

Cincinnati Police Department

Physical Ability Test Standards

1. **300-meter run:** to measure 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. **One minute sit-up test:** to measure the abdominal or trunk muscular endurance. Laying on the ground you will be given one minute to complete as many bent-leg sit-ups as you can.

3. **One minute push-up test:** to measure the muscular endurance of the upper body. The test consists of doing as many push-ups from the front, lean, and rest position as you can.

Based on age and gender, you must meet the standards below.

Age	<29	30-39	40-49	>50
300-meter run – must not exceed time limit				
Male	1:02	1:03	1:14	1:28
Female	1:10	1:21	1:35	1:46

Sit-ups – minimum number needed to pass				
Male	32	28	22	17
Female	23	18	13	7

Push-ups – consecutive number needed to pass				
Male	19	15	10	7
Female	9	7	5	4(modified)