

CITY OF MOLINE PHYSICAL AGILITY TESTS MINIMUM PHYSICAL FITNESS REQUIREMENTS
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The Physical Agility test consists of the following exercises, times and/or repetitions:

TEST / AGE	Male				Female			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Sit & Reach	16.0	15.0	13.8	12.8	18.8	17.8	16.8	16.3
1 Minute Sit-up	37	34	28	23	31	24	19	13
Bench Press Ratio	0.98	0.87	0.79	0.70	0.58	0.52	0.49	0.43
1.5 Mile Run	13:46	14:31	15:24	16:21	16:21	16:52	17:53	18:44

* The Power Chart events are used by the Illinois certified police academies and are provided to all candidates prior to entering the academy.

SIT AND REACH TEST

This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from the sitting position. **The score is in inches reached on a yardstick with 15 inches being at the toes.**

ONE MINUTE SIT UP TEST

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. **The score is in the number of bent leg sit-ups performed in one (1) minute.**

ONE REPETITION MAXIMUM BENCH PRESS

This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. It is an important area for performing police tasks requiring upper body strength. **The score is a ratio of weight pushed divided by body weight.**

1.5 MILE RUN

This is a timed run to measure the heart and vascular systems' capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the rise of cardiovascular problems. Once the run begins candidates must continuously run without walking or stopping until the entire 1.5 miles is complete. **The score is in minutes and seconds.**