

Physical Fitness Standards Disclaimer

The standards used in the physical fitness test were derived from law enforcement physical fitness norms that are based on a representative sample of approximately 4000 officers that were stratified (by age and gender) and randomly selected from 40 municipal, state and federal agencies.

The Cumberland County Police Testing Consortium has selected the 30th percentile as the standard for passing the test. This means that 70% of the officers who took this test, scored above the standard which we require.

The physical fitness test measures those job-related physical fitness areas that have been shown to be underlying and predictive factors for officer physical abilities to perform the essential physical tasks and functions of the job.

Fitness Area Measured	Fitness Test
Leg Power	Vertical Jump
Anaerobic Power	300 Meter Run
Abdominal Muscular Endurance	One Minute Sit-Ups
Upper Body Muscular Endurance	Maximum Push-Ups
Aerobic Power	1.5 Mile Run

Source: Physical Fitness Assessments and Norms for Adults and Law Enforcement, The Cooper Institute, pg 44 and 45.