



Tomball Police Department Fitness Testing Guide



Location: Texas Sports Medicine
28120 State Highway 249

Attire: Athletic attire-t-shirt (no sleeveless shirt)

Applicants for the positions of Police Officer and Public Safety Officer will be required to arrive on time and check in at the front desk of Texas Sports Medicine. The minimum standards are based on recommendations from the Cooper Institute or are more lenient than the Cooper standards. The following information will assist you in preparation for the testing.

- 1-Blood pressure check
- 2-Sit-ups
- 3-Push-ups
- 4-Sit/Reach
- 5-1 1/2 mile run
- 6-Dummy Drag

Male Candidate

AGE	1 MINUTE OF SIT-UPS	1 MINUTE OF PUSH-UPS	SIT/REACH (Straight-leg) +1in for good & +2in for excellent	1.5 MILE RUN 40%	DUMMY DRAG 25ft
20 - 29	38	30	3	16:20	X
30 - 39	35	28	2	16:50	X
40 - 49	29	26	1	17:20	X
50 - 59	24	24	0	17:50	X
60 - 69	19	22	-1	18:20	X

Female Candidate

AGE	1 MINUTE OF SIT-UPS	1 MINUTE OF PUSH-UPS	SIT/REACH (Straight-leg) +1in for good & +2in for excellent	1.5 MILE RUN 40%	DUMMY DRAG 25ft
20 - 29	32	25	6	18:20	X
30 - 39	25	23	5	18:50	X
40 - 49	20	21	4	19:20	X
50 - 59	14	19	3	19:50	X
60 - 69	6	17	2	20:20	X

Please contact Sgt. Cliff Hatchett for any questions @ 281-290-1348
or email chatchett@ci.tomball.tx.us