

# Delaware County Community College Municipal Police Academy Fitness Test Requirements

	[Male Standards]					[Female Standards]				
AGE	20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+
1 Minute Sit-Ups										
50 <sup>TH</sup> Percentile	40	36	31	26	20	35	27	22	17	8
30 <sup>TH</sup> Percentile	35	32	27	21	17	30	22	17	12	4
300 Meter Run										
50 <sup>TH</sup> Percentile	56.0	57.0	67.6	80.0	/	64.0	74.0	86.0	/	/
30 <sup>TH</sup> Percentile	62.1	63.0	77.0	87.0	/	75.0	82.0	106.7	/	/
1 Minute Push-Ups										
50 <sup>TH</sup> Percentile	33	27	21	15	/	18	14	11	/	/
30 <sup>TH</sup> Percentile	26	20	15	10	/	13	9	7	/	/
1.5 Mile Run										
50 <sup>TH</sup> Percentile	11:58	12:25	13:05	14:33	16:19	14:15	15:14	16:13	18:05	20:08
30 <sup>TH</sup> Percentile	13:08	13:48	14:33	16:16	18:39	15:56	16:46	18:26	20:17	22:34

### Testing Order:

- 1 Minute Sit-ups
- 300 Meter Run
- 1 minute Push-ups
- 1.5 Mile Run

This is a cumulative test. Each event is pass/fail; thus, if one event is failed, the entire test is failed. There is no “averaging” of scores.

**Please note: In order to be accepted into the Municipal Police Academy, applicants must score in the 30<sup>th</sup> percentile for age and gender as indicated on the above chart. Applicants must score in the 50<sup>th</sup> percentile for age and gender as indicated on the above chart in order to successfully complete the program.**