

FLEMINGSBURG POLICE DEPARTMENT

OTHER NEEDED PAPERS REQUIRED WHEN TURNING IN APPLICATIONS FOR EMPLOYMENT.

1. HIGH SCHOOL TRANSCRIPT AND OR COLLEGE.
2. CREDIT REPORT
3. COPY OF MILITARY DD214 IF APPLICABLE.

Physical Training Standards

WHAT ARE THE STANDARDS?

Each test is scored separately. The standards must be met for each test. The order of testing is as follows:

TEST	PRE-SELECTION	ENTRY LEVEL(BT)	EXIT LEVEL (BT)
1 RM Bench Press	64% of body wgt	64% of body wgt	73% body wgt
1 Minute Sit Up	18	18	18
300 Meter Run	65 seconds	65 seconds	65 seconds
Maximum Push Up	20	20	25
1.5 Mile Run	17:12	17:12	16:15

The procedure and order for testing will be as follows:

1. Warm up for 3 minutes	
2. Test One Repetition Maximum Bench Press,	rest for 5 minutes.
3. Test One Minute Sit Up,	rest for 15 minutes.
4. Test 300 Meter Run,	rest for 15 minutes.
5. Test Maximum Push Up,	rest for 30 minutes.
6. Warm up, 2 minutes,	
7. Test in the 1.5 Mile Run	
8. Cool down for 5 minutes	