



## Physical Abilities Assessment and Testing

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Being physically fit is essential to be a police officer and is an integral part of Police Basic Training Programs in New York.

Prior to the commencement of the fall semester of the Police Basic Training Program, Program Staff conduct a pre-program Physical Abilities Assessment of all prospective students to evaluate their level of physical fitness and to ensure they meet the Cooper Standard 40% percentile entrance requirement before being formally admitted into Police Basic Training.

At the beginning of the fall semester a Physical Abilities Test (PAT) will be administered, to ensure students have maintained their level of fitness. Students must achieve 40% to remain in the Police Basic Training Program.

Students must be at 50% of the Cooper Standard before the end of the fall semester ("Mid-term"), and at 60% of the Cooper Standard before the end of the spring semester ("Graduation").

Failure to achieve these benchmarks will result in a student's dismissal from Police Basic Training. There are no exceptions to these standards.

Male	Sit-up			Push-up			1.5 Mile Run		
	40% Entrance	50% Mid-term	60% Graduation	40% Entrance	50% Mid-term	60% Graduation	40% Entrance	50% Mid-term	60% Graduation
20-29	38	40	42	29	33	37	12:29	11:58	11:27
30-39	35	36	39	24	27	30	12:53	12:25	11:49
40-49	29	31	34	18	21	24	13:50	13:05	12:25

Female	Sit-up			Push-up			1.5 Mile Run		
	40% Entrance	50% Mid-term	60% Graduation	40% Entrance	50% Mid-term	60% Graduation	40% Entrance	50% Mid-term	60% Graduation
20-29	32	35	38	15	18	21	15:05	14:15	13:25
30-39	25	27	29	11	14	15	15:56	15:14	14:33
40-49	20	22	24	9	11	13	17:11	16:13	15:17