



## CENTRAL FALLS POLICE DEPARTMENT FITNESS PRE-SCREENING FORM

**DATE OF TEST:**

<b>Name:</b>		<b>Gender:</b>	<b>Sponsoring Agency(s):</b>
<b>DOB:</b>		<b>Age:</b>	<b>Central Falls PD</b>

Assessment Battery	Score	Fitness Assessor		(Print Last Name)
		Pass	Fail	
1 Minute Push-Ups (#)		Pass	Fail	
Sit Ups (#) :		Pass	Fail	
1.5 Mile Run (min:sec): Laps:		Pass	Fail	
300 Meter Run (sec.tenths):		Pass	Fail	

Assessment Battery	Male					Female				
	Age <20	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age <20	Age 20-29	Age 30-39	Age 40-49	Age 50-59
1 Minute Push-up	29.0	29.0	24.0	18.0	13.0	15.0	15.0	11.0	9.0	n/d
Sit Ups	41	38	35	29	24	32	32	25	20	14
1.5 Mile	12:38	12:38	12:58	13:50	15:06	14:50	14:50	15:43	16:31	18:18
300 Meter	59.0	59.0	58.9	72.0	83.2	71.0	71.0	79.0	94.0	n/d