

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	1 Minute of Sit-Ups	300 Meter Run - (seconds)	1 Minute of Push-Ups	1.5 Mile Run - (minutes, seconds)
18-29	35	62.1	26	13:15
30-39	32	63.0	20	13:44
40-49	27	77.0	15	14:34
50-59	21	87.0	10	15:50
60+	17	87	10	15:50

FEMALE CANDIDATES

Age	1 Minute of Sit-Ups	300 Meter Run - (seconds)	1 Minute of Push-Ups	1.5 Mile Run - (minutes, seconds)
18-29	30	75.0	13	15:46
30-39	22	82.0	9	16:42
40-49	17	106.7	7	17:29
50-59	12	106.7	7	19:10
60+	4	106.7	7.00	19:10

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.*

