



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

<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)