



COUNTY OF BERGEN
DEPARTMENT OF PUBLIC SAFETY
LAW AND PUBLIC SAFETY INSTITUTE · POLICE, FIRE & EMS ACADEMIES
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Physical Conditioning Test - Passing Requirements

Each recruit must participate and pass the physical conditioning test in order to complete the academy, as per the physical conditioning functional area (F.A. 13). **This test will be administered during the first week of the academy.** Your results will determine if you will be placed into a group requiring additional training. Those recruits placed in an additional training group will be provided additional training as well educational assistance to pass the physical conditioning test. It is also imperative that the recruit takes it upon himself / herself to exercise on their own time to accomplish this goal. After the prescribed amount of remediation, the recruit will be administered a PASS / FAIL physical fitness test.

The recruit must pass ALL five phases of the physical conditioning test in order to continue on in the academy. Failure of any of the five prescribed events will result in immediate dismissal from the academy.

The Physical Conditioning Passing Test Requirements:

Vertical Jump:	15 inches
1 minute Sit Up:	28 repetitions
300 Meter Run:	70.1 seconds or less
1 minute Push Ups:	24 repetitions
1.5 Mile Run:	15:55 minutes or less