

CITY OF AZTEC PHYSICAL REQUIREMENT for a POLICE OFFICER

#1 UPPER BODY STRENGTH (1 minute maximum number of push ups)

Age	Male	Female
20-29	29	23
30-39	24	19
40-49	18	13
50-59	13	12
60 +	10	5

1. The hands are placed about the shoulder width apart. The administrator places a fist on the floor below the students chest (unless a male is testing a female).
2. Starting from the up position (elbows fully extended), the student must keep the back straight at all times and lower their body to the floor until the chest touches the administrator's fist. The student then returns to the up position.
3. The modified push-up (for females only) is performed on the hands and knees with the back straight and hands slightly ahead of the shoulders in the up position.

#2 MUSCULAR ENDURANCE (1 minute maximum number of sit-ups)

Age	Male	Female
<20	41	32
20-29	38	32
30-39	35	25
40-49	29	20
50-59	24	14
60 +	19	6

1. The student starts by lying on their back, knees bent, heels flat on the floor, fingers interlaced and placed behind the head.
2. A partner holds the feet down.
3. In the up position, the student should touch the elbows to the knees and then return until the shoulder blades touch the floor. Any resting should be done in the up position.

#3 AEROBIC POWER (1.5 mile run with 40 second altitude adjustment added)

Age	Male	Female
<20	13:21	15:56
20-29	13:21	15:56
30-39	14:06	16:27
40-49	14:59	17:29
50-59	15:56	18:24
60 +	17:13	19:14

1. The student should refrain from smoking or eating for two hours preceding the test.
2. Allow adequate time prior to the test for stretching and warm-up exercises.
3. During the administration of the test the students can be informed of their lap times. If several students run at once, their individual times at the finish can be called out and recorded later.
4. An important consideration at the end of the run is the "cool down" period. The students should be cautioned about sitting down or standing around immediately after the run to prevent venous pooling. They should be instructed to walk an additional five minutes or so in order to enhance venous return and aid in recovery.

#4 ANAEROBIC POWER (300 meter run)

Age	Male	Female
<20	59.0	71.0
20-29	59.0	71.0
30-39	67	79.0
40-49	72.0	94.0
50-59	83.2	94.0
60 +	83.2	94.0

1. The student should refrain from smoking or eating for two hours preceding the test.
2. Allow adequate time prior to the test for stretching and warm-up exercises.
3. During the administration of the test the students can be informed of their lap times. If several students run at once, their individual times at the finish can be called out and recorded later.
4. An important consideration at the end of the run is the "cool down" period. The students should be cautioned about sitting down or standing around immediately after the run to prevent venous pooling. They should be instructed to walk an additional five minutes or so in order to enhance venous return and aid in recovery.