



The Commonwealth of Massachusetts  
Executive Office of Public Safety and Security  
Municipal Police Training Committee

42 Thomas Patten Drive, Randolph, Massachusetts 02368  
Tel: (781) 437-0300  
Fax: (781) 963-0235



MAURA T. HEALEY  
Governor

TERRENCE M. REIDY  
Secretary

KIMBERLEY DRISCOLL  
Lieutenant Governor

ROBERT J. FERULLO, JR.  
Executive Director

## Recruit Officer Course (ROC) Fitness Standards

Effective May 17, 2023, all students entering any MPTC academy (operated or authorized) will be required to pass a MPTC fitness test comprised of four (4) events:

1. One-minute pushups
2. Plank hold
3. 1.5-mile run/walk
4. 300-meter run

### Pre-Assessment (entry-level) Testing:

The fitness test will be administered as a pre-entrance requirement to enter the academy. All academy candidates must pass the four (4) events at the 30<sup>th</sup> percentile of the Cooper Aerobics Institute's Norms (age and gender).

### Mid-Academy Testing:

A second fitness test will be administered between weeks fourteen (14) and sixteen (16) of the academy course. All student officers must pass the four (4) events at the 40<sup>th</sup> percentile of the Cooper Aerobics Institute's Norms (age and gender).

### Exit Testing:

A third fitness test will be administered at the end of the academy class. All student officers will be expected to pass the four (4) events at the 40<sup>th</sup> percentile of the Cooper Aerobics Institute's Norms (age and gender). Failure of any of the four (4) events at the 40<sup>th</sup> percentile of the Cooper Aerobics Institute's Norms (age and gender) will NOT result in dismissal from the academy.

### Retesting:

Any individual who fails one of the four (4) events will be documented as failing that fitness test. All individuals who fail the initial fitness testing will be given a second test two-weeks later. The individual will only be required to retest on the event(s) failed and will not be required to retest in any event(s) passed.

## Entry-Level Fitness Assessment Standards (30%)

1. One-minute pushups (dynamic strength):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	13 (20)	9 (15)	7 (10)	(9)
<b>Males:</b>	26	20	15	10

\* modified position is permitted

2. Plank (dynamic strength):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	30 seconds	30 seconds	30 seconds	30 seconds
<b>Males:</b>	30 seconds	30 seconds	30 seconds	30 seconds

3. 1.5-mile walk/run (cardiorespiratory fitness):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	15:52	16:38	17:22	18:59
<b>Males:</b>	13:16	13:46	14:34	15:58

4. 300-meter run (anaerobic power – measured in seconds):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	75	82	106.7	No data *
<b>Males:</b>	62.1	63	77	87

\*\*must complete the event, but no time standard has been established

## 14-16 Week Fitness Assessment Standards (40%)

1. One-minute pushups (dynamic strength):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	15	11	9	No data *
<b>Males:</b>	29	24	18	13

\* modified position is permitted

2. Plank (dynamic strength):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	1 minute	1 minute	1 minute	1 minute
<b>Males:</b>	1 minute	1 minute	1 minute	1 minute

3. 1.5-mile walk/run (cardiorespiratory fitness):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	14:50	15:38	16:21	18:07
<b>Males:</b>	12:38	13:04	13:49	15:03

4. 300-meter run (anaerobic power – measured in seconds):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	1:11	1:19	1:34	*
<b>Males:</b>	0:59	0:58.9	1:12	1:23.2

\*\*must complete the event, but no time standard has been established

### Exit Fitness Assessment Standards (40%)

1. One-minute pushups (dynamic strength):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	15	11	9	No data *
<b>Males:</b>	29	24	18	13

\* modified position is permitted

2. Plank (dynamic strength):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	1 minute	1 minute	1 minute	1 minute
<b>Males:</b>	1 minute	1 minute	1 minute	1 minute

3. 1.5-mile walk/run (cardiorespiratory fitness):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	14:50	15:38	16:21	18:07
<b>Males:</b>	12:38	13:04	13:49	15:03

4. 300-meter run (anaerobic power – measured in seconds):

AGE:	20-29	30-39	40-49	50-59
<b>Females*:</b>	1:11	1:19	1:34	*
<b>Males:</b>	0:59	0:58.9	1:12	1:23.2

\*\*must complete the event, but no time standard has been established

#### Physical Training in the Academy:

The modified day and the 70% minimum participation requirement for physical testing has been removed. All injuries sustained by student officers will be assessed on a case-by-case basis with input from the fitness manager and Chief of Training with the goal being to keep them participating in some manner. Major injuries will still be looked at for a medical deferment.

#### Dismissals:

Student officers will only be dismissed for being unable to pass the assessment at the mid-academy testing (14-16 week) at the 40<sup>th</sup> percentile of the Cooper Aerobics Institute's Norms (age and gender), not for accumulated modified physical testing days.

\* For more information please refer to the *Health & Wellness Preparation Guide* Version: E2023