

POWER TEST INFORMATION

The actual performance requirement for each test is based upon norms for a national population sample.

The applicant must pass every test.

The required performance to pass each test is based upon sex and age (decade). While the absolute performance is different for the 8 categories, the relative level of effort is identical for each age and sex group. All recruits are being required to meet the same percentile rank in terms of their respective age/group. The performance requirement is that level of physical performance that approximate the 40th percentile for each age and sex group.

POWER CHART

TEST	MALE				FEMALE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
AGE GROUP								
Sit & Reach	14.4	13.0	12.0	10.5	17.0	16.5	15.0	14.8
1 minute sit-up	33	30	24	19	24	20	14	10
Maximum bench press ratio	88%	78%	72%	63%	51%	47%	43%	39%
1.5 mile run	14:00	14:34	15:24	16:58	16:46	17:38	18:37	20:44

Revised standards Dec. 2022