

# The City of Miami Police Department

## Physical Abilities Test



The test will consist of four (4) exercises. The exercises will be completed in the following order:

- Push Ups - Maximum effort for one (1) minute.
- Sit Ups – Maximum effort for one (1) minute.
- 1.5 Mile Run – Six (6) laps around a running track in the allotted time. Each lap will be 400 meters in length for a total of 2400 meters.
- 300 Meter Run – Measured in seconds.

The Physical Abilities Test will be scored on a point system. The minimum passing score is 120 points. Every candidate must score a minimum of 10 points in each exercise to receive a passing score on the Physical Abilities Test.

The below illustrated charts will be used to score the Physical Abilities Test.

FEMALE

Cooper Standard for Law Enforcement Physical Assessment												
Female												
One Minute Push-Ups				One Minute Sit Ups								
AGE	20-29	30-39	40-49	Points	AGE	<20	20-29	30-39	40-49	50-59	60+	Points
	53	48	23	99		55+	51+	42+	38+	30+	28+	99
	42	39.5	20	95		55	51	42	38	30	28	95
	37	33	18	90		54	49	40	34	29	26	90
	33	26	17	85		49	45	38	32	25	20	85
	28	23	15	80		46	44	35	29	24	17	80
	27	19	15	75		40	42	33	28	22	15	75
	24	18	14	70		38	41	32	27	22	12	70
	23	16	13	65		37	39	30	25	21	12	65
	21	15	13	60		36	38	29	24	20	11	60
	19	14	11	55		35	37	28	23	19	10	55
	18	14	11	50		34	35	27	22	17	8	50
	17	13	10	45		34	34	26	21	16	8	45
	15	11	9	40		32	32	25	20	14	6	40
	14	10	8	35		30	31	24	19	12	5	35
	13	9	7	30		29	30	22	17	12	4	30
	11	9	7	25		29	28	21	16	11	4	25
	10	8	6	20		28	24	20	14	10	3	20
	9	6.5	5	15		27	23	18	13	7	2	15
	8	6	4	10		25	21	15	10	6	1	10

## Cooper Standard for Law Enforcement Physical Assessment

### Female

1.5 Mile Run							300 Meter Run					
AGE	20-29	30-39	40-49	50-59	60-69	70-79	Points	AGE	20-29	30-39	40-49	Points
	9:23	09:52	10:09	11:34	12:25	12:25	99		54	55	65	99
	10:20	11:08	11:35	13:16	14:28	14:33	95		54.3	56.5	65	95
	10:59	11:43	12:25	13:58	15:32	16:06	90		56	60	66	90
	11:34	12:23	13:14	14:33	16:22	16:57	85		58	63.5	68.2	85
	11:56	12:53	13:38	15:14	16:47	18:05	80		58.3	66	72	80
	12:07	13:08	13:58	15:47	17:34	18:39	75		59.7	66.5	72	75
	12:51	13:41	14:33	16:26	18:05	19:24	70		60	68	75.3	70
	13:01	13:58	15:03	16:46	18:39	20:02	65		61	68.9	78.7	65
	13:25	14:33	15:17	17:19	18:52	20:54	60		61	71	79	60
	13:58	14:33	15:56	17:38	19:29	21:45	55		62.7	72	80.5	55
	14:15	15:14	16:13	18:05	20:08	22:22	50		64	74	86	50
	14:33	15:35	16:46	18:39	20:38	22:54	45		68.5	75.5	91.7	45
	15:05	15:56	17:11	19:10	20:55	23:47	40		71	79	94	40
	15:32	16:43	17:38	19:43	22:03	24:54	35		74.5	80.5	101.8	35
	15:56	16:46	18:26	20:17	22:34	25:49	30		75	82	106.7	30
	16:43	17:38	18:39	20:55	23:20	26:15	25		76	85.5	109.3	25
	17:11	18:18	19:43	21:57	23:55	27:17	20		78	86	110	20
	17:53	19:01	20:49	22:53	25:02	27:55	15		88	93.5	116	15
	18:39	20:13	21:52	23:55	26:32	30:34	10		97	100	121.5	10

### MALE

## Cooper Standard for Law Enforcement Physical Assessment

### MALE

One Minute Push-Ups						One Minute Sit Ups							
AGE	20-29	30-39	40-49	50-59	60+	Points	AGE	20-29	30-39	40-49	50-59	60+	Points
	100	86	64	51	39	99		55+	51+	47+	43+	39+	99
	62	52	40	39	28	95		55	51	47	43	39	95
	57	46	36	30	26	90		52	48	43	39	35	90
	51	41	34	28	24	85		49	45	40	36	31	85
	47	39	30	25	23	80		47	43	39	35	30	80
	44	36	29	24	22	75		46	42	37	33	28	75
	41	34	26	21	21	70		45	41	36	31	26	70
	39	31	25	20	20	65		44	40	35	30	24	65
	37	30	24	19	18	60		42	39	34	28	22	60
	35	29	22	17	16	55		41	37	32	27	21	55
	33	27	21	15	15	50		40	36	31	26	20	50
	31	25	19	14	12	45		39	36	30	25	19	45
	29	24	18	13	10	40		38	35	29	24	19	40
	27	21	16	11	9	35		37	33	28	22	18	35
	26	20	15	10	8	30		35	32	27	21	17	30
	24	19	13	9.5	7	25		35	31	26	20	16	25
	22	17	11	9	6	20		33	30	24	19	15	20
	19	15	10	7	5	15		32	28	22	17	13	15
	18	13	9	6	4	10		30	26	22	15	10	10

## Cooper Standard for Law Enforcement Physical Assessment

### MALE

1.5 Mile Run							300 Meter Run						
AGE	20-29	30-39	40-49	50-59	60-69	70-79	Points	AGE	20-29	30-39	40-49	50-59	Points
	8:22	8:49	9:02	9:31	10:09	10:27	99		42.6	42	47	52	99
	9:10	9:31	9:47	10:27	11:20	12:25	95		46	46.1	52	58	95
	9:34	9:52	10:09	11:09	12:10	13:25	90		48	49	55	61	90
	9:52	10:14	10:44	11:45	12:53	13:57	85		49	50	56	63	85
	10:08	10:38	11:09	12:08	13:25	14:52	80		50.3	51	57	66.4	80
	10:34	10:59	11:32	12:37	13:58	15:38	75		51	52	60	68	75
	10:49	11:09	11:52	12:53	14:33	16:22	70		52	53	61	70	70
	11:09	11:34	11:58	13:25	14:55	16:46	65		53.5	54	62	72	65
	11:27	11:49	12:25	13:53	15:20	17:37	60		54	55	64	74	60
	11:34	11:58	12:53	13:58	15:53	18:05	55		55	56	66	77.4	55
	11:58	12:25	13:05	14:33	16:19	18:39	50		56	57	67.6	80	50
	12:11	12:44	13:25	14:35	16:46	19:19	45		57.5	58	70	82.6	45
	12:29	12:53	13:50	15:14	17:19	19:43	40		59	58.9	72	83.2	40
	12:53	13:25	14:10	15:53	17:49	20:28	35		60	61	74.8	85	35
	13:08	13:48	14:33	16:16	18:39	21:28	30		62.1	63	77	87	30
	13:25	14:10	15:00	16:46	19:10	22:22	25		64	65	81	89	25
	13:58	14:33	15:32	17:30	20:13	23:55	20		66	68	83	95	20
	14:33	15:14	16:09	18:22	21:34	25:49	15		69	70	86	99	15
	15:14	15:56	17:04	19:24	23:27	27:55	10		73.4	74.9	90	101.6	10

See below for a detailed example on how the test will be scored.

**Example:**

John Smith is a 38-year-old male candidate. Mr. Smith completed a total of 30 Push Ups in the one-minute time frame. This earned him **60 points** for that exercise.

## Cooper Standard for Law Enforcement Physical Assessment

### MALE

One Minute Push-Ups						One Minute Sit Ups							
AGE	20-29	30-39	40-49	50-59	60+	Points	AGE	20-29	30-39	40-49	50-59	60+	Points
	100	86	64	51	39	99		55+	51+	47+	43+	39+	99
	62	52	40	39	28	95		55	51	47	43	39	95
	57	46	36	30	26	90		52	48	43	39	35	90
	51	41	34	28	24	85		49	45	40	36	31	85
	47	39	30	25	23	80		47	43	39	35	30	80
	44	36	29	24	22	75		46	42	37	33	28	75
	41	34	26	21	21	70		45	41	36	31	26	70
	39	31	25	20	20	65		44	40	35	30	24	65
	37	30	24	19	18	60		42	39	34	28	22	60
	35	29	22	17	16	55		41	37	32	27	21	55
	33	27	21	15	15	50		40	36	31	26	20	50
	31	25	19	14	12	45		39	36	30	25	19	45
	29	24	18	13	10	40		38	35	29	24	19	40
	27	21	16	11	9	35		37	33	28	22	18	35
	26	20	15	10	8	30		35	32	27	21	17	30
	24	19	13	9.5	7	25		35	31	26	20	16	25
	22	17	11	9	6	20		33	30	24	19	15	20
	19	15	10	7	5	15		32	28	22	17	13	15
	18	13	9	6	4	10		30	26	22	15	10	10

Mr. Smith completed a total of 30 Sit Ups in the one-minute time frame. This earned him **20 points** for that exercise.

## Cooper Standard for Law Enforcement Physical Assessment

### MALE

One Minute Push-Ups						One Minute Sit Ups							
AGE	20-29	30-39	40-49	50-59	60+	Points	AGE	20-29	30-39	40-49	50-59	60+	Points
	100	86	64	51	39	99		55+	51+	47+	43+	39+	99
	62	52	40	39	28	95		55	51	47	43	39	95
	57	46	36	30	26	90		52	48	43	39	35	90
	51	41	34	28	24	85		49	45	40	36	31	85
	47	39	30	25	23	80		47	43	39	35	30	80
	44	36	29	24	22	75		46	42	37	33	28	75
	41	34	26	21	21	70		45	41	36	31	26	70
	39	31	25	20	20	65		44	40	35	30	24	65
	37	30	24	19	18	60		42	39	34	28	22	60
	35	29	22	17	16	55		41	37	32	27	21	55
	33	27	21	15	15	50		40	36	31	26	20	50
	31	25	19	14	12	45		39	36	30	25	19	45
	29	24	18	13	10	40		38	35	29	24	19	40
	27	21	16	11	9	35		37	33	28	22	18	35
	26	20	15	10	8	30		35	32	27	21	17	30
	24	19	13	9.5	7	25		35	31	26	20	16	25
	22	17	11	9	6	20		33	30	24	19	15	20
	19	15	10	7	5	15		32	28	22	17	13	15
	18	13	9	6	4	10		30	26	22	15	10	10

Mr. Smith completed the 1.5 Mile Run in 12:32. Since he did not reach the 12:25 benchmark, he received credit for the last completed benchmark of 12:44. This earned him **45 points** for that exercise.

Cooper Standard for Law Enforcement Physical Assessment													
MALE													
1.5 Mile Run							300 Meter Run						
AGE	20-29	30-39	40-49	50-59	60-69	70-79	Points	AGE	20-29	30-39	40-49	50-59	Points
	8:22	8:49	9:02	9:31	10:09	10:27	99		42.6	42	47	52	99
	9:10	9:31	9:47	10:27	11:20	12:25	95		46	46.1	52	58	95
	9:34	9:52	10:09	11:09	12:10	13:25	90		48	49	55	61	90
	9:52	10:14	10:44	11:45	12:53	13:57	85		49	50	56	63	85
	10:08	10:38	11:09	12:08	13:25	14:52	80		50.3	51	57	66.4	80
	10:34	10:59	11:32	12:37	13:58	15:38	75		51	52	60	68	75
	10:49	11:09	11:52	12:53	14:33	16:22	70		52	53	61	70	70
	11:09	11:34	11:58	13:25	14:55	16:46	65		53.5	54	62	72	65
	11:27	11:49	12:25	13:53	15:20	17:37	60		54	55	64	74	60
	11:34	11:58	12:53	13:58	15:53	18:05	55		55	56	66	77.4	55
	11:58	12:25	13:05	14:33	16:19	18:39	50		56	57	67.6	80	50
	12:11	12:44	13:25	14:35	16:46	19:19	45		57.5	58	70	82.6	45
	12:29	12:53	13:50	15:14	17:19	19:43	40		59	58.9	72	83.2	40
	12:53	13:25	14:10	15:53	17:49	20:28	35		60	61	74.8	85	35
	13:08	13:48	14:33	16:16	18:39	21:28	30		62.1	63	77	87	30
	13:25	14:10	15:00	16:46	19:10	22:22	25		64	65	81	89	25
	13:58	14:33	15:32	17:30	20:13	23:55	20		66	68	83	95	20
	14:33	15:14	16:09	18:22	21:34	25:49	15		69	70	86	99	15
	15:14	15:56	17:04	19:24	23:27	27:55	10		73.4	74.9	90	101.6	10

Mr. Smith then completed the 300 Meter Run in **76 seconds**.

Cooper Standard for Law Enforcement Physical Assessment													
MALE													
1.5 Mile Run							300 Meter Run						
AGE	20-29	30-39	40-49	50-59	60-69	70-79	Points	AGE	20-29	30-39	40-49	50-59	Points
	8:22	8:49	9:02	9:31	10:09	10:27	99		42.6	42	47	52	99
	9:10	9:31	9:47	10:27	11:20	12:25	95		46	46.1	52	58	95
	9:34	9:52	10:09	11:09	12:10	13:25	90		48	49	55	61	90
	9:52	10:14	10:44	11:45	12:53	13:57	85		49	50	56	63	85
	10:08	10:38	11:09	12:08	13:25	14:52	80		50.3	51	57	66.4	80
	10:34	10:59	11:32	12:37	13:58	15:38	75		51	52	60	68	75
	10:49	11:09	11:52	12:53	14:33	16:22	70		52	53	61	70	70
	11:09	11:34	11:58	13:25	14:55	16:46	65		53.5	54	62	72	65
	11:27	11:49	12:25	13:53	15:20	17:37	60		54	55	64	74	60
	11:34	11:58	12:53	13:58	15:53	18:05	55		55	56	66	77.4	55
	11:58	12:25	13:05	14:33	16:19	18:39	50		56	57	67.6	80	50
	12:11	12:44	13:25	14:35	16:46	19:19	45		57.5	58	70	82.6	45
	12:29	12:53	13:50	15:14	17:19	19:43	40		59	58.9	72	83.2	40
	12:53	13:25	14:10	15:53	17:49	20:28	35		60	61	74.8	85	35
	13:08	13:48	14:33	16:16	18:39	21:28	30		62.1	63	77	87	30
	13:25	14:10	15:00	16:46	19:10	22:22	25		64	65	81	89	25
	13:58	14:33	15:32	17:30	20:13	23:55	20		66	68	83	95	20
	14:33	15:14	16:09	18:22	21:34	25:49	15		69	70	86	99	15
	15:14	15:56	17:04	19:24	23:27	27:55	10		73.4	74.9	90	101.6	10

Mr. Smith failed to score the minimum 10-point requirement for the 300 Meter Run exercise.

Although Mr. Smith accumulated 125 points in the first three (3) exercises, which surpassed the 120-point minimum passing score, he failed to complete the final exercise in the required time to receive the minimum 10-point requirement per exercise.

This would result in a failed attempt of the Physical Abilities Test. He would need to retake the entire PAT and improve his 300 Meter Run time to score at least 10 points (74.9 seconds) in that exercise.