

Victoria College

Law Enforcement Academy



LAW ENFORCEMENT PT TEST

Police Academy Entrance Standard	
1 Minute Sit-Up	18
1 Minute Push-Up	10
1.5 Mile Run	18:39 minutes

Police Academy Exit Standard	
1 Minute Sit-Up	22
1 Minute Push-Up	12
1.5 Mile Run	16:47 minutes

Procedure and order for testing:

- Warm up for 3 minutes.
- Perform the 1 minute Sit-Up Test, and then recover for 5 minutes.
- Perform the 1 Minute Push-Up Tests, and then recover for 5 minutes.
- Perform the 1.5 Mile Run Test.

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