


**MUNICIPAL POLICE OFFICERS' EDUCATION AND TRAINING COMMISSION**

8002 Bretz Drive

Harrisburg, Pennsylvania 17112-9748

<http://www.psp.pa.gov/MPOETC>
**BASIC TRAINING  
PHYSICAL FITNESS ASSESSMENT**

This form is to be used by police academy staff to document fitness assessments of cadets during training

All information on this form must be neatly printed and legible even when scanned

LAST NAME	FIRST NAME	MI
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BIOLOGICAL SEX	DATE OF BIRTH	POLICE ACADEMY NAME
<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE		

**ACADEMY ENTRANCE TEST**

ENTRANCE TEST DATE	HEIGHT	WEIGHT	AGE AT CLASS START DATE		
EVENT	30 <sup>TH</sup> PERCENT	SCORE	EVENT	30 <sup>TH</sup> PERCENT	SCORE
1 MINUTE SIT-UP			1 MINUTE PUSH-UP		
300 METER RUN			1.5 MILE RUN		
ENTRANCE TEST ADMINISTERED BY:			PASSED ALL ENTRANCE REQUIREMENTS:		
			<input type="checkbox"/> YES <input type="checkbox"/> NO		

**ACADEMY PHYSICAL FITNESS ASSESSMENT**

	MOD 1	DATE	MOD 2	DATE	MOD 3	DATE
1 MINUTE SIT-UP						
300 METER RUN						
1 MINUTE PUSH-UP						
1.5 MILE RUN						
OBSTACLE COURSE						

ACADEMY DIRECTOR (NAME)	PASSED FINAL PT REQUIREMENTS:
	<input type="checkbox"/> YES <input type="checkbox"/> NO

LEAD PHYSICAL FITNESS INSTRUCTOR (NAME)	DATE