



Commonwealth of Pennsylvania  
Municipal Police Officers' Education and Training Commission (MPOETC)

**MPOETC's Physical Fitness Assessment Standards  
Entrance and Retention in the Act 120 Police Academy**

<b>30% Standards</b>	<b>Male Standards by Age</b>					<b>Female Standards by Age</b>				
<b>Age Range</b>	<b>18-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>	<b>18-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>Sit Ups (1 min rep)</b>	35	32	27	21	17	30	22	17	12	4
<b>300-meter Run (time)</b>	62.1	63	77	87	87	75	82	106.7	106.7	106.7
<b>Push Ups (1 min rep)</b>	26	20	15	10	10	13	9	7	7	7
<b>1.5-mile Run (time)</b>	13:08	13:48	14:33	16:16	16:39	15:46	16:46	18:26	20:17	22:34