

The following are the physical fitness standards required to successfully complete the Entrance-Level Law Enforcement course at the Eastern Shore Criminal Justice Academy.

Sit-Ups	<u>MUSCULAR ENDURANCE:</u>		
	The score is the number of bent-leg sit-ups performed in one minute.		
	AGE	Male *Exec - Pass	Female *Exec - Pass
	20 - 29	47 - 38	44 - 32
	30 - 39	43 - 35	35 - 25
	40 - 49	39 - 29	29 - 20
	50 - 59	35 - 24	24 - 14

Push Ups	<u>DYNAMIC STRENGTH:</u>		
	The score is the number of push-ups performed.		
	AGE	Male *Exec. - Pass	Female *Exec. - Pass
	20 - 29	47 - 29	28 - 15
	30 - 39	39 - 24	23 - 11
	40 - 49	30 - 18	15 - 09
	50 - 59	25 - 13	

1.5 Mile Run	<u>CARDIOVASCULAR CAPACITY</u>		
	1.5 Mile Run - The score is in minutes:seconds.		
	AGE	Male *Exec - Pass	Female *Exec - Pass
	20 - 29	10:16 - 12:51	12:51 - 15:26
	30 - 39	10:47 - 13:36	13:43 - 15:57
	40 - 49	11:44 - 14:29	14:31 - 16:58
	50 - 59	12:51 - 15:26	15:57 - 17:55