

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

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