

CONWAY POLICE DEPARTMENT

PHYSICAL AGILITY TEST ENTRY LEVEL REQUIREMENTS

Employees must perform at the 35th percentile for their age and sex, according to standards developed by Dr. Kenneth Cooper's Aerobics Institute, in the following areas:

- A. Timed sit-ups (1 Minute)
- B. Push-ups
- C. Timed 1.5 mile run

MALES

AGE	RUN	SIT-UPS	PUSH-UPS
18 – 29	12:53	37	27
30 – 39	13:24	33	21
40 – 49	14:07	28	16
50 – 59	15:20	22	11

FEMALES

AGE	RUN	SIT-UPS	PUSH-UPS MODIFIED	PUSH-UP FULL BODY
18 – 29	15:14	31	22	14
30 – 39	15:58	24	17	10
40 – 49	16:46	19	11	8
50 – 59	18:37	12	10	-