

## MSU POLICE DEPT. SCORING SCALE FOR PHYSICAL FITNESS ASSESSMENT

SCORING SCALE FOR ONE-MINUTE PUSH-UPS		
Score	Female Range	Male Range
0	7 & Below	10 & Below
1	8 (20%)	11-12 (20%)
2	9	13-14
3	10	15-16
4	11	16-17
5	12	18-19
6	13	20-21
7	14	22-23
8	15	23-24
9	16	25-26
10	17 & Over (65%)	27 & Over (65%)

SCORING SCALE FOR ONE-MINUTE SIT-UPS		
Score	Female Range	Male Range
0	15 & Below	24 & Below
1	16-17 (20%)	25-26 (20%)
2	18	27
3	19	28
4	20	29
5	21-22	30
6	23	31-32
7	24	33
8	25	34
9	26	35
10	27 & Above (65%)	36 & Above (65%)

SCORING SCALE FOR 1.5 MILE RUN (in minutes:seconds)		
Score	Female Range	Male Range
0	20:29 & Over	17:08 & Over
1	20:28-19:07 (20%)	17:07-16:12 (20%)
2	19:06-18:18	16:11-15:58
3	18:17-17:60	15:57-15:08
4	17:59-17:14	15:07-14:58
5	17:13-16:59	14:57-14:13
6	16:58-16:13	14:12-13:59
7	16:12-15:59	13:58-13:48
8	15:58-15:21	13:47-13:31
9	15:20-14:59	13:30-13:14
10	14:58 & Below (65%)	13:13 & Below (65%)

SCORING SCALE FOR 300-METER SPRINT (in seconds)		
Score	Female Range	Male Range
0	92 & Over	79 & Over
1	91-90 (20%)	78-74 (20%)
2	89.9-87.9	74.6-72.2
3	87.8-85.6	72.1-70.2
4	85.5-81.3	70.1-68.2
5	81.2-78.5	68.1-67.0
6	78.4-74.6	66.9-65.1
7	74.5-71.7	65.0-63.6
8	71.6-70.3	63.5-61.7
9	70.2-69.8	61.6-60.3
10	69.7 & Below (65%)	60.2 & Below (65%)

It is imperative to the job function that a police officer be physically fit and able to cope with certain physical stresses that are encountered by police officers on a daily basis. The tests above have been proven to show a level of fitness that is essential to the job of a police officer.

**In order to pass the Physical Fitness Assessment, applicants/participants must achieve a minimum cumulative score of fourteen (14) points with at least one point in each of the four events.**