**Physical Ability Standards - For Academy Entrance**

* Upper Body Strength and Endurance

Applicant must be able to complete 18 properly executed push-ups in one minute

The hands are placed about shoulder width apart. The
administrator places a fist on the floor below the applicant’s
chest. Starting from the up position (elbows fully extended),
the applicant must keep the back straight at all times and
lower the body to the floor until the chest touches the
administrator’s fist. Applicant then returns to the up position.

* Abdominal Muscular Endurance

Applicant must be able to complete 28 properly executed sit-ups in one minute

The applicant starts in the up position, knees bent, heels flat
on the floor, hands folded across the chest touching the
shoulders. A partner holds feet down firmly. In the up
position, the applicant should pass the elbows over the knees
then return until the shoulder blades touch the floor. Any
resting is done in the up position.

* Cardiovascular Capacity

Applicant must complete the 1.5 mile run within 14 minutes, 36 seconds.

A stopwatch or clock with a sweep second hand; an indoor or
outdoor track or other suitable running area measured to 1.5
miles; testing forms to record data. The applicant should refrain
from smoking or eating for 2 hours preceding test; allow adequate
time prior to the test for stretching and warm-up exercises.

During the administration of the test, the applicant can be informed
of their lap times. Individual times can be called out at the finish.
A “cool down” period is important at the end of the run. Do not
stand or sit around immediately after the run to prevent venous
pooling. Walking an additional 5 minutes to prevent this is
encouraged.