

Nixa Police Department

Physical Agility Score Sheet

Applicant's Name: _____

Date of Test: _____

Scored by: _____ DSN: _____

Mark the appropriate blank according to the applicant's performance and circle the actual points awarded:

Vertical Jump:	_____	14.5" or higher	10 points
	_____	at least 14" but less than 14.5"	8 points
	_____	at least 13.5" but less than 14"	6 points
	_____	less than 13.5"	5 points

Sit ups:	_____	31 or more	10 points
	_____	30	8 points
	_____	29	6 points
	_____	28 or less	5 points

Push ups:	_____	25 or more	10 points
	_____	24	8 points
	_____	23	6 points
	_____	22	5 points

300 meter run:	_____	71 seconds or less	10 points
	_____	72-76 seconds	8 points
	_____	77-84 seconds	6 points
	_____	85 seconds or longer	5 points

1.5 mile run	_____	16:04 minutes or less	10 points
	_____	16:05 - 16:14 minutes	8 points
	_____	16:15 - 16:30 minutes	6 points
	_____	16:31 minutes or longer	5 points

Total accumulative Points: _____

I hereby acknowledge that the scores posted are true and correct to the best of my knowledge.

Applicant's signature: _____