



# **POLICE ENTRY LEVEL TRAINING PROGRAM**

## **ENTRY PHYSICAL FITNESS ASSESSMENT**

**Participants arriving after assigned physical fitness assessment time will not be allowed to participate.**

**A signed Medical Examination Affirmation must be presented before or on the day of the physical fitness assessment or the participant will not be allowed to participate.**

**Each participant will be given time to warm-up independently prior to beginning the physical fitness assessment.**

**The physical fitness assessment will be administered in the below order. If the participant is not able to pass, they will be disqualified and not allowed to continue. The participant's agency will be notified by email at the conclusion of the physical fitness assessment.**

### **SIT-UPS: (Total number of repetitions in one minute)**

1. Sit-up begins with the participant lying on their back with knees bent and a partner holding their feet with their hands. Sitting or kneeling on the participant's feet is not allowed.
2. The participant will interlock their fingers behind their head and start on their backs.
3. The up phase of the sit-up is complete when the elbows of the participant either touch the thighs or cross the vertical plane of the participant's knees.
4. The down phase of the sit-up requires the participant's shoulder blades to touch the mat below them upon returning to the start position.
5. A participant may rest ONLY in the up position while maintaining their required form with hands interlocked behind their heads. If the participant attempts to rest in the down position, their assessment will be completed and their total number of sit-ups will be recorded at that point.
6. Each sit-up is counted when reaching the appropriate up position with hands remaining interlocked behind the head.
7. Participant may NOT lift their hips off the mat surface. The participant will be given a warning the first time it happens. If it happens a second time, their assessment will be completed and their total number of sit-ups will be recorded at that point.

### **PUSH-UPS: (Total number of repetitions in one minute)**

1. The participant will start in the up prone planked position with hands slightly wider than shoulder width, elbows fully extended and feet close together.
2. This position must be maintained throughout the assessment. No piking or arching of the back is allowed at any time during the assessment.
3. The participant will lower their chest down to the provided sponge then return to the up starting position.
4. Each repetition is counted when the participant returns to the UP starting position with elbows fully extended.
5. Participants may rest in the up starting position without piking, arching, or placing a knee/lower leg on the mat.

### **300 METER RUN: (Measured in seconds)**

Each participant will run 300 meters around the track. Each participant will begin at the starting line and run to the 300 meter designated finish line and the time be recorded upon crossing the line.

### **1.5 MILE RUN: (Measured in minutes:seconds)**

Each participant will run 1.5 miles around the track. Each participant will begin at the designated starting line and run the amount of laps needed to complete 1.5 miles. Time will be recorded for each lap with the last lap being the final time.

#### **MALE**

<b>AGE</b>	<b>Sit-Up (1 minute)</b>	<b>Push-Up (1 minute)</b>	<b>300M Run (seconds)</b>	<b>1.5 Mile Run (minutes)</b>
20 - 29	32	19	69	14:34
30 - 39	28	15	70	15:13
40 - 49	22	10	86	15:58
50 - 59	17	7	99	17:39
60 - 69	13	5	n/a	20:12

#### **FEMALE**

<b>AGE</b>	<b>Sit-Up (1 minute)</b>	<b>Push-Up (1 minute)</b>	<b>300M Run (seconds)</b>	<b>1.5 Mile Run (minutes)</b>
20 - 29	23	9	88	17:49
30 - 39	18	6.5	93.5	18:37
40 - 49	13	5	116	19:32
50 - 59	7	4*	n/a	21:31
60 - 69	2	1*	n/a	23:32
* modified push-up				