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.