



Oregon State Police Physical Fitness Test (OSP PFT)

Dynamic Strength Test (Push-up) Not timed, to failure					Dynamic Strength Test (Push-up) Not timed, to failure				
Females					Males				
	Age 20-29	Age 30-39	Age 40-49	Age 50-59		Age 20-29	Age 30-39	Age 40-49	Age 50-59
Minimum	15	11	9	5	Minimum	29	24	18	13

Push-up Directions: The applicant begins in the front leaning rest position (hands on the floor one to two hand widths beyond the shoulders and elbows must be away from the body, with arms fully extended, body held straight with the feet no more than three inches apart and the toes touching the floor). As the arms are flexed, the body is lowered toward the floor until the upper arms are parallel to the floor (straight line from center axis of elbow to center axis of shoulder). The applicant completes the exercise after returning to the starting position. This is a continuous-motion exercise.

Dynamic Strength Test (Sit-Up) 1 minute timed					Dynamic Strength Test (Sit-Up) 1 minute timed				
Females					Males				
	Age 20-29	Age 30-39	Age 40-49	Age 50-59		Age 20-29	Age 30-39	Age 40-49	Age 50-59
Minimum	32	25	20	14	Minimum	38	35	29	24

Sit-Up Directions: The applicant lies on their back with tops of shoulder blades touching the floor; arms crossed over chest with fingers in contact with the top of the shoulder (trapezius muscle or seam on some T-shirts). Knees are bent at a 90-degree angle with the feet placed flat on the floor (feet are held in place by a partner with the partner's hands at the tongue of the trainee's shoes and knees on the trainee's toes). Applicant raises upper body until the elbows touch mid-thigh, then returns to the starting position (the tops of the shoulder blades must touch the floor) to complete the repetition. Hips must remain in contact with the ground throughout the repetition. This is a timed one-minute continuous motion exercise; if an applicant pauses before the minute is up, he or she forfeits the rest of the minute.

Anaerobic Power Test (300 Meter)					Anaerobic Power Test (300 Meter)				
Females					Males				
	Age 20-29	Age 30-39	Age 40-49	Age 50-59		Age 20-29	Age 30-39	Age 40-49	Age 50-59
Maximum (seconds)	71.0	79.0	94.0	113.0	Maximum (seconds)	59.0	58.9	72.0	83.2

300 Meter Directions: The 300-meter sprint event takes place on a marked course over a flat and hard surface. The applicant will start from a standing position and run 300 meters.

Cardiorespiratory Fitness Test (1.5 Mile Run)					Cardiorespiratory Fitness Test (1.5 Mile Run)				
Females					Males				
	Age 20-29	Age 30-39	Age 40-49	Age 50-59		Age 20-29	Age 30-39	Age 40-49	Age 50-59
Maximum (minutes)	15:05	15:56	17:11	19:10	Maximum (minutes)	12:29	12:53	13:50	15:14

1.5 Mile Directions: The 1.5 mile run event will be a marked course and take place on a flat, solid surface. The applicant will start from a standing position and run 1.5 miles on the marked course.