



112th Police Academy Police Officer Selection

Important Fitness Information

You should be able to meet fitness standards and requirements of the Academy Training. The ability to achieve and maintain these and other physical standards and requirements in the Police Academy may be part of your performance review. We recommend that you begin to prepare both mentally and physically for a rigorous police-training program.

Listed below are some, of the fitness standards and requirements you are expected to reach by the midpoint of the Academy Training. You must also satisfactorily participate in other physical fitness training activities that include, but are not limited to aerobic activity, tactical training exercises, strength and resistance regimens. The Port Authority will look to relevant factors such as attendance, attitude, commitment and effort when assessing all aspects of the Police Academy.

- You should be able to run 1.5 miles in a minimum of 16 minutes 31 seconds.
- You should be able to run 300 meters (approx. 328 yards or longer than 3 football fields) in a minimum of 80 seconds.
- You should be able to jump from a standing position straight up a minimum of 17 inches OR leg press 1.45 times your body weight (for example, if you are 150 pounds you must leg press a minimum of 217.50 pounds).
- You should be able to do a minimum of 20 push-ups OR bench press 66 percent of your body weight (for example, if you weigh 150 pounds you must bench press 99 pounds at least one time).
- You should be able to do a minimum of 25 sit-ups in one minute.

ARE YOU READY FOR THE 112th PORT AUTHORITY POLICE ACADEMY?