



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 #: _____

Start Time	EVENT	40 % TARGET	TRIAL SCORE	INITIALS	P / F	End Time
	1 Sit-ups					
	2 300 Meter Sprint					
	3 Push-ups					
	4 1 ½ 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	300 METER SPRINT	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 40%
20-29	38	59 SECONDS	29	12:38
30-39	35	59 SECONDS	24	13:04
40-49	29	72 SECONDS (1:12)	18	13:49
50-59	24	83 SECONDS(1:23)	13	15:03
60-69	19	N/A	10	16:46

Female Candidate

AGE	1 MINUTE OF SIT-UPS	300 METER SPRINT	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 40 %
20-29	32	71 SECONDS(1:11)	15	14:50
30-39	25	79 SECONDS(1:19)	11	15:38
40-49	20	94 SECONDS(1:34)	9	16:21
50-59	14	N/A	7	18:07