MODIFIED COOPER PHYSICAL TEST

The modified cooper test involves the assessment of endurance and strength through a 1.5 mile run and timed pushups and sit-ups. Applicants must score "Good" or higher on both the 1.5 mile run and strength tests to pass.

ENDURANCE TEST
1.5 MILE RUN

	AGE			
FITNESS CATEGORY	**Under 30**	**30-39**	**40-49**	**Over 50**
Very Poor	16:30+	17:30+	18:30+	19:00+
Poor	16:30 - 14:31	17:30 - 15:31	18:30 - 16:31	19:00 - 17:01
Good	14:30 - 12:01	15:30 - 13:01	16:30 - 14:01	17:00 - 14:31
Above Average	12:00 - 10:16	13:00 - 11:01	14:00 - 11:30	14:30 - 12:01
Excellent	10:15 or less	11:00 or less	11:29 or less	12:00 or less

STRENGTH TEST POINTS TOTAL

To determine fitness category, total up points from push-up and sit-up conversion charts and compare total to the strength index below.

	AGE			
FITNESS CATEGORY	**Under 30**	**30-39**	**40-49**	**Over 50**
Very Poor	0 - 50	0 - 43	0 - 33	0 - 26
Poor	51 - 83	44 - 73	34 - 63	27 - 43
Good	84 - 100	74 - 90	64 - 83	44 - 53
Above Average	101 - 167	91 - 150	84 - 127	54 - 93
Excellent	168 - 200	151+	128+	94+

CONVERSION CHART – STRENGTH TEST

PUSH-UPS
1-MINUTE TIME LIMIT

Reps	1	2	3	4	5	6	7	8	9	10
Points	8	10	12	14	16	18	20	22	24	26

Reps	11	12	13	14	15	16	17	18	19	20
Points	28	30	32	34	36	38	40	41	42	43

Reps	21	22	23	24	25	26	27	28	29	30
Points	44	45	46	47	48	49	50	51	52	53

Reps	31	32	33	34	35	36	37	38	39	40
Points	54	55	56	57	58	59	60	61	62	63

Reps	41	42	43	44	45	46	47	48	49	50
Points	64	65	66	68	70	72	74	76	78	80

Reps	51	52	53	54	55	56	57	58	59	60
Points	82	84	86	88	90	92	94	96	98	100

SIT-UPS
1-MINUTE TIME LIMIT

Reps	1	2	3	4	5	6	7	8	9	10
Points	0	0	0	0	0	0	0	0	0	0

Reps	11	12	13	14	15	16	17	18	19	20
Points	2	4	6	8	10	12	14	16	18	20

Reps	21	22	23	24	25	26	27	28	29	30
Points	22	24	26	28	30	32	34	36	38	40

Reps	31	32	33	34	35	36	37	38	39	40
Points	42	44	46	48	50	52	54	56	58	60

Reps	41	42	43	44	45	46	47	48	49	50
Points	62	64	66	68	70	72	74	76	78	80

Reps	51	52	53	54	55	56	57	58	59	60
Points	82	84	86	88	90	92	94	96	98	100