

CHATHAM-KENT POLICE SERVICE



RECRUIT PHYSICAL TESTING COMPONENTS & SCORING

- 1. PUSH-UPS (Muscular Strength and Endurance)**
- 2. CORE ENDURANCE (Muscular Strength and Endurance)**
- 3. SIT AND REACH (Flexibility)**
- 4. CHIN-UPS (Muscular Strength)**
- 5. 1.5 MILE RUN (Aerobic Capacity)**

All five components of the Recruit Physical Test total 100 points. To successfully pass the physical fitness component of the testing, **the applicant must score a minimum total of 75 out of 100.**

1. PUSH-UPS (Muscular Strength and Endurance)

Push-ups must be done consecutively and with good form (body and neck straight, hands placed so thumbs are below shoulder, full extension up and chin or nose touching gym mat in down position). Male candidates pivot on toes. Female candidates may pivot on knees.

Score / 20	Male Age 20 - 29	Female Age 20 - 29
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20	49+	38
19	48	37
18	36-47	30 – 36
17	32-35	24 – 29
16	29-31	21 – 23
15	27-28	20
14	25-26	18 – 19
12	24	16 – 17
10	21-23	14 – 15
8	18-20	11 – 13
6	16-17	9 – 10
4	11-15	5 – 8
2	10	4

Score / 20	Male Age 30 - Over	Female Age 30 - Over
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20	37	20	37
19	36	19	36
18	35	18	35
17	32-34	17	32-34
16	27-31	16	29-32
15	24-26	15	27-28
14	22-23	14	22-26
12	20-21	12	17-21
10	17-19	10	13-16
8	14-16	8	10-12

2. CORE ENDURANCE TEST (Muscular Strength & Endurance)

Candidate lies face down on top of the bench with lower body on the bench. The iliac crest is positioned on the edge of the bench and legs will be secured by strap or partner. The candidate will rise up until they are parallel with their lower body. Their arms are placed across their chest with the hands on the opposing shoulders. Your entire body forms one straight line with no rotation or lateral shifting. The candidate stays in this position as long as possible to a maximum of three minutes.

Score / 20	Male Age 20 - 29	Female Age 20 - 29
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Score / 20	Male Age 30 - Over	Female Age 30 - Over
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20	3:00	3:00
19	2:50-2:59	2:51-2:59
18	2:40-2:49	2:41—2:50
17	2:31-2:39	2:32-2:40
16	2:21-2:30	2:24-2:31
15	2:12-2:20	2:15-2:23
14	2:00-2:11	2:04-2:14
12	1:50-1:59	1:53-2:03
10	1:39-1:49	1:42-1:52
8	1:35-1:38	1:30-1:41
6	1:30-1:34	1:18-1:29
4	1:26-1:29	1:06-1:17
2	<1:25	<1:05

20	3:00	3:00	4
19	2:43-2:59	2:51-2:59	4
18	2:27-2:42	2:43-2:50	3
17	2:13-2:26	2:36-2:42	3
16	2:01-2:12	2:28-2:35	2
15	1:48-2:00	2:20-2:27	2
14	1:42-1:47	2:11-2:19	2
12	1:36-1:41	2:01-2:10	1
10	1:31-1:35	1:52-2:00	1
8	1:19-1:30	1:35-1:51	
6	1:07-1:18	1:18-1:34	
4	0:56-1:06	1:01-1:17	
2	<0:31	<1:00	

3. SIT AND REACH (Flexibility)

Candidates are seated with legs straight in front. The candidate reaches out over his/her toes with both hands along a scale.

Sit and Reach (cm)

Score / 5	Male Age 20 - 29	Female Age 20 - 29
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5	45	46
4.75	44	45
4.5	40 – 43	41 – 44
4.25	37 – 39	39 – 40
4	34 - 36	37 – 38
3.75	33	36
3.5	32	35
3	31	34
2.5	29 – 30	32 – 33
2	26 - 28	29 – 31
1.5	23 – 25	26 - 28
1	18 – 22	22 - 25
.5	17	21

Score / 5	Male Age 30 - Over	Female Age 30 - Over
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5	44	46
4.75	43	45
4.5	38 – 42	41 – 44
4.25	35 – 37	38 – 40
4	33 – 34	36 – 37
3.75	32	35
3.5	31	34
3	29 – 30	33
2.5	27 – 28	31 – 32
2	24 – 26	28 – 30
1.5	21 – 23	25 – 27
1	17 – 20	21 – 24
.5	16	20

4. CHIN-UPS (Muscular Strength)

This component is done from a full hang from a horizontal bar. Chin-ups (palms facing candidate) or Pull-ups (palm- forward grip at shoulder width) are both acceptable. The candidate starts from a full hang and pulls him/herself up so that the eyes are at least even with the bar and then return to full hanging position. Excessive swinging is not permitted and the exercise must be done consecutively with no excessive hold in either the up or hang positions.

Score / 5	Male Age 20 - 29	Female Age 20 - 29
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5	10	7
4.5	9	6
4	8	5
3.5	7	4
3	6	3
2.5	5	
2	4	2
1.5	3	
1	2	1
.5	1	

Score / 5	Male Age 30 - Over	Female Age 30 - Over
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5	7	5
4.5	6	
4	5	4
3	4	3
2	3	2
1	2	1
.5	1	

5. 1.5 MILE RUN (Aerobic Capacity)

Score / 50	Male Age 20 - 29	Female Age 20 - 29
50	under – 9:00	under – 10:35
47.5	9:01 – 9:30	10:36 – 11:10
45	9:31 – 10:00	11:11 – 11:52
42.5	10:01 – 10:30	11:53 – 12:34
40	10:31 – 10:56	12:35 – 13:00
37.5	10:57 – 11:22	13:01 – 13:26
35	11:23 – 11:46	13:27 – 13:42
30	11:47 – 12:10	13:43 – 13:57
25	12:11 – 12:35	13:58 – 14:12
20	12:36 – 12:59	14:13 – 14:27
15	13:00 – 13:30	14:28 – 14:42
10	13:31 – 14:00	14:43 – 14:57
5	14:01 – 14:30	14:58 – 15:12

Score / 50	Male Age 30 - Over	Female Age 30 - Over
50	under – 9:20	under – 11:00
47.5	9:21 – 9:50	11:01 – 11:35
45	9:51 – 10:20	11:36 – 12:10
42.5	10:21 – 10:50	12:11 – 12:45
40	10:51 – 11:20	12:46 – 13:20
37.5	11:21 – 11:50	13:21 – 13:55
35	11:51 – 12:20	13:56 – 14:30
30	12:21 – 12:50	14:31 – 15:05
25	12:51 – 13:20	15:06 – 15:40
20	13:21 – 13:50	15:41 – 16:15
15	13:51 – 14:20	16:16 – 16:50
10	14:21 – 14:50	16:51 – 17:25
5	14:51 – 15:20	17:26 – 18:00