

**CITY OF SOUTH PORTLAND  
POLICE DEPARTMENT  
PHYSICAL FITNESS TESTING APPLICANT RELEASE**

I, \_\_\_\_\_, hereby state that I have applied for employment with the South Portland Police Department. I understand that the application and hiring process includes successful completion of the one of the following physical fitness tests, consisting of the following activities:

**MCJA 40<sup>th</sup> Percentile Physical Fitness Entrance Standards (*Non-Certified Applicants*):**

MCJA FITNESS TEST	MALE AGE				FEMALE AGE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
<b>40%</b>								
<b>Maximum Push-Up Test</b>	29	24	18	13	15	11	9	3
<b>One Minute Sit-Up Test</b>	38	35	29	24	32	25	20	14
<b>1.5 Mile Run (min and sec)</b>	12' 38"	13' 04"	13' 49"	15' 03"	14' 50"	15' 38"	16' 21"	18' 07"

**South Portland Police In-Service Physical Fitness Standards (*Certified ("Blue Pin") Applicants*):**

SPPD FITNESS TEST	MALE AGE				FEMALE AGE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
<b>40%</b>								
<b>Maximum Push-Up Test</b>	29	24	18	13	15	11	9	3
<b>One Minute Sit-Up Test</b>	38	35	29	24	32	25	20	14
<b>Vertical Jump (inches)</b>	20	18.6	15.5	13.5	14	12	9.6	*
<b>300M Run (seconds)</b>	59	58.9	72	83.2	71	79	94	*

SPPD FITNESS TEST	MALE AGE				FEMALE AGE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
<b>60%</b>								
<b>Maximum Push-Up Test</b>	37	30	24	19	21	15	13	*
<b>One Minute Sit-Up Test</b>	42	39	34	28	38	29	24	20
<b>Vertical Jump (inches)</b>	21.5	20	17	15	15.9	13.2	11.5	*
<b>300M Run (seconds)</b>	54	55	64	74	61	71	79	*

SPPD FITNESS TEST	MALE AGE				FEMALE AGE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
80%								
Maximum Push-Up Test	47	39	30	25	28	23	15	*
One Minute Sit-Up Test	47	43	39	35	44	35	29	24
Vertical Jump (inches)	24	22	19	17	17.7	15	13	*
300M Run (seconds)	50.3	51	57	66.4	58.3	66	72	*

**RELEASE**

I am taking this test voluntarily. I understand the physical requirements of this test and know of no reason why I cannot safely complete all portions of the above-listed testing. I agree to indemnify and hold harmless, and release, discharge and waive all rights of action against the City of South Portland, the South Portland Police Department, the South Portland Civil Service Commission, and their respective agents and employees, from any claim, damage, injury, illness, of whatever kind or nature, resulting from administration of the test and my taking of the test, which I or my heirs, successors or assigns have or might have by reason of any personal injury, death or property damage resulting from my participation in the above-described physical fitness test, which I agree to take voluntarily and without coercion or duress.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

Applicant Date of Birth / Age: \_\_\_\_\_

Applicant Gender: Male // Female

**OVERALL TEST PERFORMANCE:**

Push-up Test	_____ Required	_____ Result	_____ Pass	_____ Fail
One Minute Sit-up Test	_____ Required	_____ Result	_____ Pass	_____ Fail
1.5 Mile Run	_____ Required	_____ Result	_____ Pass	_____ Fail
300M Run	_____ Required	_____ Result	_____ Pass	_____ Fail
Vertical Jump	_____ Required	_____ Result	_____ Pass	_____ Fail

Certified Officer applicant: Yes // No (Circle One)

PASS // FAIL (Circle One)

Fitness Tester Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **POLICE PHYSICAL FITNESS TESTING DESCRIPTIONS:**

**ONE MINUTE PUSH-UP TEST:** You will assume the standard position for a push-up, which is the body rigid and back straight with the feet together and the hands slightly wider than shoulder-width apart in the up-position. An administrator will place a 3-inch measuring device on the surface directly under your chest between and in line with the nipples of your chest. With the back and remainder of the body straight at all times, you will lower the body towards the floor until your sternum touches the 3-inch measuring device being held by the administrator's hand. You will then push to the fully extended "UP" position, so that the elbows come to a near locked position. You will be no wiggling to get to the UP position. This will complete one repetition. You will complete as many correct push-ups as possible. You may rest only in the up-position while maintaining your body in a straight position at all times during the test. If you do not touch the 3 inch measuring device or do not go all the way up, those individual push-ups do not count. If you come out of the plank position or any parts of your body touch the floor other than your hands and feet, the test is over. The test administrator will count out loud only the # of correct push-ups completed. This test provides a measure of dynamic strength / muscular endurance.

*Scoring: The total number of correct push-ups in one minute.*

**ONE-MINUTE SIT-UP TEST:** The test will begin in the down position. You will lie down on your back with knees bent and heels flat on the surface you lying down on. A partner will hold your feet down. Your hands will be placed clasped behind your head. Fingers are interlocked throughout the exercise. A correct sit-up is performed by sitting up until the upper body is **perpendicular** to the floor. Usually this will mean that your elbows must touch the top of your knees or extend beyond your lower legs. The complete sit-up is finished by returning to a full lying position (with upper back touching the floor) before starting the next sit-up. The buttocks must be kept in contact with the surface during the sit-up with no thrusting of the hips. You will perform as many sit-ups as possible in a one-minute period. If your buttocks comes off the floor, your fingers come unclasped, you do not come all the way up to perpendicular, or your shoulders do not touch the floor, those individual sit-ups will not count. The test administrator will count out loud only the # of correct sit-ups completed. This test provides a measure of dynamic strength / muscular endurance.

*Scoring: Your total number of correct sit-ups in one minute.*

**RUN:** The applicant will walk, jog, run, or any combination thereof, a distance of one and one-half miles or 300 meters. A measured, level course will be used, such as an indoor or outdoor track. Exact distances will be indicated. A monitor will keep record of the distance and time the applicant has completed. If using a track, the assigned monitor will inform the applicant at the end of each lap the cumulative running time and number of laps completed, as applicable. These tests provide a measure of aerobic / anaerobic power.

*Scoring: The time it takes to finish the run.*

**VERTICAL JUMP:** The applicant will leap upwards as high as possible an attempt to reach a designated marker at or above the prescribed standard. This may be done using a vertical leap machine or a yardstick or other measuring device attached to a wall. Three attempts are permissible. This test provides a measure of explosive strength.