

MLEOTA Physical Fitness Testing

Score Sheet

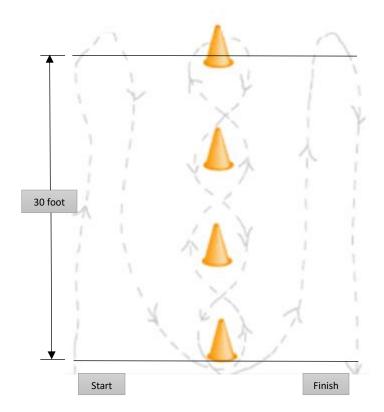
Recruits Depa	artment:	Date:	Date:						
Recruit Name	:		D0	0B: Weight:					
Age:	Sex:	He	eight:	Weight:					
	50%	70%							
First test			Repetitions	Score					
Push-ups					Pass – Fail				
	50%	70%							
Second toot			Time	Score					
Second test Agility Run					Pass – Fail				
, .g,a	50%	70%							
			Time	Score					
Third test									
1.5 Mile Run					Pass – Fail				
Recruit signature:				Date:					
Instructor signature:				Date:					
0	Basic Adm. Asst. .ead Class Coordina	ator							

Physical Fitness Test Requirements

Recruits must pass a physical fitness examination. The fitness standards for the Law Enforcement Academy are identical to the State of Mississippi standards for the recruits to graduate. The recruits must achieve, based on gender and age, a score of at least 70% on the Agility Run, 1.5 Mile Run, and Push-ups. The agility run is approximately a 180-foot sprint through a series of cones.

AGE GROUPS *				20-29				30-39					40-50+				
		Scol	re	Male		Female		•	Male		Female		1	Male		Female	
AGILITY RUN (maximum allowed times for each group measured in seconds)		100%	6	15:90		17:80			16:40		18:90		1	17:35		20:55	
		70%	,	18:60		21:10			19:10		22:20		2	20:05		23:85	
		50%	,	20:4	40	2	3:30		20:9	0	24:	40	2	1:85		26:0)5
1.5 MILE RUN (maximum allowed times for each group measured in minutes)		100%	6	9:00		10:48		10:00		12:00		1	11:00		13:12		
		70%	5	14::	30	1	7:18		15:3	0	18:	30	1	6:30		19:4	2
		50%		18:	10	2	1:38		19:1	0	22:	:50	2	0:10		24:0	2
AGE GROUPS •		17-	21	22-26		27-31		32	32-36 37		41 42-46		46	6 47-51		52 +	
	Score	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
PUSH-UPS (minimum required in a two-minute time limit)	100%	82	58	80	56	78	54	73	52	72	48	66	45	62	41	56	40
	70%	52	28	50	26	48	24	43	22	42	18	36	17	32	13	26	12
	50%	32	13	30	11	28	10	23	9	22	8	18	7	17	6	12	6

The scores needed to pass the physical fitness test are as follows:



Agility Run