

Required Entry Level Physical Fitness Test

The Iowa Law Enforcement Academy Council, in recognizing the importance of physical fitness status for job performance, has established this physical regimen as a pre-employment standard effective February 15, 1993.

No person can be selected or appointed as a law enforcement officer without first successfully passing all of the elements of this test. (See 501 1AC 2.1, adopted pursuant to Section 80B.11C5, Code of Iowa.)

Upon acceptance into the Academy, every candidate will be given the same test as an assessment for training purposes and to ensure that each recruit can undergo the physical demands of the Academy without undo risk of injury, and with a level of fatigue tolerance to meet all Academy requirements. If, at the time of entrance into the Academy, an officer does not meet minimum standards, he or she will not be admitted.

This pamphlet will provide information on the rationale, purpose, testing procedures, standards of performance and fitness activities to prepare for the fitness testing. It is intended to answer the basic questions pertaining to all aspects of the fitness testing process.

Any questions you may have about these standards should be directed to the Iowa Law Enforcement Academy at 515-242-5357.

Minimal Physical Fitness Performance Requirements Chart

TEST MALES AGE	20-29	30-39	40-49	50-59	60 +
Sit and Reach	16.5	15.5	14.3	13.3	12.5
1 Minute Sit-Up	38	35	29	24	19
1 Minute Push-Up	29	24	18	13	10
1.5 Mile Run	12:51	13:36	14:29	15:26	16:43

TEST FEMALES AGE	20-29	30-39	40-49	50-59	60 +
Sit & Reach	19.3	18.3	17.3	16.8	15.5
1 Minute Sit-Up	32	25	20	14	6
1 Minute Push-Up	15	11	9	*12	*5
1.5 Mile Run	15:26	15:57	16:58	17:54	18:44

*Females over 49 years of age may do pushups on their knees.
Normative data for these age groups have not been established.