



PROCEDURE AND SEQUENCING OF PHYSICAL FITNESS TESTS IN LAW ENFORCEMENT

The suggested test battery is as follows:

- Vertical Jump
- One Minute Sit Up
- 300 Meter Run
- Maximum Push Up or Bench Press
- 1.5 Mile Run

The procedure and order for testing is recommended as follows:

1. Warm up for 3 minutes, perform the Vertical Jump test and rest for 2 minutes.
2. Perform the One Minute Sit Up test and rest for 5 to 10 minutes.
3. Perform the 300 Meter Run, then rest for 5 to 10 minutes.
4. Perform the Maximum Push Up test, then rest for 5 to 15 minutes (or 5 to 10 minutes for Bench Press).
5. Do cardio-warm up for 2 to 3 minutes, then perform the 1.5 Mile Run and cardio-cool down for 5 minutes.



COOPER FITNESS NORMS SINGLE NORMS

TEST

Category	Percentile	Max VO ₂ (ml O ₂)	1.5 Mile Run (Min/Sec)	12 Min. Run (Miles+1/10th)
Superior	99	52.0	9:07	1.75
	95	46.6	10:52	1.60
Excellent	90	44.4	11:38	1.56
	85	42.4	12:20	1.49
	80	41.0	12:51	1.45
Good	75	39.9	13:13	1.42
	70	38.8	13:35	1.39
	65	37.9	13:54	1.36
	60	37.0	14:15	1.34
Fair	55	36.4	14:28	1.32
	50	35.7	14:46	1.30
	45	34.4	14:59	1.28
	40	34.1	15:20	1.26
Poor	35	33.3	15:37	1.25
	30	32.6	15:50	1.22
	25	31.7	16:11	1.19
	20	30.7	16:31	1.16
Very Poor	15	29.9	16:39	1.11
	10	28.5	17:18	1.09
	5	23.5	17:32	1.05
	1	23.0	19:09	.96

* This single norm database was derived from The Cooper age and gender norms representing a cross-section of thousands of individuals.



COOPER FITNESS NORMS SINGLE NORMS

Category	Percentile	TEST	
		1 RM Bench Press (ratio)	Sit Up (number)
Superior	99	1.07	44.7
	95	1.06	44.6
Excellent	90	.97	41.7
	85	.91	38.7
	80	.88	37.0
Good	75	.84	35.4
	70	.81	34.4
	65	.79	33.0
	60	.76	31.7
Fair	55	.74	30.5
	50	.72	29.3
	45	.70	28.4
	40	.68	27.1
Poor	35	.66	25.7
	30	.65	24.5
	25	.62	23.5
	20	.60	22.1
Very Poor	15	.58	20.1
	10	.55	18.3
	5	.50	15.0
	1	.49	14.0

* This single norm database was derived from The Cooper age and gender norms representing a cross-section of thousands of individuals.



COOPER FITNESS NORMS SINGLE NORMS

TEST

Category	Percentile	Sit & Reach (inches)	Fat (% fat)	Standard Push Up (number)
Superior	99	22.7	7.4	62.0
	95	22.6	12.2	43.0
Excellent	90	21.4	14.6	38.0
	85	20.7	16.2	34.0
	80	20.1	17.3	32.0
Good	75	19.6	18.4	29.0
	70	19.1	19.3	26.0
	65	18.6	20.1	24.0
	60	18.2	21.0	23.0
Fair	55	17.7	21.7	22.0
	50	17.3	22.5	21.0
	45	16.8	23.3	19.0
	40	16.4	24.1	18.0
Poor	35	15.9	24.9	16.0
	30	15.3	25.9	15.0
	25	14.8	26.9	14.0
	20	14.1	28.1	12.0
Very Poor	15	13.2	29.5	11.0
	10	12.2	31.2	10.0
	5	10.5	33.9	6.0
	1	10.4	34.0	4.0

* This single norm database was derived from The Cooper age and gender norms representing a cross-section of thousands of individuals.



LAW ENFORCEMENT SINGLE STANDARDS

This database represents approximately 2400 incumbent law enforcement officers from 20 agencies. The sample is a stratified (age, sec, race) random sample of each agency. 9.2% of the sample is female and 90.8% is male.

Percentile	Vertical Jump (inches)	300 Meter Run (seconds)
99	28.1	36.0
95	24.5	44.0
90	23.0	48.0
85	21.5	51.0
80	21.0	54.0
75	20.0	55.0
70	19.5	57.0
65	19.0	59.0
60	18.5	60.0
55	18.0	62.0
50	17.5	64.0
45	17.0	66.0
40	16.5	68.0
35	16.0	70.0
30	15.0	72.0
25	14.5	75.0
20	14.0	77.0
15	13.0	81.0
10	12.0	85.0
5	10.0	92.0
1	6.5	110.0



AGE X GENDER NORMS

This database represents approximately 900 incumbent officers that were stratified random samples from 10 agencies.

VERTICAL JUMP TEST (INCHES)

Decade	Male				Female			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Percentile								
99	30.3	28.4	25.1	22.0	19.0	18.0	13.5	4.0
95	26.5	25.0	22.0	21.0	18.8	16.9	13.5	4.0
90	25.0	24.0	20.3	19.5	18.1	16.0	13.3	4.0
85	25.0	23.0	19.5	18.0	18.0	15.5	13.0	4.0
80	24.0	22.0	19.0	17.0	17.7	15.0	13.0	4.0
75	23.0	21.0	18.0	16.5	17.0	15.0	12.7	4.0
70	22.5	21.0	18.0	16.0	16.3	14.9	12.3	4.0
65	22.0	20.0	17.0	15.5	16.0	14.3	11.6	4.0
60	21.5	20.0	17.0	5.0	15.9	13.2	11.5	4.0
55	21.0	20.0	16.5	14.5	15.5	13.0	11.1	4.0
50	20.5	19.5	16.0	14.0	15.2	12.5	10.0	4.0
45	20.0	19.0	16.0	14.0	14.3	12.4	10.0	4.0
40	20.0	18.6	15.5	13.5	14.0	12.0	9.6	4.0
35	19.0	18.5	5.0	13.5	13.9	12.0	9.0	4.0
30	18.0	18.0	14.5	13.0	13.5	11.1	9.0	4.0
25	18.0	17.0	14.0	12.2	13.0	11.0	8.5	4.0
20	17.5	16.5	14.0	11.9	12.6	11.0	7.8	4.0
15	17.0	16.0	13.0	11.0	12.0	10.9	7.1	4.0
10	16.0	15.5	12.1	10.0	12.0	10.2	7.0	4.0
5	13.6	14.5	11.0	9.3	11.4	9.1	7.0	4.0
1	10.3	12.1	6.9	6.5	11.0	6.0	7.0	4.0



AGE X GENDER NORMS

This database represents approximately 900 incumbent officers that were stratified random sample from 10 agencies.

300 METER RUN (SECS)

Decade	Male				Female			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Percentile								
99	42.6	42.0	47.0	52.0	54.0	55.0	65.0	
95	46.0	46.1	52.0	58.0	54.3	56.5	65.0	
90	48.0	49.0	55.0	61.0	56.0	60.0	66.0	
85	49.0	50.0	56.0	63.0	58.0	63.5	68.2	
80	50.3	51.0	57.0	66.4	58.3	66.0	72.0	
75	51.0	52.0	60.0	68.0	59.7	66.5	72.0	
70	52.0	53.0	61.0	70.0	60.0	68.0	75.3	
65	53.5	54.0	62.0	72.0	61.0	69.9	78.7	
60	54.0	55.0	64.0	74.0	61.0	71.0	79.0	
55	55.0	56.0	66.0	77.4	62.7	72.0	80.5	
50	56.0	57.0	67.6	80.0	64.0	74.0	86.0	
45	57.5	58.0	70.0	82.6	68.5	75.5	91.7	
40	59.0	58.9	72.0	83.2	71.0	79.0	92.0	
35	60.0	61.0	74.8	85.0	74.5	80.5	101.8	
30	62.1	63.0	77.0	87.0	75.0	82.0	106.7	na
25	64.0	65.0	81.0	89.0	76.0	85.5	109.3	na
20	66.0	68.0	83.0	95.0	78.0	86.0	110-.0	na
15	69.0	70.0	86.0	99.0	88.0	93.5	116.0	
10	73.4	74.9	90.0	101.6	97.0	100.0	121.5	
5	81.3	80.9	104.0	112.0	106.7	114.0	125.0	
1	95.1	113.9	143.0	1'84.0	120.0	210.0	125.0	