

Law Enforcement Academy Physical Fitness Standards

Prior to the Academy each cadet will be required to participate in four physical fitness standards. Cadets must meet Cooper absolute standards which is the same standard for all cadets.(Cooper Institute Standards) to be admitted into the Law Enforcement Academy. **If a cadet is unable to obtain a passing score he/she will not be allowed entry into the academy.**

The four physical fitness standards are as follows:

- 1.5 mile run
- 300 meter run
- Push-ups
- Sit-ups

Additionally, during the course of the Academy, cadets will participate in daily physical fitness training. In order to graduate from the academy, cadets will be required to complete exit fitness standards in the 1.5 mile run, 300 meter run, sit-ups, push-ups and two job-oriented agility courses.