



Springfield Police Department

130 Pearl Street
Springfield, Massachusetts 01105

Cheryl C. Clapprod
Police Commissioner

MPTC Entry-Level Physical Fitness Standard: Cooper Institute Physical Ability Assessment

All Student Officer Candidates **MUST** successfully pass all four (4) physical fitness events based on the age/gender of the candidate at the 30th percentile of the Cooper Institute norm (listed below) or greater.

Part I: One-minute Push-Ups (dynamic strength)

AGE:	20-29	30-39	40-49	50-59	>=60
FEMALES*	20	15	10	9	3
FEMALES+	13	9	7		
MALES	26	20	15	10	8

*Female are permitted to use the modified position

+Female performing full body pushups

Part II: One-minute Sit-Ups (dynamic strength)

AGE:	20-29	30-39	40-49	50-59	>=60
FEMALES	30	22	17	12	4
MALES	35	32	27	21	17

Part III: 1.5 Mile Walk/Run (cardiorespiratory fitness) MEASURED IN MINUTES

AGE:	20-29	30-39	40-49	50-59	>=60
FEMALES	15:32	16:38	17:22	18:59	21:20
MALES	13:16	13:46	14:34	15:58	17:38

Part IV: 300 meter Run (anaerobic power) MEASURED IN SECONDS

AGE:	20-29	30-39	40-49	50-59	>=60
FEMALES	75	82	107		
MALES	62	63	77	87	