Commonwealth of Pennsylvania
Municipal Police Officers’ Education and Training Commission (MPOETC)

MPOETC’s Physical Fitness Assessment Standards
Entrance and Retention in the Act 120 Police Academy

<table>
<thead>
<tr>
<th>Age Range</th>
<th>18-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50-59</th>
<th>60+</th>
<th>18-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50-59</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit Ups (1 min rep)</td>
<td>35</td>
<td>32</td>
<td>27</td>
<td>21</td>
<td>17</td>
<td>30</td>
<td>22</td>
<td>17</td>
<td>12</td>
<td>4</td>
</tr>
<tr>
<td>300-meter Run (time)</td>
<td>62.1</td>
<td>63</td>
<td>77</td>
<td>87</td>
<td>87</td>
<td>75</td>
<td>82</td>
<td>106.7</td>
<td>106.7</td>
<td>106.7</td>
</tr>
<tr>
<td>Push Ups (1 min rep)</td>
<td>26</td>
<td>20</td>
<td>15</td>
<td>10</td>
<td>10</td>
<td>13</td>
<td>9</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
</tbody>
</table>

This is a cumulative test. All events must be completed within two (2) hours.

Testing Order:
1. Sit Ups
2. 300-meter Run
3. Push Ups
4. 1.5-mile Run

All Applicants:
• Afforded a minimum rest time of five (5) minutes between events.
• Required to pass the Entrance Fitness Test with a score at the 30th percentile (chart above) in each event based on their biological (birth) gender and age at the time of testing.
• Accepted into the police academy as enrolled cadets must maintain the 30th percentile physical fitness assessment standard throughout the academy until completion.

If an Applicant:
• Does not fall into one of the listed age categories, special authorization must be obtained from MPOETC before testing can be accomplished.
• Is unsuccessful in any event, testing is immediately ended (failure) and no other events can be attempted at that time.

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