

## PHYSICAL FITNESS TEST STANDARDS

### <SAMPLE> CANDIDATE PREPARATION

The physical fitness test consists of a battery of four (4) tests based upon the “Cooper Standards.” The minimum passing score for each segment is listed below. Failure to pass any stage will result in disqualification from the process. The fitness test is typically conducted by members of the Department.

All candidates are encouraged to train for the physical fitness test, so they are ready and able to successfully perform the exercises being assessed. All candidates are expected to put forth a maximum effort during the PAT. Only 40% of candidates who take the fitness test, pass. It is our recommendation that you test yourself now, so you’ll have ample time to prepare and pass this portion of the hiring process.

- No candidate will be allowed to participate in the PAT if they do not have a signed “Waiver and Release” form with them at the time of their assigned PAT.
- You must also bring a photo ID. (Driver’s license, military ID).
- No firearms are allowed at the testing site except by department members.
- Dress for the weather in appropriate exercise gear. You will be running and performing sit-ups and push-ups. Sneakers must be worn.
- All candidates must bring water. You may bring a snack if desired.
- Candidates who are unsure if they are medically fit to participate in the fitness test are encouraged to seek a qualified medical opinion from a physician before committing to the recruitment process.

<b>MALES</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>
1.5 mile run	12:38	13:04	13:49	15:03
Sit-ups (1 minute)	38	35	29	24
Push-ups (1 minute)	29	24	18	13
300-meter run (seconds)	59	59	72	84
<b>FEMALES</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>
1.5 mile run	14:50	15:38	16:21	18:07
Sit-ups (1 minute)	32	25	20	14
Push-ups (1 minute)	15/23*	11/19*	9/13*	No Data/12*
300-meter run (seconds)	71	79	94	No Data

\* Modified exercise

Passing the written examination and the physical fitness test does not guarantee any candidate the opportunity for an interview.

**As a final note:** This document is provided to you as a sample of what you may expect from the fitness test. It is our hope that you will use this information as a benchmark for your preparation of the next phase of hiring, the physical fitness test. Each department may choose to use a variation of the exercises evaluated on the fitness test. If you are chosen for the position of police officer and must attend the Massachusetts Police Academy, you will be required to participate in an additional PAT that is administered by the Commonwealth of Massachusetts.