



Southeastern Public Safety Institute FITNESS STANDARDS FOR ACADEMY STUDENTS

Effective January 12, 2018, all students entering future Law Enforcement and Corrections Academies must meet or exceed the tenth percentile of the Cooper Fitness Standards, prior to enrolling in an academy program, on assessments of the vertical jump, push-ups, sit ups, 1.5 mile run, and 300 meter sprint.

The minimum scores that must be met are listed on this chart:

Age Range	Vertical Jump (Inches)		Push Ups (Max Effort)		Sit Ups (1 minute Effort)		1.5 Mile Run/Walk (Minutes/Seconds)		300 Meter Run (Seconds)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
<20	16	12	18	8	33	25	15:30	18:33	73.4	97.0
20-29	16	12	18	8	30	21	15:30	18:33	73.4	97.0
30-39	15.5	10.2	13	6	26	15	15:57	19:43	74.9	100.0
40-49	12.1	7	9	4	22	10	16:46	20:52	90.0	121.5
50-59	10	N/A	6	N/A	15	6	18:37	22:52	101.6	N/A
60-69	N/A	N/A	4	N/A	10	1	21:51	24:48	N/A	N/A
70-79	N/A	N/A	N/A	N/A	10	1	24:49	26:51	N/A	N/A
*N/A= Not enough data to establish a minimum standard										

Students not reaching the minimum level in any one of the assessments will be denied entry into the academy program, until they can meet the minimum requirements.

The student must contact the class coordinator to schedule a date for the Physical Assessment prior to the start of the academy class for which they are scheduled. The student must have completed the PASS process to the point of receiving a letter authorizing provisional entry to the academy.

Contact the Academy coordinators for further questions.

Paul Roach, Academy Coordinator Phone: 727-341-4611

Dave Smolenski, Academy Coordinator Phone: 727-341-4546