

Harrisburg Bureau of Police

Physical Fitness Test

Applicants for the position of “Police Officer” must demonstrate a fitness level which would allow them to perform the essential job functions of a police officer. Applicants must perform each of the following exercises in accordance with the indicated standards chart shown below based on their gender and age at the time of testing. If an applicant is unsuccessful in any event, testing is immediately ended (failure) and no other events can be attempted at that time. This is a cumulative test and all events must be completed within two (2 hours).

Fitness Test Requirements											
Entrance Exam (30% Cooper)	Male Standards by Age					Female Standards by Age					
	18-29	30-39	40-49	50-59	60+		18-29	30-39	40-49	50-59	60+
Sit-Up (1 Min Reps)	35	32	27	21	17		30	22	17	12	4
300 Meter Run (Time)	62.1	63	77	87	87		75	82	106.7	106.7	106.7
Push-Up (1 Min Reps)	26	20	15	10	10		13	9	7	7	7
1.5 Mile Run (Time)	13:15	13:44	14:34	15:50	15:50		15:46	16:42	17:29	19:10	19:10

The exercises must be performed in the following order:

1. **1 Minute Sit-Ups**-Applicants will have 1 minute to complete the Sit Up portion of the test based upon applicants Gender and Age on the chart above to pass this portion of the test. This exercise shall consist of the applicant lying on the floor with the knees bent 90’ and feet held in position. The applicant will interlock their fingers behind their head and touch their elbows to their knees without pulling on their neck or raising their hips off of the floor.
* 5 minute rest

2. **300 Meter Run**-Applicant will run 300 meters on a level surface within the amount of time based upon applicants Gender and Age on the chart above to pass this portion of the test.
* 5-10 minute rest

3. **Push-ups**-Applicant will place their hands on the ground, approximately shoulder width apart. Applicant’s feet may be up to 12” apart. The body must be in a straight line from shoulders to ankles. Applicants will have 1 minute to complete the Push Up portion of the test based upon the applicants Gender and Age on the chart above to pass this portion of the test.
* 5 minute rest

4. **1.5 Mile Run**-The applicant will run a level 1.5 mile course within the amount of time based upon the applicants Gender and Age on the chart above to pass this portion of the test.