



MERCYHURST UNIVERSITY

MUNICIPAL POLICE TRAINING ACADEMY

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FITNESS TEST REQUIREMENTS

Age	Male Standards				Female Standards			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
1 Minute Sit-up								
50th	40	36	31	26	35	27	22	17
30th	35	32	27	21	30	22	17	12
300 Meter Run								
50th	56	57	67.6	80	64	74	88	
30th	62.1	63	77	87	75	82	106.7	
1 Minute Push-up								
50th	33	27	21	15	18	14	11	
30th	26	20	15	10	13	9	7	
1.5 Mile Run								
30th	11:58	12:24	13:12	14:23	14:04	14:34	15:34	17:19
50th	13:15	13:44	14:34	15:50	15:46	16:42	17:29	19:10

Testing Order:

- 1 Minute Sit-up
 - 300 Meter Run
 - 1 Minute Push-up
 - 1.5 Mile Run
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- This is a cumulative test, and all events must be completed within two (2) hours.
 - All applicants should be afforded a minimum rest time of five (5) minutes between events.
 - If an applicant does not fall into one of the listed age categories, special authorization must be obtained from MPOETC before testing can be accomplished.
 - Applicants are required to pass the Entrance Fitness
 - Test with a score at the 30th percentile (chart above) in each event based on their age at the time of testing.
 - If an applicant is unsuccessful in any event, testing is immediately ended (failure) and no other events can be attempted at that time.