

MCOLES Pre-Enrollment Physical Fitness Test

A passing score on the MCOLES physical fitness test is required as part of your final academy application packet. In order to pass the test, you must meet the minimum requirements listed in the tables below for each event. Be careful to look in the age and gender category below that applies to you. This test should be completed on or after **March 6, 2020** to qualify for the 2021-2022 police academy.

Testing dates and times are located on the registration form included in the application packet. You must register by this test no later than the Wednesday before the test date. On the day of the test, be sure to bring with you the original signed **Physicians Health Screening Form**, bring your driver's license, wear appropriate clothing, and for peak performance, refrain from doing any push-ups or sit-ups for 72 hours before the test.

Please note:

- The time limit for sit-ups is 1 minute.
- The time limit for push-ups is 1 minute.
- The ½ mile shuttle run is 15 laps around the outside of two markers set 88 feet apart.

A complete explanation of each event is available by visiting the MCOLES website at www.michigan.gov/mcoles.

MALES

AGE GROUP	VERTICAL JUMP	SIT-UPS	PUSH-UPS	½ MILE SHUTTLE RUN
18-29	17.5"	32	30	4:29.6
30-39	16"	30	30	4:38.2
40+	15.0"	30	28	4:54.7

FEMALES

AGE GROUP	VERTICAL JUMP	SIT-UPS	PUSH-UPS	½ MILE SHUTTLE RUN
18-29	11.0"	28	7	5:35.4
30-39	9.0"	19	7	5:59.1
40+	8.0"	18	7	6:13.3