

Marietta Police Department Physical Agility Test Requirements

The following are minimum requirements to pass the physical fitness portion of the Civil Service test for the position of Police Officer for the City of Marietta. Failure to pass any of these tests will eliminate the applicant from the Civil Service list. The tests are gender and age specific.

The Marietta Police Department uses the Cooper Standard for physical fitness to test applicants for the position of Police Officer. Each applicant is tested in five separate areas which include: a 1.5 mile run, number of sit ups and pushups in one minute, bench press and leg press (single lift at a percentage of body weight).

	<u>Male</u>		<u>Female</u>
Age 21-29	Age 30-40	Age 21-29	Age 30-40
SIT UPS (one minute)			
35	32	30	22
PUSH UPS (one minute)			
26	20	13	9
LEG PRESS (percentage of body weight)			
1.83	1.65	1.37	1.21
BENCH PRESS (percentage of body weight)			
.99	.88	.59	.53
1.5 MILE RUN			
13.08	13.48	15.56	16.46