



CITY OF GARDENA

POLICE OFFICER/TRAINEE

PHYSICAL AGILITY REQUIREMENTS

To All Police Officer Applicants:

The Physical Fitness Qualification for the Gardena Police Department consists of four exercises designed to measure strength and endurance. The examination consists of **pull-ups, sit-ups, push ups, and a 1.5 mile run.**

Each event is scored and a minimum passing score is **282 points** of a total maximum score of **565 points.**

PULL-UPS:

Pull-ups are done with your palms facing away from you and positioned approximately shoulder width apart. Using your arms, pull yourself up so your chin extends up and over the bar. Lower your body down to a level where your elbows break a 90 degree angle. You do not have to drop to a full extended arm position. Pull-ups are scored at two points each. A maximum of twenty (20) pull-ups is possible for a total of 40 points. There is no time limit for this event.

SIT-UPS:

Start in the down position with your back resting on the floor, knees bent and your feet flat on the ground. You will have a partner to hold your feet. Place your hands in your armpits so that your arms are crossed over your chest. Using your lower back and abdominals lift yourself away from the floor, keeping your hands tucked; touch your elbows to your knees. Lower down to the starting position so that the broad portion of your back and shoulder blades touch the ground. This exercise is **not** to be confused with crunches where the lower back does not leave the ground. During the exercise, you can **only** rest in the up position with you arms resting on your knees. You will **not** be allowed to rest in the down position laying flat on your back. There is a **four (4) minute time limit** for this event. The first **fifty (50) sit-ups** are worth **one (1) point** each. Sit-ups between **51 and 100** are worth **two (2) points** each. Sit-ups between **101 and 125** are worth **three (3) points** each for a maximum scoring of **225 points.**

PUSH-UPS:

The proper method for completing a push-up is to start in the up position with your arms extended approximately shoulder-width apart and body parallel to the ground. Your partner will place their fist on the ground underneath the middle of your chest. Start lowering your body so that your chest touches your partner's fist, then return to the up position. Full arm extension is required. During the exercise, you can **only** rest in the up position. You will **not** be allowed to drop your knees or elbows to rest. There is a **four (4) minute time limit** for this event. Each push-up is worth one **(1) point** each. A maximum of **100 points** is possible.

1 1/2 MILE RUN:

The run consists of six laps on a standard oval track. These six laps equate to approximately one and one-half miles. The maximum number of points attainable is 200. A time of 9:16 or faster will earn the maximum number of points. A time of 17 minutes will earn one (1) point. All other times receive graduated scores. For the exact time and point breakdown, refer to the attached schedule.

SCORING:

Each of the event's scores is tallied and added together. A minimum passing score is 282 out of a total 565. Attached is the scoring sheet for the Physical Fitness Qualifications (PFQ).



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PHYSICAL AGILITY REQUIREMENTS - RATING SCALE

PERFORMANCE RATING SCALE-- PULL-UPS, PUSH-UPS, SIT-UPS

<u>PULL-UPS</u>	<u>SIT-UPS</u>	<u>PUSH-UPS</u>
0-0	1-1 (+1)	1-1
1-2	2-2	2-2
2-4	3-3	3-3
3-6	4-4	4-4
4-8	50-50	5-5
5-10	51-52	6-6
6-12	52-54	7-7
7-14	53-56	8-8
8-16	54-58	9-9
9-18	55-60	10-10
10-20	60-70	20-20
11-22	0-90	25-25
12-24	80-110	30-30
13-26	90-130	35-35
14-28	100-150 (+3)	40-40
15-30	101-153	45-45
16-32	102-156	50-50
17-34	103-159	55-55
18-36	104-162	60-60
19-38	105-165	70-70
20-40		80-80
110-180		90-90
115-195		100-100
120-210		
125-225		



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PHYSICAL AGILITY REQUIREMENTS - RATING SCALE

PERFORMANCE RATING SCALE - 1.5 MILE RUN

9:15 - 9:16 - 200 10:29 - 149 11:20 - 98

9:17 - 9:18 - 199 10:30 - 148 11:21 - 97

9:19 - 9:20 - 198 10:31 - 147 11:22 - 96

9:21 - 9:22 - 197 10:32 - 146 11:23 - 95

9:23 - 9:24 - 196 10:33 - 145 11:24 - 94

9:25 - 9:26 - 195 10:34 - 144 11:25 - 93

9:27 - 9:28 - 194 10:35 - 143 11:26 - 92

9:29 - 9:30 - 193 10:36 - 142 11:27 - 91

9:31 - 9:32 - 192 10:37 - 141 11:28 - 90

9:33 - 9:34 - 191 10:38 - 140 11:29 - 89

9:35 - 9:36 - 190 10:39 - 139 11:30 - 88

9:37 - 9:38 - 189 10:40 - 138 11:31 - 11:34 87

9:39 - 9:40 - 188 10:41 - 137 11:35 - 11:38 86

9:41 - 9:42 - 187 10:42 - 136 11:39 - 11:42 85

9:43 - 9:44 - 186 10:43 - 135 11:43 - 11:46 84

9:45 - 9:46 - 185 10:44 - 134 11:47 - 11:50 83

9:47 - 9:48 - 184 10:45 - 133 11:51 - 11:54 82

9:49 - 9:50 - 183 10:46 - 132 11:55 - 11:58 81

9:51 - 9:52 - 182 10:47 - 131 11:59 - 12:02 80

9:53 - 9:54 - 181 10:48 - 130

9:55 - 9:56 - 180 10:49 - 129 12:03 - 12:06 79

9:57 - 9:58 - 179 10:50 - 128 12:07 - 12:10 78

9:59 - 10:00 - 178 10:51 - 127 12:11 - 12:14 77

10:52 - 126 12:15 - 12:18 76

10:01 - 177 10:53 - 125 12:19 - 12:22 75

10:02 - 176 10:54 - 124 12:23 - 12:26 74

10:03 - 175 10:55 - 123 12:27 - 12:30 73

10:04 - 174 10:56 - 122 12:31 - 12:34 72

10:05 - 173 10:57 - 121 12:35 - 12:38 71

10:06 - 172 10:58 - 120 12:39 - 12:42 70

10:07 - 171 10:59 - 119 12:43 - 12:46 69

10:08 - 170 12:47 - 12:50 68

10:09 - 169 11:00 - 118 12:51 - 12:54 67

10:10 - 168 11:01 - 117 12:55 - 12:58 66

10:11 - 167 11:02 - 116 12:59 - 13:02 65

10:12 - 166 11:03 - 115

10:13 - 165 11:04 - 114 13:03 - 13:06 64

10:14 - 164 11:05 - 113 13:07 - 13:10 63

10:15 - 163 11:06 - 112 13:11 - 13:14 62

10:16 - 162 11:07 - 111 13:15 - 13:18 61

10:17 - 161 11:08 - 110 13:19 - 13:22 60

10:18 - 160 11:09 - 109 13:23 - 13:26 59

10:19 - 159 11:10 - 108 13:27 - 13:30 58

10:20 - 158 11:11 - 107 13:31 - 13:34 57

10:21 - 157 11:12 - 106 13:35 - 13:38 56

10:22 - 156 11:13 - 105 13:39 - 13:42 55

10:23 - 155 11:14 - 104 13:43 - 13:46 54

10:24 - 154 11:15 - 103 13:47 - 13:50 53

10:25 - 153 11:16 - 102 13:51 - 13:54 52

10:26 - 152 11:17 - 101 13:55 - 13:58 51

10:27 - 151 11:18 - 100 13:59 - 14:02 50

10:28 - 150 11:19 - 99

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14:59 - 15:02 - 35

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15:59 - 16:02 - 20

16:03 - 16:06 - 19

16:07 - 16:10 - 18

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16:27 - 16:30 - 13

16:31 - 16:34 - 12

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16:43 - 16:46 - 9

16:47 - 16:50 - 8

16:51 - 16:54 - 7

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16:57 - 4

16:58 - 3

16:59 - 2

17:00 - 1