State College Police Department
Physical Fitness Examination Protocols

The State College Police Department physical fitness examination consists of four events. Each event along with the examination protocols are described below. Applicants must achieve at least the **40th** percentile score on each event in order to proceed to the next testing phase. While the Borough will staff the physical fitness examination with employees trained in CPR and first aid, and trained to monitor applicants for signs that the testing may be creating an immediate health concern relative to an applicant, the testing is rigorous. The demanding nature of the examination cannot be eliminated without invalidating the test. You should not make yourself, at least without your physician's approval, an applicant if you have concerns that vigorous exercise may negatively impact your physical health. If you consult with your physician on this matter, you are advised to show him/her the summary of the testing protocols.

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300 Meter Run—The applicant must complete a 300-meter course in or under the required time. On a standard 440 yard track, the 300 meter line is 112 yards from the start/finish line or approximately ¾ around the track.

Sit-ups—The applicant starts by lying on their back, knees bent at approximately a 90 degree angle, feet flat on the ground, and hands behind the head. Fingers must be interlocked. The feet are held in place while the applicant performs the required number of sit-ups. To be counted as a repetition, the applicant must touch their knees with their elbows and return to the lying position so that the shoulder blades touch the ground. During the exercise, the applicant may not raise their hips or kip (bouncing of the buttocks) and may only rest in the up position. The required number of repetitions must be completed within one minute or less.

One Repetition Bench Press —The applicant will begin by lying flat on the bench, with his/her body in a natural and relaxed position, feet flat on the ground and shoulders touching the bench. Head, shoulders, and buttocks must remain in contact with the bench throughout the lift, failure to do so shall disqualify the lift. Two spotters will lower the weighted bar to the candidate's chest. The lift requires the applicant to do the concentric movement only. When at the top of the lift, the spotters will rack the weight. The applicant will have five (5) opportunities to reach his/her goal weight.

1.5 Mile Run—The applicant must complete the 1.5-mile course in or under the required time. On a 440-yard running track, six laps must be completed. The applicant may not exit the running surface prior to completing the course.

Physical Fitness Examination Protocols										
	[Male Standards]					[Female Standards]				
AGE	**20-29**	**30-39**	**40-49**	**50-59**	**60+**	**20-29**	**30-39**	**40-49**	**50-59**	**60+**
300 Meter Run										
50TH	56.0	57.0	67.6	80.0		64.0	74.0	86.0		
45TH	57.5	58.0	70.0	82.6		68.5	75.5	91.7		
40TH	**59.0**	**58.9**	**72.0**	**83.2**		**71.0**	**79.0**	**94.0**		
35TH	60.0	61.0	74.8	85.0		74.5	80.5	101.8		
30TH	62.1	63.0	77.0	87.0		75.0	82.0	106.7		
25TH	64.0	65.0	81.0	89.0		76.0	85.5	109.3		
1 Minute Sit-ups										
50TH	40	36	31	26	20	34.5	27	22	17	8
40TH	**38**	**35**	**29**	**24**	**19**	**32**	**25**	**20**	**14**	**5.8**
30TH	35	32	27	21	17	29.5	22	17	12	4
25TH	35	31	26	20	16	28	21	15.5	11	3.8
1 RM Bench Press Ratio										
50TH	1.06	0.93	0.84	0.75	0.68	0.65	0.57	0.52	0.46	0.45
40TH	**0.99**	**0.88**	**0.8**	**0.71**	**0.65**	**0.59**	**0.53**	**0.50**	**0.44**	**0.43**
30TH	0.93	0.83	0.76	0.68	0.63	0.56	0.51	0.47	0.42	0.40
25TH	0.9	0.81	0.74	0.66	0.6	0.53	0.49	0.45	0.41	0.39
1.5 Mile Run										
50TH	12:18	12:51	13:53	14:55	16:07	14:55	15:26	16:27	17:29	18:16
40TH	**12:51**	**13:36**	**14:29**	**15:26**	**16:43**	**15:26**	**15:57**	**16:58**	**17:54**	**18:44**
30TH	13:22	14:08	14:56	15:57	17:14	15:57	16:35	17:24	18:23	18:59
25TH	13:53	14:24	15:26	16:23	17:32	16:26	16:58	17:29	18:31	19:02

For example: A male candidate who is 28 years old and weighs 180 lbs. must meet the following minimum requirements to successfully complete the physical fitness examination:

300 Meter Run – 59 seconds or better
Sit-ups – complete 38 sit-ups in one minute or less
Bench Press – Bench one rep at 175 lbs (180lbs X 0.99 = 178.2)
1.5 mile run – 12 minute 51 seconds or better