



## DEPARTMENT OF PUBLIC SAFETY

### New Mexico Junior College



Academy Fitness Standards: In accordance with the NMAC rules for certification, the physical fitness exit requirements must be tested and successfully achieved by each cadet no sooner than three (3) weeks prior to graduation in each of the following areas:

All times were set by the NMLEA Board on June 8, 2016			
<6000'	Entrance Standard	Mid-Point Standard	Exit Standard
<i>AEROBIC POWER</i> 1.5 Mile Run (mm:ss)	<b>15:14</b>	<b>14:24</b>	<b>13:45</b>
<i>ANAEROBIC POWER</i> 300 Meter Run	<b>71.0</b>	<b>67.5</b>	<b>64.0</b>
<i>MUSCULAR ENDURANCE</i> Sit-ups (1 min)	<b>27</b>	<b>32</b>	<b>37</b>
<i>UPPER BODY STRENGTH</i> Push-ups (1 min)	<b>15</b>	<b>20</b>	<b>25</b>

Academy Agility Courses: Each academy cadet must successfully complete Agility Course #1 and Agility Course #2 as part of the exit standards for certification:

- Agility Course Program: The mandatory program of instruction will include the Agility Course orientation, the expected Agility Course techniques and safety, and the Agility Course conditioning and practice.
- Minimum Fitness Level: Cadets must have achieved the fitness standards in the four (4) categories to participate in this training program.
- Agility Course #1: Pursuit and Control exit standards - cadets must score a minimum passing time of 3:05 seconds while wearing ten (10) pounds of extra weight.
- Agility Course #2: Rescue exit standard: Cadets must score a minimum passing time of 00:42 while wearing ten (10) pounds of extra weight.
- Failure of the Agility Courses: As with the fitness standards, cadets will be given three (3) opportunities to pass the agility courses. Failure to pass will result in dismissal from the program.