


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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GENDER	DATE OF BIRTH	POLICE ACADEMY NAME
<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE		

ACADEMY ENTRANCE TEST

ENTRANCE TEST DATE	HEIGHT	WEIGHT	AGE AT TIME OF ENTRANCE TEST
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EVENT	30 TH PERCENT	SCORE	EVENT	30 TH PERCENT	SCORE
1 MINUTE SIT-UP			1 REP BENCH PRESS		
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

FINAL TEST DATE (FIRST)	HEIGHT	WEIGHT	AGE AT TIME OF FINAL TEST
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TEST BATTERY	50 TH PERCENT	1 ST ATTEMPT	2 ND ATTEMPT	3 RD ATTEMPT
1 MINUTE SIT-UP				
300 METER RUN				
1 MINUTE PUSH UP				
1.5 MILE RUN				

REMARKS:

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

LEAD PHYSICAL FITNESS INSTRUCTOR (NAME)	DATE
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