

SANTA MONICA POLICE DEPARTMENT **PHYSICAL FITNESS QUALIFIER**

To All Police Officer Applicants:

The Physical Fitness Qualification Examination for the Santa Monica Police Department consists of four exercises, which is designed to measure strength and endurance. The examination consists of **pull-ups, sit-ups, push-ups** and a **1.5 mile run**. The run must be completed within **17 minutes** regardless of the applicants overall final score. Each event is scored separately, and then all 4 scores of each event are added together. A passing score is 282 points or more. The maximum possible score is 565 points.

PULL-UPS

Pull-ups are scored at **two points** each. A maximum of **twenty (20)** pull-ups is possible for a total score of **40 points**. There is no time limit for this event.

Pull-ups are done with the palms facing away from the face. The proper method of performing pull-ups is to pull the chin up and over the bar and to then completely extend the arms to a hanging position.

SIT-UPS

Sit-ups are done with the knees bent and the arms folded across the chest. The beginning position is the "up" position. The proper method of completing these sit-ups is for the broad portion of the back to completely touch the ground. This exercise is **not** to be confused with crunches where the broad portion of the back does not touch the ground.

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

Push-ups are standard Military style push-ups. The proper method of doing push-ups is to have your body parallel to the ground with your arms approximately shoulder-width apart. During the course of the push-ups, full arm extension is required.

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.

1.5 MILE RUN

The run consists of **six laps** on a standard oval track. These six laps equate to 1.5 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.

Santa Monica Police Department Physical Fitness Qualifications
PERFORMANCE RATING SCALE

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

Santa Monica Police Department Physical Fitness Qualifications
PERFORMANCE RATING SCALE

1 ½ 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		

14:03	-	14:06	-	49
14:07	-	14:10	-	48
14:11	-	14:14	-	47
14:15	-	14:18	-	46
14:19	-	14:22	-	45
14:23	-	14:26	-	44
14:27	-	14:30	-	43
14:31	-	14:34	-	42
14:35	-	14:38	-	41
14:39	-	14:42	-	40
14:43	-	14:46	-	39
14:47	-	14:50	-	38
14:51	-	14:54	-	37
14:55	-	14:58	-	36
14:59	-	15:02	-	35
15:03	-	15:06	-	34
15:07	-	15:10	-	33
15:11	-	15:14	-	32
15:15	-	15:18	-	31
15:19	-	15:22	-	30
15:23	-	15:26	-	29
15:27	-	15:30	-	28
15:31	-	15:34	-	27
15:35	-	15:38	-	26
15:39	-	15:42	-	25
15:43	-	15:46	-	24
15:47	-	15:50	-	23
15:51	-	15:54	-	22
15:55	-	15:58	-	21
15:59	-	16:02	-	20
16:03	-	16:06	-	19
16:07	-	16:10	-	18
16:11	-	16:14	-	17
16:15	-	16:18	-	16
16:19	-	16:22	-	15
16:23	-	16:26	-	14
16:27	-	16:30	-	13
16:31	-	16:34	-	12
16:35	-	16:38	-	11
16:39	-	16:42	-	10
16:43	-	16:46	-	9
16:47	-	16:50	-	8
16:51	-	16:54	-	7
		16:55	-	6
		16:56	-	5
		16:57	-	4
		16:58	-	3
		16:59	-	2
		17:00	-	1