

# **BRUNSWICK POLICE DEPARTMENT**

## **APPLICANT PHYSICAL FITNESS STANDARDS and MEDICAL CLEARANCE**

An applicant must score at the level provided in the following tables for each individual screening measure conducted. These norms only indicated the minimum required of an applicant to enter the Brunswick Police Department. These standards are based upon the 40<sup>th</sup> percentile as established by the Institute for Aerobics Research in Dallas, Texas. Those applicants who do not meet the minimum standard will be dismissed from the process and will need to re-apply for any subsequent openings.

FITNESS TEST	MALE Age				FEMALE Age			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
<b><i>Academy Standards/ Must pass to continue process:</i></b>								
<b>One Minute Sit Up</b>	40	36	31	26	35	27	22	17
<b>Push Ups</b>	33	27	21	15	26	21	15	13
<b>1.5 Mile Exercise</b>	12:18	12:51	13:53	14:55	14:35	15:26	16:27	17:24
<b><i>These tests will be given for statistical purposes only:</i></b>								
<b>Sit &amp; Reach</b>	17.5"	16.5"	15.3"	14.5"	21"	20"	19"	18"
<b>Body Composition</b>	20.7%	23.2%	25.0%	26.6%	25.6%	28.1%	31.1%	34.3%

## **MEDICAL CLEARANCE**

I, \_\_\_\_\_ have reviewed the enclosed Brunswick Police Department Pre-Employment Physical Fitness Test. I have reviewed the elements of the Fitness Test, and I have determined that the candidate, \_\_\_\_\_, is safely able to participate in that process.

DATE: \_\_\_\_\_

SIGNED: \_\_\_\_\_  
**Physician**

PRINTED: \_\_\_\_\_  
**Physician's Name Printed**