Arizona Department of Public Safety
Training & Management Services Bureau
Advanced Training Section

NEW HIRE - PHYSICAL FITNESS RECCOMMENDATIONS

Our new hire fitness standards are meant to be a measuring point to see if you have the basic physical aptitude to enter the academy. The academy fitness program is progressive in nature but assumes that you are at a top performance level prior to attending. During the first week of the academy you will be required to perform a trail run of approximately two miles as well as other physical demands that will be pressed upon you. In order for you to be able to successfully complete the academy you will need to continue to work hard and attempt to meet the following goals as your new minimum standards.

1 ½ mile run - 13:53
300 meters run - 61.9 sec
Vertical Jump - 19 inches
Sit-ups – 34
Push-ups - 35
Run three miles at a 9-10 minute mile pace

In addition to the weekly physical training you will be expected to complete a rigorous Defensive Tactics program and complete the POPAT (Police Officer Physical Aptitude Test) at a minimum of twice. The POPAT consists of the following.

99 Yard Obstacle Course-	Includes sharp turns, curb height obstacles and one 34' high obstacle completed for time.
Body Drag-	Lift and drag a 165 lb, life-like dummy 32 feet
Chain Link Fence –	Run a distance of 5 yards, climb over a 6 foot fence and continue running another 25 yards for time.
Solid Fence/Wall -	Run a distance of 5 yards, climb over a 6 foot wall and continue running another 25 yards for time.
500 Yard Run –	Run 500 yards for time.

Each event is scored based on stop watch readings and a pre-determined scoring chart. You must accumulate a minimum of 384 points to pass. You are given two opportunities per event to achieve a maximum score. Average times for the events and example scoring as follows:

Obstacle Course- 17.3 sec	204 pts
Body Drag- 4.7 sec	57 pts
Solid Fence 7 sec	174 pts
Chain Link Fences- 7 sec	89 pts
500 yard- 84 sec	40 pts

If you have further questions or need any assistance in helping to prepare you for the academy **please contact the Arizona Department of Public Safety Health and Wellness Coordinator at 602-361-1943.**