

# Cincinnati Police Department Physical Ability Test Standards

1. **300 meter run.** This measures anaerobic power or the ability to make an intense burst of effort for a short time period or distance. The test consists of sprinting 300 meters as fast as possible.
2. **1-minute sit-up test.** This measures the abdominal or trunk muscular endurance. Laying on the ground you will be given one minute to do as many bent-leg sit-ups until you reach the standard.
3. **Maximum push-up test.** This measures the muscular endurance of the upper body. The test consists of doing as many push-ups from the front, lean, and rest position until you reach the standard.

In summary, the standards are as follows: <b>Physical Test Standards</b>				
Age	≤29	30-39	40-49	50+
<b>300 Meter Run—number of seconds not to exceed to pass</b>				
Male	62	63	74	88
Female	70	81	95	106
<b>Sit-ups—number of repetitions needed within one minute to pass</b>				
Male	32	29	25	21
Female	28	22	18	14
<b>Push-ups—number of consecutive repetitions needed to pass</b>				
Male	26	22	17	12
Female	14	11	9	9