

## **Law Enforcement Academy Physical Fitness Entry Standards**

Prior to the Academy each cadet will be required to participate in pre assessment physical fitness testing. Cadets must meet standards as listed below in order to be accepted into the Basic Police Officer Training Academy. **If an individual is not able to meet these scores they will not be accepted into the Academy.**

**The four physical fitness standards are as follows:**

- Mile and a half run - 15:14
- 300 meter run - 71 seconds
- Push-ups - 15 - one-minute time limit
- Sit-ups – 27 – one-minute time limit

Additionally, during the course of the Academy, cadets will participate in daily physical fitness training. In order to graduate from the academy, cadets will be required to complete exit fitness standards in the 1.5 mile run, 300 meter run, sit-ups, push-ups and two job oriented agility courses.