

COVINGTON POLICE DEPARTMENT PHYSICAL TRAINING ASSESSMENT

The physical assessment test consists of a 1.5 mile run, push-ups and sit-ups. Every applicant is assessed in each category base on his or her age and is required to score an average score of 2.0. Listed below is a scale of the requirements you must meet in each category according to your age.

AGE 20-29

1.5 MILE RUN

Excellent 10:15 or less	Good 10:16-12:00	Average 12:01-14:30	Below Average 14:31-16:30	Poor 16:31-above
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PUSH-UPS

Excellent 3.0 43 or above	Good 2.5 42 - 28	Average 2.0 27 – 20	Below Average 0 19 – 5	Poor -1 5 – less
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SITS-UPS

Excellent 3.0 51 – or above	Good 2.5 50 – 40	Average 2.0 39 – 35	Below Average 0 34 – 24	Poor -1 23 -less
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AGE 30-39

1.5 MILE RUN

Excellent 3.0 11.00 –less	Good 2.5 11:01 –13:00	Average 2.0 13:01-15:30	Below Average 0 15:31-17:30	Poor -1 !7:31-above
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PUSH-UPS

Excellent 3.0 37 or above	Good 2.5 36 – 23	Average 2.0 22 – 17	Below Average 0 16 – 3	Poor -1 2 or less
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SIT-UPS

Excellent 3.0 45 – or above	Good 2.5 44 – 34	Average 2.0 33 – 29	Below Average 0 28 – 18	Poor -1 17 or less
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AGE 40 – 49

1.5 MILE RUN				
Excellent	Good	Average	Below Average	Poor
3.0	2.5	2.0	0	-1
11:30 – or less	11:31-14:00	14:01-16:30	16:31-18:30	18:31– above

PUSH-UPS				
Excellent	Good	Average	Below Average	Poor
3.0	2.5	2.0	0	-1
28 or above	27 - 18	17 - 13	12 – 2	1 or less

SIT-UPS				
Excellent	Good	Average	Below Average	Poor
3.0	2.5	2.0	0	-1
39- or above	38 – 26	25 – 19	18 – 6	5 or less

AGE 50 – 59

1.5 MILE RUN				
Excellent	Good	Average	Below Average	Poor
3.0	2.5	2.0	0	-1
12:00 or less	12:01 - 15:30	15:31- 17:30	17:31- 19:30	19:31 or above

PUSH-UPS				
Excellent	Good	Average	Below Average	Poor
3.0	2.5	2.0	0	-1
16 or above	15-13	12-9	8-1	0

SIT-UPS				
Excellent	Good	Average	Below Average	Poor
3.0	2.5	2.0	0	-1
33 or above	32-19	18-6	5-1	0