



## 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	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	8 (modified)
1.5 Mile Run	20:12	17:00	15:56	23:32	20:02	18:52

Students must pass each two events with "End" and one event at least 75%, but less than "End" to be eligible for peace officer certification.

\_\_\_\_\_  
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**

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