

# Physical Agility Test Requirements

The fitness test scoring is self explanatory with the exception of the Bench Press. The number, (0.93) next to the 30<sup>th</sup> percentile represents the percentage of body weight that must be lifted during the bench press test.

More information about these test standards can be obtained by going to the Municipal Police Officers' Education and Training Commission (MPOETC) web site at [www.mpoetc.state.pa.us](http://www.mpoetc.state.pa.us)

Fitness Test Requirements										
	[Male Standards]					[Female Standards]				
AGE	20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+
1.5 Mile Run										
50TH	12:18	12:51	13:53	14:55	16:07	14:55	15:26	16:27	17:29	18:16
40TH	12:51	13:36	14:29	15:26	16:43	15:26	15:57	16:58	17:54	18:44
30TH	13:22	14:08	14:56	15:57	17:14	15:57	16:35	17:24	18:23	18:59
**25TH	13:53	14:24	15:26	16:23	17:32	16:26	16:58	17:29	18:31	19:02
1 Minute Sit-ups										
50TH	40	36	31	26	20	34.5	27	22	17	8
40TH	38	35	29	24	19	32	25	20	14	5.8
30TH	35	32	27	21	17	29.5	22	17	12	4
**25TH	35	31	26	20	16	28	21	15.5	11	3.8
1 RM Bench Press Ratio										
50TH	1.06	0.93	0.84	0.75	0.68	.65	.57	.52	.46	.45
40TH	0.99	0.88	0.8	0.71	0.65	.59	.53	.50	.44	.43
30TH	0.93	0.83	0.76	0.68	0.63	.56	.51	.47	.42	.40
**25TH	0.9	0.81	0.74	0.66	0.6	.53	.49	.45	.41	.39
300 Meter Run										
50TH	56.0	57.0	67.6	80.0		64.0	74.0	86.0		
45TH	57.5	58.0	70.0	82.6		68.5	75.5	91.7		
40TH	59.0	58.9	72.0	83.2		71.0	79.0	94.0		
35TH	60.0	61.0	74.8	85.0		74.5	80.5	101.8		
30TH	62.1	63.0	77.0	87.0		75.0	82.0	106.7		
**25TH	64.0	65.0	81.0	89.0		76.0	85.5	109.3		

**Please note. To enter the Act 120 Police Academy you will be required to pass the MPOETC fitness test at the 30th percentile. In order to graduate from the Police Academy you will be required to pass the MPOETC fitness test at the 50th percentile**