

PHYSICAL FITNESS TEST STANDARDS (COOPER)

Effective November 29th, 2023, the physical fitness test for police candidates has been revised to mirror POST physical ability testing as outlined in 1 Del. Admin. Code 801-3.13.

The procedure and order for testing is as follows:

1. Warm up for 3 minutes, perform vertical jump test and rest for 2 minutes.
2. Perform one-minute sit-up test and rest for 5-10 minutes.
3. Perform 300-meter run and rest for 5-10 minutes.
4. Perform one-minute push-up test and rest for 5-15 minutes.
5. Warm up for 2-3 minutes then perform 1.5-mile run followed by cardio cool down for 5 minutes.

As a minimum, applicant must be capable of satisfactorily completing 3 of the recommended tests. Satisfactorily is held to mean the achievement of the 20th percentile as cited in the Cooper Fitness Norms (listed below).

Vertical Jump (Measured in Inches)					
Age Range	20-29	30-39	40-49	50-59	60+
Male	17.5	16.5	14	11.9	
Female	12.6	11	7.8		
One Minute Maximum Sit-Up					
Age Range	20-29	30-39	40-49	50-59	60+
Male	33	30	24	19	15
Female	24	20	14	10	3
300 Meter Run (Measured in Seconds)					
Age Range	20-29	30-39	40-49	50-59	60+
Male	66	68	83	95	
Female	78	86	110		
One Minute Maximum Push-Up					
Age Range	20-29	30-39	40-49	50-59	60+
Male	22	17	11	9	6
Female	10	8	6		
1.5 Mile Run					
Age Range	20-29	30-39	40-49	50-59	60+
Male	13:58	14:33	15:32	17:30	20:13
Female	17:11	18:18	19:43	21:57	23:55