



BASIC TRAINING PHYSICAL FITNESS ASSESSMENT FORM

School Name: _____ School #: _____

Student's Name: _____
 (Last) (First) (Middle)

Sex: M F DOB: _____ Age: _____ Pre-Entry PFA Date: _____ Final PFA Date: _____ Final PFA Retest Date: _____

	MALES			FEMALES						
(<29)	<u>Entry</u>	<u>Basic</u>	<u>End</u>	<u>Entry</u>	<u>Basic</u>	<u>End</u>	Pre-Entrance Assessment	Final Assessment	Second Attempt	Passing Standard
Sit-ups (1 min.)	32	38	40	23	32	35				
Push-ups (1 min.)	19	30	33	9	16	18				
1.5 Mile Run	14:34	12:37	11:58	17:49	15:02	14:07				
(30-39)	<u>Entry</u>	<u>Basic</u>	<u>End</u>	<u>Entry</u>	<u>Basic</u>	<u>End</u>	# Sit-ups Completed	# Sit-ups Completed	# Sit-ups Completed	END STANDARD
Sit-ups (1 min.)	28	34	36	18	25	27				
Push-ups (1 min.)	15	24	27	7	13	14				
1.5 Mile Run	15:13	13:07	12:25	18:37	15:34	14:34				
(40-49)	<u>Entry</u>	<u>Basic</u>	<u>End</u>	<u>Entry</u>	<u>Basic</u>	<u>End</u>	# Push-ups Completed	# Push-ups Completed	# Push-ups Completed	END STANDARD
Sit-ups (1 min.)	22	29	31	13	20	22				
Push-ups (1 min.)	10	19	21	5	10	11				
1.5 Mile Run	15:58	13:52	13:11	19:32	16:26	15:24				
(50-59)	<u>Entry</u>	<u>Basic</u>	<u>End</u>	<u>Entry</u>	<u>Basic</u>	<u>End</u>	1.5 Mile Time	1.5 Mile Time	1.5 Mile Time	END STANDARD
Sit-ups (1 min.)	17	24	26	7	15	17				
Push-ups (1 min.)	7	13	15	4 (modified)	11 (modified)	13 (modified)				
1.5 Mile Run	17:38	15:06	14:16	21:31	18:17	17:13				
(60+)	<u>Entry</u>	<u>Basic</u>	<u>End</u>	<u>Entry</u>	<u>Basic</u>	<u>End</u>	OVERALL (P/F)	OVERALL (P/F)	OVERALL (P/F)	
Sit-ups (1 min.)	13	19	20	2	7	8				
Push-ups (1 min.)	5	13	15	1 (modified)	7 (modified)	8 (modified)				
1.5 Mile Run	20:12	17:00	15:56	23:32	20:02	18:52				

Students must pass at least two events at “End” and one event at “Basic” to be eligible for peace officer certification. For second attempts, students only need to test in events previously not passed. Students have the option of retesting a “Basic” score.

Fitness Instructor Signature _____ Date _____ Commander Signature _____ Date _____

Fitness Instructor Signature _____ Date _____ Commander Signature _____ Date _____

Fitness Instructor Signature _____ Date _____ Commander Signature _____ Date _____

☐ Check here if only passed the BASIC STANDARD