MPO-222 (2/2018)

SUPERCEDES ALL PREVIOUS VERSIONS OF THE FITNESS ASSESSMENT FORM



## 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

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,	All informa	ation on this	form r	must be neat	ly printed and	legible even w	hen so	annec	i	
LAST NAME	All information on this form must be neatly FIRST NAM			ИΕ		N	ΛI			
GENDER		DATE OF BIRTH			POLICE ACADEM	Y NAME				
☐ MALE ☐ FEMALE										
			<u>A</u> (	CADEMY EN	TRANCE TES	<u>ST</u>				
ENTRANCE TEST DATE		HEIGHT			WEIGHT		AGE AT TIME OF ENTRANCE TEST			
EVENT	3UIH D	ERCENT		SCORE	EVENT		30 <sup>™</sup> PERCENT			SCORE
LVLIVI	00		OGGINE		LVEIVI		oo i zitoziti		JOOKL	
1 MINUTE SIT-UP					1 REP BENCH PRESS					
300 METER RUN					1.5 MILE RUN					
OOO WETER ROIT					1.0 WILL I	.014				
ENTRANCE TEST ADMINISTERED		l				PA	SSED A	LL ENTRANC	E REQUIREMENTS:	
						□YES		□no		
								<b>□</b> 1 E 9		LINO
		ACAD	EMY	PHYSICAL I	FITNESS ASS	SESSMENT				
FINAL TEST DATE (FIRST)		HEIGHT			WEIGHT		AGE AT TIME OF FINAL TEST			
		[U ====== 49T 4=					opp a TT-14DT			
TEST BATTERY		50 <sup>TH</sup> PERCENT 1 <sup>S</sup>			ATTEMPT 2 <sup>ND</sup>		TEMPT 3 <sup>RE</sup>		310	ATTEMPT
1 MINUTE SIT-UP										
300 METER RUN										
1 MINUTE PUSH UP										
1.5 MILE RUN										
REMARKS:										
							1	0055	NAL DE 22 -	UDENENTS
ACADEMY DIRECTOR (NAME)							PASSED FINAL PT REQUIREMENTS:			
								YES		$\square$ NO
LEAD PHYSICAL FITNESS INSTRUCTOR (NAME)							DA	ATE		