

**STATE OF PENNSYLVANIA
MUNICIPAL POLICE OFFICERS EDUCATION AND TRAINING COMMISSION
CITY OF PITTSBURGH - POLICE ACADEMY
Entrance Fitness Test Standards - Physical Performance 30th Percentiles**

MALE CANDIDATES

Age	300 Meter Run - (seconds)	1 RM Bench Press Ratio	1 Minute of Sit-Ups	1.5 Mile Run - (minutes, seconds)
20-29	62.1	0.93	35	13:15
30-39	63.0	0.83	32	13:44
40-49	77.0	0.76	27	14:34
50-59	87.0	0.68	21	15:50
60-69		0.63		

FEMALE CANDIDATES

Age	300 Meter Run - (seconds)	1 RM Bench Press Ratio	1 Minute of Sit-Ups	1.5 Mile Run - (minutes, seconds)
20-29	75.0	0.56	30	15:46
30-39	82.0	0.51	22	16:42
40-49	106.7	0.47	17	17:29
50-59		0.42	12	19:10
60-69		0.40		

You must pass each of the four (4) events at the 30th percentile* listed for your age and gender in order to move on to the next event and pass the test as a whole. If you do not meet the 30th percentile on an event, you will be dismissed from the fitness test and you will not be further processed for the Police Officer position.

** Adopted from the Cooper Institute for Aerobics Research Standards for Law Enforcement Fitness Assessment.*