



POLICE OFFICER ENTRY LEVEL

FITNESS ABILITY TEST STANDARDS

Law enforcement officers have unique job functions, some of which can be physically demanding and dangerous. An officer's capability to perform those functions can affect personal and public safety. Training for the required skills is often more vigorous and demanding than the day-to-day job functions that the officer faces. Physical fitness underlies an officer's ability to perform many of the frequent and critical job tasks as well as the demanded training of skills. The minimum fitness standards identified below, are the requisite levels for an officer to effectively learn the frequent and critical job motor skills. Higher levels of fitness are associated with better performance of physical job tasks required of Criminal Justice Training Basic Law Enforcement Academy. The Criminal Justice Training Commission Fitness Ability Test Battery is comprised of four tests:

1. 300-Meter Run
2. Maximum Push-Ups
3. Sit-Ups (One Minute)
4. 1.5-Mile Run/Walk

Tests may be administered in the above order. While not required, the test battery process should be sequenced as follows:

1. Warm-up (5- 10 minutes) may be self-directed or lead by test personnel
 - A. General warm-up - 2-3 minutes of easy jogging, jumping jacks, etc.
 - B. Stretching - 5-7 minutes, include stretches for shoulders, back, upper and lower legs.
2. Physical Fitness Test Battery (FAT)
 - C. 300-Meter Run (15 minutes rest)
 - D. Sit-Ups (1 Minute) (5 minutes rest)
 - E. Maximum Push-Ups (10 minutes rest)
 - F. 1.5-Mile Run/Walk
3. Cool-down (5 minutes)
 - G. Walking - keep walking to avoid blood pooling in legs.
 - H. Easy stretching.

Physical Fitness Standards

Full Body Push-Ups

Low		High	
30 pts.	21 reps.	50 pts.	35 reps.

Sit-Ups (1 minute)

Low		High	
30 pts.	30 reps.	50 pts.	38 reps.

300 Meter Run (Seconds)

Low		High	
30 pts.	71 seconds	50 pts.	56 seconds

1.5 Mile Run

Low		High	
30 pts.	14:31	50 pts.	13:35

***Any score below 30 points is no score.**