

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 40th 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				FEMALE			
	Age				Age			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
<i>Academy Standards/ Must pass to continue process:</i>								
One Minute Sit Up	40	36	31	26	35	27	22	17
Push Ups	33	27	21	15	26	21	15	13
1.5 Mile Exercise	12:18	12:51	13:53	14:55	14:35	15:26	16:27	17:24
<i>These tests will be given for statistical purposes only:</i>								
Sit & Reach	17.5"	16.5"	15.3"	14.5"	21"	20"	19"	18"
Body Composition	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 the process.

DATE: _____

SIGNED: _____

Physician

PRINTED: _____

Physician's Name Printed