



DPS PHYSICAL FITNESS STANDARDS

STATE OF IOWA PEACE OFFICER PHYSICAL ASSESSMENT REQUIREMENTS

GUIDELINES

	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
AGE RANGE	<20 - 29		30 - 39		40 - 49		50 - 59	
1.5 MILE RUN	12:51	15:26	13:36	15:57	14:29	16:58	15:26	17:54
SIT-UPS	40	35	36	27	31	22	26	17
PUSH-UPS	33	18	27	14	21	11	15	11*

*Females older than 49 years of age may conduct push-ups on their knees