



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, pushups, 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 your arms resting on your knees. You will **not** be allowed to rest in the down position lying 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

PULL-UPS	SIT-UPS	PUSH-UPS
0-0	1 - 50 (x1) = 50	1 – 100 (x1)
1-2	51 – 100 (x2) = 100	
2-4	101 - 225 (x3) = 75	
3-6		
4-8		
5-10		
6-12		
7-14		
8-16		
9-18		
10-20		
11-22		
12-24		
13-26		
14-28		
15-30		
16-32		
17-34		
18-36		
19-38		
20-40		
MAX 40 points	MAX 225 points	MAX 100 points



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PHYSICAL AGILITY REQUIREMENTS - RATING SCALE

PERFORMANCE RATING SCALE - 1.5 MILE RUN

09:15-09:16=200	10:11=167	10:44=134	11:17=101	12:47-12:50=68	14:59-15:02=35	16:59=2
09:17-09:18=199	10:12=166	10:45=133	11:18=100	12:51-12:54=67	15:03-15:06=34	17:00=1
09:19-09:20=198	10:13=165	10:46=132	11:19=99	12:55-12:58=66	15:07-15:10=33	
09:21-09:22=197	10:14=164	10:47=131	11:20=98	12:59-13:02=65	15:11-15:14=32	
09:23-09:24=196	10:15=163	10:48=130	11:21=97	13:03-13:06=64	15:15-15:18=31	
09:25-09:26=195	10:16=162	10:49=129	11:22=96	13:07-13:10=63	15:19-15:22=30	
09:27-09:28=194	10:17=161	10:50=128	11:23=95	13:11-13:14=62	15:23-15:26=29	
09:29-09:30=193	10:18=160	10:51=127	11:24=94	13:15-13:18=61	15:27-15:30=28	
09:31-09:32=192	10:19=159	10:52=126	11:25=93	13:19-13:22=60	15:31-15:34=27	
09:33-09:34=191	10:20=158	10:53=125	11:26=92	13:23-13:26=59	15:35-15:38=26	
09:35-09:36=190	10:21=157	10:54=124	11:27=91	13:27-13:30=58	15:39-15:42=25	
09:37-09:38=189	10:22=156	10:55=123	11:28=90	13:31-13:34=57	15:43-15:46=24	
09:39-09:40=188	10:23=155	10:56=122	11:29=89	13:35-13:38=56	15:47-15:50=23	
09:41-09:42=187	10:24=154	10:57=121	11:30=88	13:39-13:42=55	15:51-15:54=22	
09:43-09:44=186	10:25=153	10:58=120	11:31-11:34=87	13:43-13:46=54	15:55-15:58=21	
09:45-09:46=185	10:26=152	10:59=119	11:35-11:38=86	13:47-13:50=53	15:59-16:02=20	
09:47-09:48=184	10:27=151	11:00=118	11:39-11:42=85	13:51-13:54=52	16:03-16:06=19	
09:49-09:50=183	10:28=150	11:01=117	11:43-11:46=84	13:55-13:58=51	16:07-16:10=18	
09:51-09:52=182	10:29=149	11:02=116	11:47-11:50=83	13:59-14:02=50	16:11-16:14=17	
09:53-09:54=181	10:30=148	11:03=115	11:51-11:54=82	14:03-14:06=49	16:15-16:18=16	
09:55-09:56=180	10:31=147	11:04=114	11:55-11:58=81	14:07-14:10=48	16:19-16:22=15	
09:57-09:58=179	10:32=146	11:05=113	11:59-12:02=80	14:11-14:14=47	16:23-16:26=14	
09:59-10:00=178	10:33=145	11:06=112	12:03-12:06=79	14:15-14:18=46	16:27-16:30=13	
10:01=177	10:34=144	11:07=111	12:07-12:10=78	14:19-14:22=45	16:31-16:34=12	
10:02=176	10:35=143	11:08=110	12:11-12:14=77	14:23-14:26=44	16:35-16:38=11	
10:03=175	10:36=142	11:09=109	12:15-12:18=76	14:27-14:30=43	16:39-16:42=10	
10:04=174	10:37=141	11:10=108	12:19-12:22=75	14:31-14:34=42	16:43-16:46=9	
10:05=173	10:38=140	11:11=107	12:23-12:26=74	14:35-14:38=41	16:47-16:50=8	
10:06=172	10:39=139	11:12=106	12:27-12:30=73	14:39-14:42=40	16:51-16:54=7	
10:07=171	10:40=138	11:13=105	12:31-12:34=72	14:43-14:46=39	16:55=6	
10:08=170	10:41=137	11:14=104	12:35-12:38=71	14:47-14:50=38	16:56=5	
10:09=169	10:42=136	11:15=103	12:39-12:42=70	14:51-14:54=37	16:57=4	
10:10=168	10:43=135	11:16=102	12:43-12:46=69	14:55-14:58=36	16:58=3	