Town of Middletown Police Department
Employment Application

Fitness Testing

_____ Candidates must be able to achieve minimum standard during initial fitness testing.

The Cooper Standard for Law Enforcement Physical Assessment Scored
MPD Physical Fitness Standards

Cooper Standards 20%	Male Standards By Age					Female Standards By Age			
Age Category	**20-29**	**30-39**	**40-49**	**50-59**		**20-29**	**30-39**	**40-49**	**50-59**
1 Minute Sit-Ups	33	30	24	19		24	20	14	10
1 Minute Push-Ups	22	17	11	9		17	11	6	4
1.5 Mile Run (Time)	14:06	14:34	15:32	17:30		16:46	17:38	19:43	21:57

Testing Order:

- Sit-Ups- Total number of repetitions performed in one minute
- Push-Ups- Total number of repetitions performed in one minute
- 1.5 Mile Run- Time measured in minutes and seconds
- Afforded a minimum rest time of five (5) minutes between events
- All applicants must pass each event at the 20% standard to proceed in the hiring process

If you fail to meet any of the above criteria you will be notified that you are no longer being considered for employment with the Middletown Police Department. You may reapply once you have met the above criteria during the next hiring process.