NIXA POLICE DEPARTMENT
FITNESS FOR DUTY SCORE SHEET

Applicant's Name _____   Age _____   Gender _____

Date of Test: _____

Scored by: _____   DSN: _____

Enter pass or fail for each event on the appropriate line. See Appendix B for minimum score charts

Event	Score/Time	Pass / Fail
One-Minute Push-Ups		
Trigger Pull		
One-Minute Sit-Ups		
300 Meter Run		
1.5 Mile Run		

All Elements Passed? (please circle one below)

YES   **NO**

I hereby acknowledge this form is true and correct to the best of my knowledge.

Applicant's Signature: _____

***All Elements are Pass or Fail
REVISED 01/2020

APPENDIX B
APPLICANT FITNESS FOR DUTY ASSESSMENT
MINIMUM SCORE CHARTS

Push-ups Per Minute

AGE	MALES	FEMALES
	Minimum Score	Minimum Score
Age 20-29	13	6
Age 30-39	9	4
Age 40-49	5	1
Age 50-59	3	NA

Sit-ups Per Minute

AGE	MALES	FEMALES
	Minimum Score	Minimum Score
Age 20-29	27	18
Age 30-39	23	11
Age 40-49	17	7
Age 50-59	12	5

300 Meter Run (Seconds)

AGE	MALES	FEMALES
	Minimum Score	Minimum Score
Age 20-29	81	107
Age 30-39	81	114
Age 40-49	104	125
Age 50-59	112	NA

1.5 Mile-Run (Minutes)

AGE	MALES	FEMALES
	Minimum Score	Minimum Score
Age 20-29	20:55	25:17
Age 30-39	20:55	25:10
Age 40-49	22:22	27:55
Age 50-59	27:08	30:34

Trigger Pull (Minutes)

Minimum score
2:30

***All Elements are Pass or Fail

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