

The Rantoul Police Department currently uses the same physical agility test that is administered by the [Illinois Law Enforcement Training and Standards Board](#) at the Police Training Institute.

The agility test consists of the following:

- 1.) Height and Weight Recorded
- 2.) Sit and Reach Test
- 3.) One minute sit-up test
- 4.) One repetition maximum bench press
- 5.) 1.5 mile run

The actual performance requirement for each test is based upon norms for a national population sample. The applicant must pass every test. The required performance to pass each test is based upon sex and age (decade). While the absolute performance is different for the eight categories, the relative level of effort is identical for each age and sex group. All recruits are being required to meet the same percentile rank in terms of their respective age/sex group. The performance requirement is that level of performance that approximates the 40th percentile for each age and sex group.

The minimum physical fitness performance requirements are:

**MALE TEST**

<b>AGE GROUPS</b>	20-29	30-39	40-49	50-59
SIT AND REACH	16.0"	15.0"	13.8"	12.8"
1 MINUTE SIT-UPS	37	34	28	23
MAXIMUM BENCH PRESS RATION	98%	87%	79%	70%
1.5 MILE RUN	13:46	14:31	15:24	16:21

**FEMALE TEST**

<b>AGE GROUPS</b>	20-29	30-39	40-49	50-59
SIT AND REACH	18.8"	17.8"	16.8"	16.3"
1 MINUTE SIT-UPS	31	24	19	13
MAXIMUM BENCH PRESS RATION	58%	52%	49%	43%
1.5 MILE RUN	16:21	16:52	17:53	18:44