

**NMSU Police Department**  
**Physical Fitness Guidelines**

The following are the physical fitness guidelines for each of the categories assessed by the NMSU Police Department. These represent the 40<sup>th</sup> percentile of the general population of the United States as established by the Cooper Institute for Aerobics Research. All officers and applicants are expected to be able to meet these levels of performance based on their age and gender.

***DESCRIPTION OF ACTIVITIES***

**Push-Ups:** Performed with hands shoulder-width apart, arms fully extended, legs and back straight, feet on the floor. The person is required to go down within three (3) inches of the ground with the center of their chest, and then push back up without allowing any other part of their body to contact the ground except their hands and feet. The back and legs must remain straight/in-line. The push-up is considered complete when the arms have returned to their full extension. The count indicated below is the number of push-ups completed in 60 seconds.

<b>Age</b>	<b>Male</b>	<b>Female</b>
21-29	29	23
30-39	24	19
40-49	18	13
50-59	13	12
60+	10	5

**Sit-Ups:** Performed with the knees bent at approximately a 90-degree angle. The hands must be positioned in the back of the neck with the fingers interlaced, and they must remain in said position throughout the sit-up in order for it to count. The back must start out flat on the mat for each repetition. The person will then raise their torso up toward their knees until their elbows either touch or go above them. A partner will help hold the feet on the ground. The count indicated below is the number of sit-ups completed in 60 seconds.

<b>Age</b>	<b>Male</b>	<b>Female</b>
21-29	38	32
30-39	35	25
40-49	29	20
50-59	24	14
60+	19	6

**Flexibility:** Performed while seated on the ground with the legs straight out in front. The person will place one hand over the other, with the fingertips even. Keeping the legs straight, the person will then lean forward as far as possible, extending the hands and touching a ruler. Fifteen inches of the ruler extends in front of the toes (toward the person), with the 15” mark even with the bottom of the foot. The person is provided three (3) reaches in which to record the best mark possible.

<b>Age</b>	<b>Male</b>	<b>Female</b>
21-29	16.5”	19.3”
30-39	15.5”	18.3”
40-49	14.3”	17.3”
50-59	13.3”	16.8”
60+	12.5”	15.5”

**Bench Press:** Performed on a machine. The person decides what weight they will attempt to lift, and notifies the spotter. The spotter sets the weight, and the person gets in position, with the hands approximately shoulder-width apart and the lifting bar in the down position. When ready, the person lifts the bar until the arms are at full extension, and then lets it back down gently. The person gets three (3) attempts to lift the required weight. The amount of weight that must be lifted in order to pass is the person's body weight multiplied by the number indicated below:

<b>Age</b>	<b>Male</b>	<b>Female</b>
21-29	.99	.59
30-39	.88	.53
40-49	.80	.50
50-59	.71	.44
60+	.66	.43

**Leg Press:** Performed on a machine. The person decides what weight they will attempt to lift, and notifies the spotter. The spotter sets the weight, and the person gets in position, with the feet set on the pedals, the weights in the down position, and the knees bent at a 90 degree angle. When ready, the person pushes against the pedals until the legs are at full extension, and then lets it back down gently. The person gets three (3) attempts to lift the required weight. The amount of weight that must be lifted in order to pass is the person's body weight multiplied by the number indicated below:

<b>Age</b>	<b>Male</b>	<b>Female</b>
21-29	1.83	1.37
30-39	1.65	1.21
40-49	1.57	1.13
50-59	1.46	.99
60+	1.38	.93

**1.5 Mile Run/Walk:** Performed on a measured-distance track. The person must complete the 1.5 miles by either running, walking, or a combination of the two within the time allotted. There is only one (1) chance to complete this task. The times listed are in minutes and seconds (mm:ss).

<b>Age</b>	<b>Male</b>	<b>Female</b>
21-29	12:25	14:49
30-39	12:51	15:25
40-49	13:46	16:12
50-59	14:54	17:14
60+	16:16	18:00