

ATTACHMENT A

**Physical Agility Components
Police Officer**

THE FOLLOWING PHYSICAL EXERCISES ARE REQUIRED OF ALL APPLICANTS FOR THE POSITION OF POLICE OFFICER. THOSE PERSONS WHO FAIL TO SUCCESSFULLY COMPLETE ALL EXERCISES WILL BE ELIMINATED FROM THE SELECTION PROCESS.

**MPOETC Physical Fitness Assessment Standards
Entrance to and Retention in the Police Academy**

30% Standards	Male Standards by Age					Female Standards by Age				
	18-29	30-39	40-49	50-59	60+	18-29	30-39	40-49	50-59	60+
Sit Ups (1 Min Reps)	35	32	27	21	17	30	22	17	12	4
300 Meter Run (Time)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
Push Ups (1 Min Reps)	26	20	15	10	10	13	9	7	7	7
1.5 Mile Run (Time)	13:15	13:44	14:34	15:50	15:50	15:46	16:42	17:29	19:10	19:10

Testing Order:

1. 1 Minute Sit-up
2. 300 Meter Run
3. 1 Minute Push-up
4. 1.5 Mile Run

This is a cumulative test and all events must be completed within two (2) hours.

Waiver

I, the undersigned, understand the above physical agility requirements and hereby release from liability, Chartiers-Houston School District, the Township of Chartiers and all those involved in this testing process, in the event of injury to myself or damage to my property while participating in the Physical Agility Test.

Signed _____

Date ____/____/____