



State of Connecticut

Police Officer Standards and Training Council Connecticut Police Academy



PHYSICAL PERFORMANCE EXAMINATION - 40%

NAME: _____ DEPARTMENT/AGENCY: _____
DATE: _____ GENDER: Male Female Age: _____ Photo ID#: _____

EVENT	40% TARGET	TRIAL SCORE	INITIALS	P/F
1. Sit-ups				
2. Sit & Reach				
3. Push-ups				
4. 1-1/2 Mile Run				

ACCEPTANCE OF SCORES: *I certify that to the best of my knowledge the above scores are correct.*

FITNESS SPECIALIST NAME: _____ DEPARTMENT: _____
(please print)

FITNESS SPECIALIST SIGNATURE

FITNESS SPECIALIST CERTIFICATION DATE

Male Candidate

AGE	1 MINUTE OF SIT-UPS	SIT/REACH (Straight-leg)	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 40%
20 - 29	38	16-1/2 in.	29	12:38
30 - 39	35	15-1/2 in.	24	12:58
40 - 49	29	14-1/4 in.	18	13:50
50 - 59	24	13-1/4 in.	13	15:06
60 - 69	19	12-1/2 in.	10	16:46

Female Candidate

AGE	1 MINUTE OF SIT-UPS	SIT/REACH (Straight-leg)	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 40%
20 - 29	32	19-1/4 in.	15	14:50
30 - 39	25	18-1/4 in.	11	15:43
40 - 49	20	17-1/4 in.	9	16:31
50 - 59	14	16-3/4 in.	7	18:18