

South Texas College
Public Safety- Law Enforcement
Certificate (Police Academy) Physical Fitness Standards
Approved: December 12, 2012

Physical Fitness Entry Standards

Four tests: 1.5 mile run, 300 meter run, 1-minute push up test, 1-minute sit up test

Each test is conducted separately. There is a 10 minute cool down/warm up between each test.

The 1.5 mile run consists of running six laps on a standard ¼ mile track. The run must be completed in 16 minutes 55 seconds.

The 300 meter run consists of running 300 meters on a standard ¼ mile track. The run must be completed in 75.3 seconds.

The 1-minute push up test consists of completing 19 push ups within one minute.

The 1-minute sit up test consists of completing 25 sit ups within one minute.

Program Fitness Standards

Upon entry into the Police Academy cadets will be expected to increase their fitness and meet the benchmarks below. Should a cadet fail to meet the benchmark, they will be given 1 opportunity to retake the fitness exam within the week. A second failing score will result in dismissal from the program.

The **First Benchmark** test conducted in week 6 or 7 of the academy. The benchmarks are 1.5 mile run in 15 minutes 55 seconds, 300 meter run in 70.1 seconds, 1-minute push up minimum 24, and 1-minute sit up minimum 28.

The **Second Benchmark** test conducted in week 12 or 13 of the academy. The benchmarks are 1.5 mile run in 15 minutes 20 seconds, 300 meter run in 65.4 seconds, 1-minute push up minimum 29, and 1-minute sit up minimum 31.

The **Exit Standard** minimums must be passed in order to complete the program. The Exit Standards are 1.5 mile run in 14 minutes 40 seconds, 300 meter run in 62.2 seconds, 1-minute push up minimum 31, and 1-minute sit up minimum 34.