



Rockland County Police & Public Safety Academy

Office of the Basic School Coordinator

50 Sanitorium Road, Building G, Room 136

Pomona, New York 10970

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Physical Fitness Testing

The Municipal Police Training Council has established physical standards for the Basic Course for Police Officers by adopting the Cooper Fitness Standard, a test scored on a curve based on the age and gender of the recruit.

The Rockland County Police Academy requires minimum of the 40th percentile for entry and the 50th percentile for graduation.

The New York State Division of Criminal Justice Service standards for testing are as follows:

Sit Ups

- A. The test starts by lying on the back, knees bent, heels flat on the floor, with the fingers laced and held behind the head (or hands cupped behind the ears). Note: Law enforcement should follow formal protocol and not cup the ears.
- B. A partner holds the feet down firmly.
- C. The subject then performs as many correct sit ups as possible in one minute.
- D. In the up position, the individual should touch elbows to knees and then return until the shoulder blades touch the floor.
- E. Score is total number of correct sit ups. Any resting should be done in the up position.
- F. Breathing should be as normal as possible, making sure the subject does not hold their breath as in the Valsalva maneuver.
- G. Neck remains in the neutral position.
- H. Do not pull on the head or neck.
- I. During testing, a staff member, not a fellow recruit, scores the correct count.

Push Ups

- A. The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. The administrator places one fist on the floor below the subject's chest. If a male is testing a female, a 3 inch sponge should be placed under the sternum to substitute for the fist.
- B. Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Subject then returns to the up position. This is one repetition.
- C. Resting should be done only in the up position.
- D. The total number of correct push ups is recorded as the score.

Cooper Fitness Standard (40%)			
Gender & Age	Sit Ups	Push Ups	1.5 Mile Run
Male 20-29	38	29	12:38
Male 30-39	35	24	12:58
Male 40-49	29	18	13:50
Female 20-29	32	15	14:50
Female 30-39	25	11	15:43
Female 40-49	20	9	16:31

Cooper Fitness Standard (50%)			
Gender & Age	Sit Ups	Push Ups	1.5 Mile Run
Male 20-29	40	33	11:58
Male 30-39	36	27	12:24
Male 40-49	31	21	13:12
Female 20-29	35	18	14:04
Female 30-39	27	14	14:34
Female 40-49	22	11	15:34