

MINNESOTA STATE PATROL TROOPER
Trooper Trainee 2



Salary Range
\$21.65-\$28.30/hour
\$45,205-\$59,090/year
(plus any applicable contract adjustments)

**Applications will be accepted until
4:30 p.m. on Friday, March 28, 2008**

An Equal Opportunity Employer

TROOPER APPLICATION PROCESS 2008

The Minnesota Department of Public Safety is currently accepting applications for the position of Minnesota State Patrol Trooper Trainee 2 at www.dps.state.mn.us/patrol until 4:00 p.m. on March 28, 2008. This position leads to appointment as a State Patrol Trooper. This application process is open to persons who are Minnesota Peace Officer Standards and Training Board (P.O.S.T.) license eligible or will be eligible by October 31, 2008. All applicants must remain eligible until appointment on April 3, 2009. If you are experiencing problems submitting your on-line application, please call 651-628-6971 or 651-628-6970.

Women and minorities are encouraged to apply. In the final selection process, preference will be given to protected group applicants, veterans, those individuals who are fluent in Spanish, Hmong, Russian, Vietnamese, Somali or American Sign Language (A.S.L.) and those who possess a Bachelor's Degree.

DUTIES OF A STATE PATROL TROOPER

- Patrol state highways, promote safety, direct traffic and investigate accidents.
- Enforce traffic laws, arrest offenders and appear as a court witness.
- Provide routine and emergency assistance to the motoring public, including administering first aid to the injured.
- Cooperate with other law enforcement agencies in the pursuit and apprehension of violators of criminal laws.

State Patrol Troopers generally work either an eight or ten hour day, 40 hours per week, including Saturdays, Sundays, nights and holidays as required.

MINIMUM QUALIFICATIONS FOR APPLICATION

As required by the Minnesota Peace Officer Standards and Training Board (P.O.S.T.) and the Minnesota State Patrol, the applicant must meet the minimum selection standards for hiring as set forth in Minnesota Rules 6700.0700 to be eligible for the position of State Patrol Trooper. For information about Minnesota peace officer licensing, contact the P.O.S.T. Board at 651-643-3060 or www.post.state.mn.us. Contact the P.O.S.T. Board with any licensing questions or questions regarding scheduling P.O.S.T. examinations.

The applicant must:

1. Not have been convicted of a felony in Minnesota or in any other state or federal jurisdiction, which would have been a felony if committed in Minnesota.
2. Not have been convicted of theft or any other crime listed in Minnesota Rule 6700.0700.
3. Be 21 years of age by September 1, 2008.
4. Be a citizen of the United States by September 1, 2008.
5. Possess a valid Minnesota driver's license or be eligible to obtain one by September 1, 2008.
6. The following must be met by October 31, 2008.
 - Possess a valid Minnesota peace officer's license; **OR**
 - Be P.O.S.T. license eligible; **OR**
 - Complete basic police training and be certified as a full-time peace officer in a state or with a federal law enforcement agency which has reciprocity with Minnesota and pass the P.O.S.T. reciprocity examination; **OR**
 - Have five years military police experience (that meets P.O.S.T. standards) and pass the P.O.S.T. reciprocity examination.

DISQUALIFICATION CRITERIA

Possessing any one of the following will eliminate the applicant from the process:

- a. Conviction of a felony in Minnesota or any other state or federal jurisdiction, convicted of any offense in any other state or federal jurisdiction which would have been a felony if committed in Minnesota; or violation of P.O.S.T. Standards (Minnesota Rules [6700.1600](#) and [6700.0700](#)).
- b. Conviction of Criminal Sexual Assault in the Fifth Degree under Minnesota Statutes § [609.3451](#), Driving Under the Influence, Careless or Reckless driving within the last 60 months.*
- c. Conviction for Assault in the Fifth Degree under Minnesota Statutes § [609.224](#).
- d. Conviction of non-support of spouse or child under Minnesota Statutes § [609.375](#) in the last 36 months.*
- e. Pose a serious threat to the health or safety of themselves or others.
- f. Conviction under Minnesota Statutes § [609.52](#) (Theft) in any jurisdiction.
- g. Conviction of a crime for which the penalty was enhanced under Minnesota Statutes § [626.5531](#) (bias motivated).
- h. Conviction of a crime listed under Minnesota Statutes § [214.10 subd. 2a](#) (crimes against vulnerable adults and related statutes).
- i. Required to register as a predatory offender under Minnesota Statutes § [243.166](#) or § [243.167](#).
- j. Conviction of misconduct by an officer under Minnesota Statutes § [609.43](#).

- k. Conviction of two or more moving traffic violations within the previous 12 months or four or more within the previous 36 months.*
- l. Conviction of Domestic Assault in the Fifth Degree under Minnesota Statutes § [609.2242](#).
- m. Conviction for leaving the scene of an accident or for driving after suspension, revocation or cancellation of driver's license within the previous 60 months.*
- n. Driver's License revocation under implied consent laws within the last 36 months.*
- o. Conviction for any misdemeanor drug offense under Minnesota Statutes [Chapter 152](#) during the previous 36 months.*
- p. Conviction of Obstruction of the Legal Process, Arrest, or Firefighting under Minnesota Statutes § [609.50](#) resulting in a gross misdemeanor conviction during the last 60 months, or a misdemeanor conviction within the last 36 months.*
- q. Conviction under Minnesota Statutes § [169.792](#) or § [65B.48](#) (no insurance) within the previous 12 months or two convictions within 60 months; or having a driver's license suspended twice for No Insurance within the previous 60 months.*

***The date used to determine the time period for disqualification for previous offenses is March 3, 2008.
You may view Minnesota State Statutes at www.revisor.leg.state.mn.us/stats**

SELECTION PROCESS

The selection process consists of a written exam, physical fitness testing (strength, agility and flexibility), oral board interview, background investigation, medical examination and psychological evaluation.

INFORMATIONAL SESSION AND PRE-PHYSICAL FITNESS TEST

This event will be held on Saturday, April 5, 2008 at Bethel University, 3900 Bethel Drive, St. Paul, Minnesota, 55112. Applicants should report to the Robertson Physical Education Center. Parking is available in the East parking lot. Directions to Bethel University can be found by using the following link:
http://www.bethel.edu/special-events/campus_map.htm.

At 9:00 a.m., the selection process, background investigation and the Trooper Candidate School will be discussed with applicants. At 11:00 a.m., a pre-physical fitness test will be administered.

All applicants are encouraged to participate in the informational session and pre-physical fitness test.

WRITTEN TESTING

The written exam is the Wonderlic Personnel Test (W.P.T.). This exam measures cognitive ability. The written exam is timed and uses multiple choice questions. Sample test questions and information on the test can be found at www.wonderlic.com.

Applicants must bring a current state issued driver's license with a photo or a current state issued photo identification card to the physical fitness testing site on April 19 or April 26. Photocopies will not be accepted.

PHYSICAL FITNESS TESTING

The purpose of the physical fitness test is to determine if the applicant is physically able to safely participate in the training conducted at the Trooper Candidate School and perform the duties of a Minnesota State Patrol Trooper. The physical fitness testing standards are attached.

The applicant must take the written exam and physical fitness test on the same date. The applicant must select one of the following dates: Saturday, April 19, 2008 or Saturday, April 26, 2008. The applicant will receive a postcard with their assigned test time for the testing date selected. The physical fitness test will follow the written examination. Applicants should report to Bethel University, Benson Great Hall (Main Lobby), 3900 Bethel Drive, St. Paul, Minnesota 55112. Parking is available in the West parking lot. Wear clothing appropriate for physical fitness testing and bring water as it is not provided. Directions to Bethel University can be found by using the following link: http://www.bethel.edu/special-events/campus_map.htm.

Applicants must bring a current state issued driver's license with a photo or a current state issued photo identification card to the physical fitness testing site on April 19 or April 26. Photocopies will not be accepted.

ORAL BOARD INTERVIEWS

Applicants who pass the written exam and physical fitness test will proceed to an oral board interview. These applicants will be notified by mail and provided with instructions regarding the scheduling of their oral interview. These interviews will be held the week of June 2, 2008 at the Minnesota State Patrol Training Center located at 1900 West County Road I in Shoreview, Minnesota 55126.

BACKGROUND INVESTIGATION

An extensive background investigation will be conducted on applicants who pass the oral board interviews.

The applicant must print a copy of the background investigation materials. The background investigation materials can be obtained from the following link: [Background Investigation Materials](#). If you are unable to print a copy of this document, contact Kathy Walker at Patrol.Applicant@state.mn.us or 651-628-6971. You should obtain a copy of the background investigation materials immediately, because it will take a significant amount of time to complete. Do not submit the completed background investigation materials before you receive confirmation that you have passed the written and physical fitness tests. The background investigation materials must be received by the Minnesota State Patrol Training Center located at 1900 West County Road I, Shoreview, Minnesota 55126 no later than 4:00 p.m. on June 6, 2008.

MEDICAL EXAMINATION AND PSYCHOLOGICAL EVALUATION

Applicants who receive a conditional offer of employment or are listed as an alternate will be required to pass a psychological evaluation and medical examination before receiving a final offer of employment.

The purpose of the medical examination is to detect any physical condition that might adversely affect the applicant's ability to perform the duties of a State Patrol Trooper. Applicants with questions regarding possible disqualifying physical conditions should contact Lieutenant Jean Cemensky at jean.cemensky@state.mn.us or by telephone at 651-628-6972.

As part of the medical evaluation, vision will be tested. The State Patrol visual acuity requirements are 20-100 uncorrected, correctable to 20-20 with glasses, hard contacts or soft contacts. Any applicant with uncorrected vision in excess of 20-100 must use soft contacts with vision correctable to 20-20. Individuals must have worn soft contacts a minimum of six months. Written verification from the applicant's optometrist must be provided at the time of the medical examination. Color blindness and peripheral vision will also be evaluated; applicants must pass these evaluations. Any applicant having vision correction surgery must have had surgery a minimum of six months prior to the medical examination, and must provide written medical verification and documentation at the time of the examination that no complications exist.

A licensed psychologist will conduct the psychological evaluation. The purpose of this evaluation is to determine whether any condition exists that might adversely affect the applicants' ability to perform the duties of a Minnesota State Patrol Trooper.

PLACEMENT

The Minnesota State Patrol will consider an applicant's preferences along with agency needs. The applicant will be informed of their station assignment at the time of final offer of employment.

TROOPER CANDIDATE SCHOOL

The Trooper Candidate School will commence on January 12, 2009 and conclude on April 3, 2009. Candidates will be required to stay at the Camp Ripley military base located at 15008 State Highway 115, Little Falls, Minnesota 56345 from Sunday night through Friday evening, during the residential portion of their training. Candidates will be furnished meals and lodging while attending training at Camp Ripley. Candidates are required to pass all areas of training. Additional information on Camp Ripley can be found by using the following link: http://www.minnesotanationalguard.org/camp_ripley/index.php.

COMPENSATION

Tuition for successful candidate's attendance at the Trooper Candidate School will be paid for by the Minnesota State Patrol. Trooper Trainees will be paid 70% of the base salary of a State Trooper. (Based on step 1 of the Trooper salary range.) Upon completion of training and appointment as State Patrol Trooper they will receive Trooper base pay of \$45,205/year (plus any applicable contract adjustments). Employees hired into the Trooper classification shall serve a minimum of 15 weeks field training and a probationary period of 12 months. Current law enforcement officers may be eligible for lateral pay not to exceed step 5 of the current MLEA Agreement upon completion of training and appointment.

TIMETABLE FOR THE MINNESOTA STATE PATROL TROOPER SELECTION PROCESS

Applications accepted	March 3 - March 28, 2008
Informational session, pre-physical fitness testing	April 5, 2008
Written testing and physical fitness testing	April 19 or April 26, 2008
Oral interview boards	June 2 – 6, 2008
Background investigations	June 30 – August 22, 2008
Conditional offers made	September 16 – 17, 2008
Medical exams and psychological evaluations	September 29 – October 15, 2008
Final offers/placement	October 17 – 18, 2008
Fingerprinting and orientation	October 22, 2008
Trooper Candidate School begins	January 12, 2009

All questions should be directed to Kathy Walker at the Minnesota State Patrol Training Center. She can be contacted at 651-628-6971 or Patrol.Applicant@state.mn.us.



APPLICANT TESTING STANDARDS

The fitness standards listed on the following sheets are the point standards for each test that will be used in the testing process. Applicants will be required to pass with an **average passing score** of 60 out of 120 total points. Applicants will also be required to participate and pass at the minimal level listed on the testing sheets. The testing standards are age and gender specific. Applicants that pass with an overall average of 60 points **and meet the minimal requirement standard** will be considered to have passed the physical fitness test.

Sit-Up Test

The sit-up test measures muscular endurance in the abdominal muscles. The test is performed with the applicant lying on their back with their knees bent at a 90-degree angle and their heels on the ground. A partner will hold their feet but may not kneel on them. **The applicant's fingers must stay interlocked behind their head throughout the entire test.** When told to begin, the applicant will raise their upper body by bending at the waist and touch their elbows to their knees and then return to the starting position. The applicant will have 1 minute to perform as many repetitions as possible. You may only rest in the upright position. Time will be called out at 30, 45 and 55 seconds.

If you are having trouble doing sit-ups and you want to become better at them here is an idea to help you build up to a set number of sit-ups. The first thing you want to do is set a goal for the amount of sit-ups you would like to do, for example 60 sit-ups. Start the first week by doing six sets of sit-ups consisting of ten sit-ups per set with a one-minute rest period between each set. After you are able to successfully complete the six sets of ten sit-ups per set with a one-minute rest period, drop the rest period down to 45 seconds between sets. When you are able to complete these sets, drop the rest period again, now down to 30 seconds between sets. Slowly keep dropping the rest period between sets until you are able to fully complete the 60 sit-ups without any rest between sets. To prevent fatigued muscles from overwork, perform these sets only once a day, five days a week.

Push-Up Test

Push-ups measure the muscular endurance of the upper body muscles in the shoulders, chest, and back of the upper arms. The applicants will place their hands on the ground approximately shoulder width apart. Their feet may be together or up to 12 inches apart. **Their body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the exercise.** The applicant will lower their body by bending their elbows until their upper arms are parallel to the ground. The applicant will then return to the starting position by straightening their arms. You may only rest in the up position. There is no time limit.

If you are having trouble doing push-ups and you want to become better at them here is an idea to help you build up to a set number of push-ups. The first thing you want to do is set a goal for the amount of push-ups you would like to do, for example 50 push-ups. Start the first week by doing five sets of push-ups consisting of ten push-ups per set with a one-minute rest period between each set. After you are able to successfully complete the five sets of ten push-ups per set with a one-minute rest period, drop the rest period down to 45 seconds between sets. When you are able to complete these sets, drop the rest period again, now down to 30 seconds between sets. Slowly keep dropping the rest period down between sets until you are able to fully complete the 60 sit-ups without any rest between sets. To prevent fatigued muscles from overwork, perform these sets only once a day, five days a week.

Sit and Reach Test

The sit-and-reach test measures the flexibility of the lower back and upper leg area (hamstrings). The applicant will take off their shoes and sit with their legs flat on the floor and heels against the box, about 8 inches apart. The applicant will place one hand over the other, bend forward at the waist, and reach as far forward as they can without bouncing. The best of 3 tries will be scored. (The 15" mark is at the box wall where the heels are placed)

It is important to stretch the hamstrings regularly to prevent them from becoming tight and the stretch difficult. To become more flexible in the hamstrings sit on the floor with your feet straight out in front of you. Attempt to reach down as far as you can and grab your feet if possible. If you are not able to grab your feet, grab your ankles or a part of your leg that you can grab. Hold this stretch for 30 seconds. DO NOT BOUNCE. After the 30 seconds, relax for 30 seconds and then stretch again trying to reach a little further. Do this for three sets. When stretching do not stretch to the point of pain, just stretch until you feel the stretch and then hold it there. Work on this stretching at least once a day, five days a week and work up to holding the stretch for one minute with a 1 minute rest between each stretch.

1.5 Mile Run Test

The 1.5-mile run is a test of cardiovascular endurance. The applicant will perform the test by running and/ or walking the measured 1.5-mile course as fast as they can. Walking is allowed. It will however make it difficult to meet the standard.

To work on the 1.5 mile run you should run about 2 –3 times a week. If you have trouble running, start off by walking two minutes and running for 4 minutes. As this becomes easier, drop your walk period down to two minutes and raise the amount of running to five minutes. As it becomes easier, keep continuing to drop your walk time down and increase your run time. Next go to 1.5 minutes of walking with 6 minutes of running and finally one minute of walking with seven minutes of running. You should be able to work up to a continuous run with no walking in between. To increase your run time add sprints throughout your run. Run for about ¼ mile and then sprint 100 feet and then continue running. When you get to another ¼ mile, sprint again for 100 feet and then continue running.

300 Meter Run Test

The 300-meter run is a test of anaerobic power capacity. The applicant will perform the test by running a measured course as fast as they can.

If you are having difficulty with the 300 meter you can practice by sprinting shorter distances and working up to the 300-meter. Start with sprinting 50-meters. Sprint 50 meters and then walk back to the starting point and sprint it again. Do this three times and then take a four-minute rest and do these three sprints again. After you feel comfortable with these, increase the distance up to 100 meters and again do two sets of three sprints with a four-minute rest between. Continue increasing the distance as you get comfortable. When you get to 150 meters do 2 sets of only 2 sprints with a four-minute rest between and when you get to 200 meters do 2 sets of just 1 sprint with a five-minute rest between. Work on the sprinting 2 times a week.

Vertical Jump Test

The vertical jump is a test of explosive power and strength. The applicant will complete the test by standing with a shoulder against the wall and placing a marker on the chart. The applicant will then grab a 2nd marker and jump as high as possible, placing that marker on the chart. The score is the difference between the two markers. **One foot must remain in a stationary position until leaving the floor.** You may step back with the other foot prior to jumping. You may use your arms to assist in the jump.

To work on the vertical jump, you should do squats with a straight bar or dumbbells. If you don't have either you can use something else that would provide you with some weight while squatting. Work with a weight where you can do 10 – 12 repetitions. Do four sets of the 10- 12 repetitions. You can do these once a week.

If you don't have the ability to work with weights you can do box jumps. Start with a box that is six inches off the ground and jump up onto that and then step back down. Do three sets of five jumps with a three-minute rest between jumps. Once you are comfortable with the six inch box, you can move up to an eight inch box and work on that. After accomplishing the eight-inch box you can keep increasing the height in increments of two inches. This is an exercise you can work on three days a week.

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FEMALE 20-29

(Cooper Institute Standards)

Row "1" is the minimal standard required

Point Value	1-Minute Sit-ups	Maximum Push-ups	Sit and Reach (Inches)	1.5 Mile Run	300 Meter Run (Seconds)	Vertical Jump (Inches)
20	>51	53	>24.5	8:00	54.0	19.0
19	51	42	24.5	9:32	54.3	18.8
18	49	37	23.8	10:31	56.0	18.1
17	45	33	23.0	11:17	58.0	18.0
16	44	28	22.5	11:47	58.3	17.7
15	42	27	22.0	11:58	59.7	17.0
14	41	24	21.5	12:47	60.0	16.3
13	39	23	21.0	12:58	61.0	16.0
12	38	21	20.5	13:22	61.0	15.9
11	37	19	20.3	13:52	62.7	15.5
10	35	18	20.0	14:08	64.0	15.2
9	34	17	19.5	14:23	68.5	14.3
8	32	15	19.3	14:49	71.0	14.0
7	31	14	19.0	15:08	74.5	13.9
6	30	13	18.3	15:25	75.0	13.5
5	28	11	17.8	15:54	76.0	13.9
4	24	10	17.0	16:11	78.0	12.6
3	23	9	16.4	16:36	88.0	12.0
2	21	8	15.4	16:58	97.0	12.0
1	18	6	14.1	18:03	106.7	11.4

MALE 20-29

(Cooper Institute Standards)

Row "1" is the minimal standard required

Point Value	1-Minute Sit-ups	Maximum Push-ups	Sit and Reach (Inches)	1.5 Mile Run	300 Meter Run (Seconds)	Vertical Jump (Inches)
20	>55	100	>23.0	<6:42	42.6	30.3
19	55	62	23.0	7:25	46.0	26.5
18	52	57	21.8	8:12	48.0	25.0
17	49	51	21.0	8:43	49.0	25.0
16	47	47	20.5	9:14	50.3	24.0
15	46	44	20.0	9:55	51.0	23.0
14	45	41	19.5	10:16	52.0	22.5
13	44	39	19.0	10:47	53.5	22.0
12	42	37	18.5	11:10	54.0	21.5
11	41	35	18.0	11:18	55.0	21.0
10	40	33	17.5	11:49	56.0	20.5
9	39	31	17.0	12:06	57.5	20.0
8	38	29	16.5	12:25	59.0	20.0
7	37	27	16.0	12:50	60.0	19.0
6	35	26	15.5	13:06	62.1	18.0
5	35	24	15.0	13:22	64.0	18.0
4	33	22	14.4	13:53	66.0	17.5
3	32	19	13.5	14:24	69.0	17.0
2	30	18	12.3	14:54	73.4	16.0
1	27	13	10.5	15:56	81.3	13.6

FEMALE 30-39

(Cooper Institute Standards)

Row "1" is the minimal standard required

Point Value	1-Minute Sit-ups	Maximum Push-ups	Sit and Reach (Inches)	1.5 Mile Run	300 Meter Run (Seconds)	Vertical Jump (Inches)
20	>42	48	>24.0	8:43	55.0	18.0
19	42	39	24.0	10:44	56.5	16.9
18	40	33	22.5	11:31	60.0	16.0
17	38	26	22.0	12:18	63.5	15.5
16	35	23	21.5	12:50	66.0	15.0
15	33	19	21.0	13:06	66.5	15.0
14	32	18	20.5	13:37	68.0	14.9
13	30	16	20.3	13:53	69.9	14.3
12	29	15	20.0	14:23	71.0	13.2
11	28	14	19.5	14:24	72.0	13.0
10	27	14	19.0	14:54	74.0	12.5
9	26	13	18.5	15:10	75.5	12.4
8	25	11	18.3	15:25	79.0	12.0
7	24	10	17.8	15:55	80.5	12.0
6	22	9	17.3	15:56	82.0	11.1
5	21	9	16.8	16:27	85.5	11.0
4	20	8	16.5	16:48	86.0	11.0
3	18	6	15.5	17:09	93.5	10.9
2	15	6	14.4	17:41	100.0	10.2
1	11	4	12.0	18:23	114.0	9.1

MALE 30-39

(Cooper Institute Standards)

Row "1" is the minimal standard required

Point Value	1-Minute Sit-ups	Maximum Push-ups	Sit and Reach (Inches)	1.5 Mile Run	300 Meter Run (Seconds)	Vertical Jump (Inches)
20	>51	86	>22.0	6:42	42.0	28.4
19	51	52	22.0	8:07	46.1	25.0
18	48	46	21.0	8:43	49.0	24.0
17	45	41	20.0	9:22	50.0	23.0
16	43	39	19.5	10:01	51.0	22.0
15	42	36	19.0	10:32	52.0	21.0
14	41	34	18.5	10:47	53.0	21.0
13	40	31	18.0	11:18	54.0	20.0
12	39	30	17.5	11:39	55.0	20.0
11	37	29	17.0	11:49	56.0	20.0
10	36	27	16.5	12:20	57.0	19.5
9	36	25	16.0	12:43	58.0	19.0
8	35	24	15.5	12:51	58.9	18.6
7	33	21	15.0	13:22	61.0	18.5
6	32	20	14.5	13:45	63.0	18.0
5	31	19	13.8	14:03	65.0	17.0
4	30	17	13.0	14:23	68.0	16.5
3	28	15	12.0	14:54	70.0	16.0
2	26	13	11.0	15:25	74.9	15.5
1	23	9	9.3	16:22	80.9	14.5

FEMALE 40-49

(Cooper Institute Standards)

Row "1" is the minimal standard required

Point Value	1-Minute Sit-ups	Maximum Push-ups	Sit and Reach (Inches)	1.5 Mile Run	300 Meter Run (Seconds)	Vertical Jump (Inches)
20	>38	23	>22.8	9:14	65.0	13.5
19	38	20	22.8	11:20	65.0	13.5
18	34	18	21.5	12:20	66.0	13.3
17	32	17	21.3	13:12	68.2	13.0
16	29	15	20.5	13:35	72.0	13.0
15	28	15	20.0	13:53	72.0	12.7
14	27	14	19.8	14:24	75.3	12.3
13	25	13	19.1	14:47	78.7	11.6
12	24	13	19.0	14:57	79.0	11.5
11	23	11	18.5	15:24	80.5	11.1
10	22	11	18.0	15:36	86.0	10.0
9	21	10	18.0	15:56	91.7	10.0
8	20	9	17.3	16:12	94.0	9.6
7	19	8	17.0	16:27	101.8	9.0
6	17	7	16.5	16:53	106.7	9.0
5	16	7	16.0	16:58	109.3	8.5
4	14	6	15.0	17:29	110.0	7.8
3	13	5	14.0	17:56	116.0	7.1
2	10	4	13.0	18:20	121.5	7.0
1	7	1	10.5	18:53	125.0	7.0

MALE 40-49

(Cooper Institute Standards)

Row "1" is the minimal standard required

Point Value	1-Minute Sit-ups	Maximum Push-ups	Sit and Reach (Inches)	1.5 Mile Run	300 Meter Run (Seconds)	Vertical Jump (Inches)
20	>47	64	>21.3	7:07	47.0	25.1
19	47	40	21.3	8:35	52.0	22.0
18	43	36	20.0	9:14	55.0	20.3
17	40	34	19.3	10:09	56.0	19.5
16	39	30	18.5	10:47	57.0	19.0
15	37	29	18.0	11:17	60.0	18.0
14	36	26	17.5	11:41	61.0	18.0
13	35	25	17.0	11:49	62.0	17.0
12	34	24	16.3	12:20	64.0	17.0
11	32	22	16.0	12:50	66.0	16.5
10	31	21	15.3	13:04	67.6	16.0
9	30	19	15.0	13:22	70.0	16.0
8	29	18	14.3	13:46	72.0	15.5
7	28	16	14.0	14:04	74.8	15.0
6	27	15	13.3	14:24	77.0	14.5
5	26	13	12.5	14:44	81.0	14.0
4	24	11	12.0	15:07	83.0	14.0
3	22	10	11.0	15:33	86.0	13.0
2	22	9	10.0	16:07	90.0	12.1
1	17	5	8.3	16:58	104.0	11.0

FEMALE 50-59

(Cooper Institute Standards)

Row "1" is the minimal standard required

Point Value	1-Minute Sit-ups	<i>"Modified"</i> Push-ups	Sit and Reach (Inches)	1.5 Mile Run	300 Meter Run (Seconds)	Vertical Jump (Inches)
20	>30	31	>23.0	11:18	N/A	N/A
19	30	28	23.0	13:13	N/A	N/A
18	29	25	21.5	13:53	N/A	N/A
17	25	23	21.0	14:24	N/A	N/A
16	24	21	20.3	14:54	N/A	N/A
15	22	20	20.0	15:18	N/A	N/A
14	22	19	19.3	15:44	N/A	N/A
13	21	18	19.0	15:56	N/A	N/A
12	20	17	18.5	16:15	N/A	N/A
11	19	15	18.0	16:22	N/A	N/A
10	17	13	17.9	16:43	N/A	N/A
9	16	13	17.0	16:58	N/A	N/A
8	14	12	16.8	17:14	N/A	N/A
7	12	10	16.0	17:29	N/A	N/A
6	12	9	15.5	17:44	N/A	N/A
5	11	8	15.3	18:00	N/A	N/A
4	10	6	14.8	18:23	N/A	N/A
3	7	4	14.0	18:41	N/A	N/A
2	6	1	13.0	19:02	N/A	N/A
1	5	0	12.3	20:39	N/A	N/A

MALE 50-59

(Cooper Institute Standards)

Row "1" is the minimal standard required

Point Value	1-Minute Sit-ups	Maximum Push-ups	Sit and Reach (Inches)	1.5 Mile Run	300 Meter Run (Seconds)	Vertical Jump (Inches)
20	>43	51	>20.5	8:05	52.0	22.0
19	43	39	20.5	9:45	58.0	21.0
18	39	30	19.0	10:47	61.0	19.5
17	36	28	18.3	11:33	63.0	18.0
16	35	25	17.5	12:01	66.4	17.0
15	33	24	17.0	12:34	68.0	16.5
14	31	21	16.5	12:51	70.0	16.0
13	30	20	16.0	13:22	72.0	15.5
12	28	19	15.5	13:47	74.0	15.0
11	27	17	15.0	13:53	77.4	14.5
10	26	15	14.5	14:23	80.0	14.0
9	25	14	14.0	14:26	82.6	14.0
8	24	13	13.3	14:54	83.2	13.5
7	22	11	12.5	15:23	85.0	13.5
6	21	10	12.0	15:37	87.0	13.0
5	20	9.5	11.2	15:56	89.0	12.2
4	19	9	10.5	16:22	95.0	11.9
3	17	7	9.7	16:50	99.0	11.0
2	15	6	8.5	17:21	101.6	10.0
1	12	3	7.0	18:15	112.0	9.3