The physical fitness tests are based on the [Cooper Aerobics Institute](http://www.cooperinst.org/) standards.  For the Full-time Police Officer Academy you must pass at least the 35th percentile on both the entrance and exit tests. The Part-time Officer Academy and Law Package Students must pass at least the 35th percentile on the entrance test (there is no exit test). Decided on November 15, 2016, the Corrections Officer Academy will pilot for at least one year a 20thpercentile entrance test with a 35th percentile exit.

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| --- | --- | --- |
| **Age 18-29** | **20th percentile** | **35th percentile** |
| 1.5 mile run (male) | 14:06 | 12:53 |
| 1.5 mile run (female) | 16:46 | 15:14 |
| Push-ups (male) | 22 | 27 |
| Push-ups (female) | **17 (mod) 10 (FB)** | **22 (mod) 14 (FB)** |
| Sit-ups in 1 min. (male) | 33 | 37 |
| Sit-ups in 1 min. (female) | 24 | 31 |
| **Age 30-39** | **20th percentile** | **35th percentile** |
| 1.5 mile run (male) | 14:34 | 13:24 |
| 1.5 mile run (female) | 17:38 | 15:58 |
| Push-ups (male) | 17 | 21 |
| Push-ups (female) | **11 (mod) 8 (FB)** | **17 (mod) 10 (FB)** |
| Sit-ups in 1 min. (male) | 30 | 33 |
| Sit-ups in 1 min. (female) | 20 | 24 |
| **Age 40-49** | **20th percentile** | **35th percentile** |
| 1.5 mile run (male) | 15:22 | 14:07 |
| 1.5 mile run (female) | 18:38 | 16:46 |
| Push-ups (male) | 11 | 16 |
| Push-ups (female) | **6 (mod) 6 (FB)** | **11 (mod) 8 (FB)** |
| Sit-ups in 1 min. (male) | 19 | 28 |
| Sit-ups in 1 min. (female) | 14 | 19 |
| **Age 50-59** | **th percentile** | **35th percentile** |
| 1.5 mile run (male) | 16:46 | 15:20 |
| 1.5 mile run (female) | 20:32 | 18:37 |
| Push-ups (male) | 9 | 11 |
| Push-ups (female) | 6 (mod) | 10 (mod) |
| Sit-ups in 1 min. (male) | 19 | 22 |
| Sit-ups in 1 min. (female) | 10 | 12 |
| **Age 60- 69** | **20th percentile** | **35th percentile** |
| 1.5 mile run (male) | 19:10 | 17:11 |
| 1.5 mile run (female) | 22:44 | 20:46 |
| Push-ups (male) | 6 | 9 |
| Push-ups (female) | 2 (mod) | 4 (mod) |
| Sit-ups in 1 min. (male) | 15 | 18 |
| Sit-ups in 1 min. (female) | 3 | 5 |
| **Age 70- 79** | **20th percentile** | **35th percentile** |
| 1.5 mile run (male) | 21:47 | 19:39 |
| 1.5 mile run (female) | 23:46 | 22:20 |
| Push-ups (male) | 6 | 9 |
| Push-ups (female) | 2 (mod) | 4 (mod) |
| Sit-ups in 1 min. (male) | 15 | 18 |
| Sit-ups in 1 min. (female) | 3 | 5 |
| Sit-ups must be performed within 60 seconds, in the proper form. | | |