



# City of Bowie Police Department Physical Agility Test (PAT)



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Chief of Police

## Push-Ups and Sit-Ups Guidelines (Cooper Standard)

Female/Age	Push-ups (1 minute)	Sit-ups (1 minute)
20-29	15	32
30-39	11	25
40-49	9	20
50-59	9	14

Male/Age	Push-ups (1 minute)	Sit-ups (1 minute)
20-29	29	38
30-39	24	35
40-49	18	29
50-59	13	24

The PAT is designed to measure an applicant's fitness level for performing the duties required in the Training Academy and as a Bowie police officer. The test is pass or fail, and a failure at any event will disqualify the applicant from the rest of the day's events, although the applicant can re-test at any later PAT date.

The minimum standard is listed above for each event. Some event standards are age and sex-based; for any individual whose gender identity does not fall within the binary of male or female, we kindly ask that you test for whichever gender appears on your current driver's license. Any individuals with a driver's license marked as X will be respectfully expected to test for their assigned gender at birth.

### PLEASE NOTE:

- Push-ups utilizing the knees are not acceptable.
- Athletic attire is required (please keep all attire "public gym" appropriate).
- Earrings must not extend below the earlobe.
- All applicants, regardless of gender, are prohibited from wearing nose rings and tongue rings during the test.

**POLICE APPLICANT: 1 ATTEMPT UNLESS OTHERWISE NOTED**

Event	Required	Score/ Complete	Pass (check)	Fail (check)	Officer's Initials
Stair Climb	<b>1 minute</b>				
Wall Climb	<b>15 secs/ 3 Attempts</b>				
150lbs Drag	<b>25 secs/ 2 attempts</b>				
Push-ups	<b>See chart</b>				
Sit-ups	<b>See chart</b>				
1.5 Mile Run	<b>17:30 maximum</b>				