

INGLEWOOD POLICE DEPARTMENT
Physical Fitness Qualifications

Police Officer Applicants:

The Physical Fitness Qualification examination for the Inglewood Police Department consists of four exercises designed to measure strength and endurance. The examination consists of pull-ups, sit-ups, push-ups and a 1 ½ 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 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 men's 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 ½ 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 a scoring sheet for the Physical Fitness Qualifications (PFQ).

Inglewood Police Department Physical Fitness Qualifications

PERFORMANCE RATING SCALE

1.5 MILE RUN

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

Inglewood Police Department Physical Fitness Qualifications

PERFORMANCE RATING SCALE

PULL-UPS		SIT-UPS		PUSH-UPS	
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		