

## POWER TEST INFORMATION

The actual performance requirement for each test is based upon norms for a national population sample.

**The applicant must pass every test.**

The required performance to pass each test is based upon sex and age (decade). While the absolute performance is different for the 8 categories, the relative level of effort is identical for each age and sex group. All recruits are being required to meet the same percentile rank in terms of their respective age/group. The performance requirement is that level of physical performances that approximate the 40<sup>th</sup> percentile for each age and sex group.

### Power Test Chart

<u>TEST</u>	<u>MALE</u>				<u>FEMALE</u>			
AGE GROUP	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Sit/Reach	16.0	15.0	13.8	12.8	18.8	17.8	16.8	16.3
1 Minute Sit-Up	37	34	28	23	31	24	19	13
<b>Maximum Bench</b>								
Press Ratio	.98	.87	.79	.70	.58	.52	.49	.43
1.5 Mile Run	13.46	14.31	15.24	16.21	16.21	16.52	17.53	18.44

**January 2010**