



## **Bucks County Police Chiefs Association & Bucks County Police Training Center**

### **Bucks County Police Chief's Association Physical Agility Examination Requirements**

1. **Trigger Pull:** Using an inoperable weapon, the applicant must pull the trigger of the weapon 12 times with each hand, arm extended, with the barrel extended into a 4-inch ring. The barrel may not touch the ring.  
**Time Limit:** 10 seconds for each hand.
2. **1.5 Mile Run:** The applicant must complete a 1.5-mile run.  
**Time Limit:** Maximum time limit based on a 40 percentile score from the standards set forth in the "Basic Curriculum for Pennsylvania Patrol Officers".
3. **300 Meter Run:** The applicant must complete a 300-meter run.  
**Time Limit:** Maximum time limit based on a 40 percentile score from the standard set forth in the "Basic Curriculum for Pennsylvania Patrol Officers".
4. **One Minute Sit Ups:** Applicants will complete as many sit-ups as possible in 1 minute. Execution of sit-ups will be as follows: Applicants will lie on their back, knees bent at a 90-degree angle. Hands will be interlaced behind the applicant's head with elbows out to the side. In the up position, elbows will touch the knees. In the down position, the applicant will return to a full lying position. A partner will hold the applicant's feet and count the number of repetitions.  
**Passing Score:** Minimum number of repetitions will be based on a 40 percentile score from the standards set forth in the "Basic Curriculum for Pennsylvania Patrol Officers".
5. **One Minute Full Body Push – Up Test:** Execution of sit-ups will be as follows: The participant starts the event in the up position. The participant shall place their hands slightly wider than shoulder width apart, with fingers pointing forward, palms of the hand touching the ground/floor/mat. (Knuckle or fingertip push-ups are not permitted for this test.) One (1) of the proctors will place a fist on the floor below the participant's chest. Starting from the up position (elbows extended), the participant must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist, or when the participant's elbows reach a 90 degree angle. The participant then returns to the up position. This completes one repetition. The total number of correct push-ups in one minute is recorded as the score. Resting must only be done in the up position. Both hands and feet (toes) must remain in contact with the floor at all times. The participant must not arch their back during the test.  
**Passing Score:** Minimum number of repetitions will be based on a 40 percentile score from the standards set forth in the "Basic Curriculum for Pennsylvania Patrol Officers".

**Note: Passing qualifications for tests 2 through 5 are attached. Qualifications are based on the 40<sup>th</sup> percentile requirements of the Commonwealth of Pennsylvania Municipal Police Officers' Education and Training Commission. These requirements are mandated for successful completion of an accredited Act 120 Program.**

**Bucks County Police Chief's Association  
Requirements for Passing Score  
1.5-Mile Run One-Minute Sit Ups  
One Repetition Bench Press**

**1. 1.5 Mile Run (Maximum Times)**

Male	<u>20-29 Years</u> <b>12:29</b>	<u>30-39 Years</u> <b>12:53</b>	<u>40-49 Years</u> <b>13:50</b>	<u>50-59 Years</u> <b>15:14</b>
Female	<u>20-29 Years</u> <b>15:26</b>	<u>30-39 Years</u> <b>15:57</b>	<u>40-49 Years</u> <b>16:58</b>	<u>50-59 Years</u> <b>17:55</b>

**2. 300 Meter Run (Maximum Times)**

Male	<u>20-29 Years</u> <b>58 sec.</b>	<u>30-39 Years</u> <b>58.9 sec.</b>	<u>40-49 Years</u> <b>72 sec.</b>	<u>50-59 Years</u> <b>83.2 sec.</b>
Female	<u>20-29 Years</u> <b>71 sec.</b>	<u>30-39 Years</u> <b>79 sec.</b>	<u>40-49 Years</u> <b>94 sec.</b>	<u>50-59 Years</u> <b>101.8 sec.</b>

**3. One Minute Sit Ups (Minimum Repetitions)**

Male	<u>20-29 Years</u> <b>38</b>	<u>30-39 Years</u> <b>35</b>	<u>40-49 Years</u> <b>29</b>	<u>50-59 Years</u> <b>24</b>
Female	<u>20-29 Years</u> <b>32</b>	<u>30-39 Years</u> <b>25</b>	<u>40-49 Years</u> <b>20</b>	<u>50-59 Years</u> <b>14</b>

**4. One Minute Full Body Push – Up Test (Minimum Repetitions)**

Male	<u>20-29 Years</u> <b>29</b>	<u>30-39 Years</u> <b>24</b>	<u>40-49 Years</u> <b>18</b>	<u>50-59 Years</u> <b>13</b>
Female	<u>20-29 Years</u> <b>15</b>	<u>30-39 Years</u> <b>11</b>	<u>40-49 Years</u> <b>9</b>	<u>50-59 Years</u> <b>9</b>