

FITNESS TEST REQUIREMENTS

Fitness Test Requirements for Entrance into the Police Academy

	[Male Standards]					[Female Standards]				
AGE	20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+
300 Meter Run										
50TH	56.0	57.0	67.6	80.0	80.0	64.0	74.0	86.0	86.0	86.0
30TH	62.1	63.0	77.0	87.0	87.0	75.0	82.0	106.7	106.7	106.7
1 RM Bench Press Ratio										
50TH	1.06	0.93	0.84	0.75	0.68	0.65	0.57	0.52	0.46	0.45
30TH	0.93	0.83	0.76	0.68	0.63	0.56	0.51	0.47	0.42	0.40
1 Minute Sit-ups										
50TH	40	36	31	26	20	35	27	22	17	8
30TH	35	32	27	21	17	30	22	17	12	4
1.5 Mile Run										
50TH	11:58	12:25	13:05	14:33	16:19	14:15	15:14	16:13	18:05	20:08
30TH	13:08	13:48	14:33	16:16	18:39	15:56	16:46	18:26	20:17	22:34

Testing Order:

300 Meter Run
Bench Press
Sit Ups
1.5 Mile Run

This is a cumulative test. Each event is pass/fail; thus, if one event is failed, the entire test is failed. There is no “averaging” of scores. Applicants for the police academy will need to pass each event at the 30th percentile to be considered for acceptance into the police academy. These scores are based on The Cooper Institute data.

Fitness Test Requirements for Graduation from the Police Academy

	[Male Standards]					[Female Standards]				
AGE	20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+
1 Minute Sit-up										
50TH	40	36	31	26	26	35	27	22	17	17
30TH	35	32	27	21	21	30	22	17	12	12
300 Meter Run										
50TH	56.0	57.0	67.6	80.0	80.0	64.0	74.0	86.0	86.0	86.0
30TH	62.1	63.0	77.0	87.0	87.0	75.0	82.0	106.7	106.7	106.7
1 Minute Push-up										
50TH	33	27	21	15	15	18	14	11	11	11
30TH	26	20	15	10	10	13	9	7	7	7
1.5 Mile Run										
50TH	11:58	12:24	13:12	14:23	14:23	14:04	14:34	15:34	17:19	17:19
30TH	13:15	13:44	14:34	15:50	15:50	15:46	16:42	17:29	19:10	19:10

Testing Order:

- 1 Minute Sit-up
- 300 Meter Run
- 1 Minute Push-up
- 1.5 Mile Run

This is a cumulative test. Each event is pass/fail; thus, if one event is failed, the entire test is failed. There is no “averaging” of scores. Cadets will be required to pass the final physical fitness test with a score at the 50th percentile in each event to graduate from the police academy. These scores are based on The Cooper Institute data.