



SAPOL PROTECTIVE SERVICE OFFICER FITNESS ASSESSMENT

	Age	M/F	Result
I/D No.			
Surname:			
Christian name:			
D.O.B.			
Test Date:			

Shuttle Run	Push -up	Trigger Pull
/	/	Right /6
		Left /6
Achieved/Required	Achieved /Required	Achieved /Required

SHUTTLE RUN PASS	18-29 yrs	30-39 yrs	40-49 yrs	50-59 yrs	60 + yrs	TRIGGER PULL STRENGTH PASS	all ages
Male	9.04	8.02	7.02	6.02	-	Male	6 Left & Right Hand
Female	6.10	5.06	4.09	4.01	-	Female	
PUSH-UP PASS							
Male	35	25	20	15	10		
Female	17	12	8	6	3		

RESULTS:

ACHIEVED = successfully completed all components

NOT ACHIEVED = did not successfully complete all components