

# New Jersey PTC Pre-Academy Physical Fitness Assessment Standard

Academy \_\_\_\_\_ Date: \_\_\_\_\_

Department \_\_\_\_\_

## **CANDIDATE INFORMATION**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Gender: \_\_\_\_\_

Class Type: (Circle) BCPO SLEO II BCI BCSCPO BCCCO BCJCPO HLEO

Assessment Type: (Circle) Initial Reassessment

## **RESULTS**

(Circle One)

Vertical Jump (12.5 Inches, 3 attempts) Score: \_\_\_\_\_ Pass Fail

Score: \_\_\_\_\_

Score: \_\_\_\_\_

Sit-ups (22 repetitions) Score: \_\_\_\_\_ Pass Fail

300 Meter Run (84 seconds or less) Score: \_\_\_\_\_ Pass Fail

Push-up (19 repetitions) Score: \_\_\_\_\_ Pass Fail

1.5 Mile Run (19:00 minutes or less) Score: \_\_\_\_\_ Pass Fail

Instructor Name \_\_\_\_\_ Signature \_\_\_\_\_

PTC-35 (Effective October 2, 2024)

TEMPERATURE & WEATHER CONDITIONS: