

## PHYSICAL PERFORMANCE EXAMINATION - 40%

NAME: \_\_\_\_\_ DEPARTMENT/AGENCY: \_\_\_\_\_

DATE: \_\_\_\_\_ GENDER: Male  Female  Age: \_\_\_\_\_ Photo ID#: \_\_\_\_\_

EVENT	40% TARGET	TRIAL SCORE	INITIALS	P/F
1. Sit-ups				
2. 300 Meter Sprint				
3. Push-ups				
4. 1-1/2 Mile Run				

**ACCEPTANCE OF SCORES:** *I certify that to the best of my knowledge the above scores are correct.*

FITNESS SPECIALIST NAME: \_\_\_\_\_ DEPARTMENT: \_\_\_\_\_  
 (please print)

\_\_\_\_\_  
 FITNESS SPECIALIST SIGNATURE

\_\_\_\_\_  
 FITNESS SPECIALIST CERTIFICATION DATE

### Male Candidate

AGE	1 MINUTE OF SIT-UPS	300 METER SPRINT	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 40%
20 - 29	38	59 SECONDS	29	12:38
30 - 39	35	59 SECONDS	24	12:58
40 - 49	29	72 SECONDS	18	13:50
50 - 59	24	83 SECONDS	13	15:06
60 - 69	19	N/A	10	16:46

### Female Candidate

AGE	1 MINUTE OF SIT-UPS	300 METER SPRINT	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 40%
20 - 29	32	71 SECONDS	15	14:50
30 - 39	25	79 SECONDS	11	15:43
40 - 49	20	94 SECONDS	9	16:31
50 - 59	14	N/A	7	18:18