



**Basic Police Academy 2016  
Initial Physical Assessment Form**

Applicant's Name \_\_\_\_\_

Department/Agency/Open Enrollee \_\_\_\_\_  
Last First MI

Gender: M \_\_\_\_\_ F \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_

Assessment Date \_\_\_\_/\_\_\_\_/\_\_\_\_ & Time: \_\_\_\_\_ Assessment Location \_\_\_\_\_

**Age and Gender Minimum Scores (35<sup>th</sup> percentile)**

Exercise	Males (<29)	Females (<29)
Sit-ups (1 min.)	37	31
Push-ups (1 min.)	27	14
1.5 Mile Run	12:53	15:32
<b>Exercise Males (30-39) Females (30-39)</b>		
Sit-ups (1 min.)	33	24
Push-ups (1 min.)	21	10
1.5 Mile Run	13:25	16:43
<b>Exercise Males (40-49) Females (40-49)</b>		
Sit-ups (1 min.)	28	19
Push-ups (1 min.)	16	8
1.5 Mile Run	14:10	17:38
<b>Exercise Males (50-59) Females (50-59)</b>		
Sit-ups (1 min.)	22	12
Push-ups (1 min.)	11	n/a
1.5 Mile Run	15:53	19:43

Assessment Results      Pass/Fail

\_\_\_\_\_ # Sit-ups Completed

\_\_\_\_\_ # Push-ups Completed

\_\_\_\_\_ 1.5 Mile Time

\* Based on The Cooper Institute, Physical Fitness Specialist Course and Certification, 2002, pp 108-123

The above required physical assessment represents the 35<sup>th</sup> percentile of the established minimum scores for the cadets age and gender during the Initial Physical Fitness Test administered during the first 80 hours of training at the Lakeland Community College Basic Police Academy. The above physical assessment is in compliance with the Ohio Peace Officer Training Commission Commander Manual for Peace Officer Basic Training, p. 37, paragraph 4\* and the Ohio Peace Officer Training Commission Lesson Plan for Unit 12-Physical Conditioning, Topic 1-Physical Fitness & Conditioning. Failure to meet the above standard will result in dismissal from the Lakeland Community College Basic Police Academy.

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Notary Public Signature \_\_\_\_\_

Applicant's Printed Name \_\_\_\_\_ Date \_\_\_\_\_

My Commission Expires/Seal \_\_\_\_\_

This form **MUST** be completed signed and notarized, and turned in with the completed application packet.

**NOTE TO NOTARY:** Applicant is attesting to reading the requirements for the Initial Physical Assessment standards.