



Municipal Police Training Council

Fiftieth Percentile of Physical Fitness

Minimum Basic Course for Police Officers*

Exit Level Testing (Graduation)

50%	Male	Age	Sit-Up	Push-Up	1.5 Mile Run
		20-29	40	33	11:58
		30-39	36	27	12:24
		40-49	31	21	13:12
		50-59	26	15	14:23
		60+	20	15	15:56
50%	Female	Age	Sit-Up	Push-Up	1.5 Mile Run
		20-29	35	18	14:04
		30-39	27	14	14:34
		40-49	22	11	15:34
		50-59	17	9	17:19
		60+	8	9	19:04

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DCJS - Office of Public Safety (518) 457-2667

<http://www.criminaljustice.state.ny.us>

* Standard may be higher at the discretion of the local police academy.