



BASIC TRAINING PHYSICAL FITNESS ASSESSMENT FORM

School Name: _____ School #: _____

Student's Name: _____
(Last) (First) (Middle)

Previous Name(s) or Alias: _____

Sex: _____ M _____ F DOB: _____ Age: _____

Pre-entrance Assessment Date: _____ Final Assessment Date: _____ Retest Date: _____

Status at Final Assessment: _____ Appointed _____ Open Enrollment

	MALES			FEMALES		
	(≤29)			(≤29)		
	<u>Entry</u>	<u>Basic</u>	<u>End</u>	<u>Entry</u>	<u>Basic</u>	<u>End</u>
Sit-ups (1 min.)	32	38	40	23	32	35
Push-ups (1 min.)	19	30	33	9	16	18
1.5 Mile Run	14:34	12:37	11:58	17:49	15:02	14:07
	(30-39)			(30-39)		
	<u>Entry</u>	<u>Basic</u>	<u>End</u>	<u>Entry</u>	<u>Basic</u>	<u>End</u>
Sit-ups (1 min.)	28	34	36	18	25	27
Push-ups (1 min.)	15	24	27	7	13	14
1.5 Mile Run	15:13	13:07	12:25	18:37	15:34	14:34
	(40-49)			(40-49)		
	<u>Entry</u>	<u>Basic</u>	<u>End</u>	<u>Entry</u>	<u>Basic</u>	<u>End</u>
Sit-ups (1 min.)	22	29	31	13	20	22
Push-ups (1 min.)	10	19	21	5	10	11
1.5 Mile Run	15:58	13:52	13:11	19:32	16:26	15:24
	(50-59)			(50-59)		
	<u>Entry</u>	<u>Basic</u>	<u>End</u>	<u>Entry</u>	<u>Basic</u>	<u>End</u>
Sit-ups (1 min.)	17	24	26	7	15	17
Push-ups (1 min.)	7	13	15	4 (modified)	11 (modified)	13 (modified)
1.5 Mile Run	17:38	15:06	14:16	21:31	18:17	17:13
	(60+)			(60+)		
	<u>Entry</u>	<u>Basic</u>	<u>End</u>	<u>Entry</u>	<u>Basic</u>	<u>End</u>
Sit-ups (1 min.)	13	19	20	2	7	8
Push-ups (1 min.)	5	13	15	1 (modified)	7 (modified)	8 (modified)
1.5 Mile Run	20:12	17:00	15:56	23:32	20:02	18:52

Students must pass two events with "End" and one event at least Basic, to be eligible for peace officer certification. For a second attempt, students only need to test in events they previously did not pass; they have the option of retesting a Basic score.

Fitness Specialist Signature Date

Commander Signature Date

Fitness Specialist Signature Date

Commander Signature Date

Fitness Specialist Signature Date

Commander Signature Date



BASIC TRAINING PHYSICAL FITNESS ASSESSMENT FORM

<u>Pre-entrance Assessment</u>	<u>Final Assessment</u>	<u>Second Attempt</u>
<hr/>	<hr/>	<hr/>
# Sit-ups Completed	# Sit-ups Completed	# Sit-ups Completed
<hr/>	<hr/>	<hr/>
# Push-ups Completed	# Push-ups Completed	# Push-ups Completed
<hr/>	<hr/>	<hr/>
1.5 Mile Time	1.5 Mile Time	1.5 Mile Time
<hr/>	<hr/>	<hr/>
OVERALL (P/F)	OVERALL (P/F)	OVERALL (P/F)
<hr/>	<hr/>	<hr/>