

NYSPP Fitness Program Norms (Cooper Norms)

Candidates must reach the standards indicated in the 40% line to pass the initial Agility test. The 70% standards are required to graduate the NYS Park Police Basic School.

Pushups - # - no time limit

%tile	M 20-29	M 30-39	M 40-49	M 50-59	F 20-29	F 30-39	F 40-49	F 50-59
40	29	24	18	13	15	11	9	3
70	41	34	26	21	24	18	14	9

Sit ups - # - must be completed in 1 minute

%tile	M 20-29	M 30-39	M 40-49	M 50-59	F 20-29	F 30-39	F 40-49	F 50-59
40	38	35	29	24	32	25	20	14
70	45	41	36	31	41	32	27	22

1.5 Mile Run - must be completed by time listed

%tile	M 20-29	M 30-39	M 40-49	M 50-59	F 20-29	F 30-39	F 40-49	F 50-59
40	12:38	13:04	13:49	15:03	14:50	15:38	16:21	18:07
70	10:59	11:22	11:58	12:53	12:53	13:23	13:58	15:35

Push Up Test - This test measures muscular endurance of the upper body.

- The test begins with hands placed slightly wider than shoulder width apart, with fingers pointing forward, legs fully extended and in line with the back.
- The administrator places one fist on the floor below the subject's chest.
If a male administrator is testing a female candidate, a 3 inch sponge will be placed under the sternum to substitute for the fist.
- Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist (or sponge for female candidates). The candidate then returns to the up position. This is one repetition.
- Resting may only be done only in the up position with the arms straight.
- Score is the total number of correct push-ups; there is no time limit.

Sit Up Test - This test measures abdominal muscular endurance.

- The test starts by lying on the back, knees bent, heels flat on the floor, with the fingers laced and held behind the head.
- A partner holds the feet down firmly.
- In the up position, the individual must touch elbows to knees and then return until the shoulder blades touch the floor.
- Score is total number of correct sit-ups completed during the 1 minute time limit.