



Pennsylvania State Police

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Liquor Enforcement Officer Trainee Physical Readiness Tests

The Physical Readiness Test Battery consists of three exercises, immediately preceded by a warm-up session with intermittent rest periods to ensure the safety of the applicants.

The test and standards have been developed and reviewed to ensure that an applicant, if selected to a training class, will have a reasonable chance of success in attaining a higher standard of Physical Readiness during training. Failure of any one test excludes the applicant from further processing.

The Physical Readiness Tests are depicted on the chart below along with an explanation of the testing procedures.

Applicants must be able to complete all tests as contained in the Applicant Standards column below to continue in the process. Failure of any one exercise will disqualify the applicant and remove them from the further consideration from the eligibility list.

Males – Ages 20-29

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 62.1 Seconds |
| Push-Ups | 26 Repetitions |
| 1.5-Mile Run | 13 Minutes and 16 Seconds |

Males – Ages 30-39

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 63 Seconds |
| Push-Ups | 20 Repetitions |
| 1.5-Mile Run | 13 Minutes and 46 Seconds |

Males – Ages 40-49

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 77 Seconds |
| Push-Ups | 15 Repetitions |
| 1.5-Mile Run | 14 Minutes and 34 Seconds |

Males – Ages 50-59

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 87 Seconds |
| Push-Ups | 10 Repetitions |
| 1.5-Mile Run | 15 Minutes and 58 Seconds |

Males – Ages 60-69

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 87 Seconds |
| Push-Ups | 8 Repetitions |
| 1.5-Mile Run | 17 Minutes and 38 Seconds |

Males – Ages 70-79

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 87 Seconds |
| Push-Ups | 8 Repetitions |
| 1.5-Mile Run | 19 Minutes and 53 Seconds |

Females – Ages 20-29

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 75 Seconds |
| Push-Ups | 13 Repetitions |
| 1.5-Mile Run | 15 Minutes and 52 Seconds |

Females – Ages 30-39

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 82 Seconds |
| Push-Ups | 9 Repetitions |
| 1.5-Mile Run | 16 Minutes and 38 Seconds |

Females – Ages 40-49

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 106.7 Seconds |
| Push-Ups | 7 Repetitions |
| 1.5-Mile Run | 17 Minutes and 22 Seconds |

Females – Ages 50-59

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 106.7 Seconds |
| Push-Ups | 7 Repetitions |
| 1.5-Mile Run | 18 Minutes and 59 Seconds |

Females – Ages 60-69

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 106.7 Seconds |
| Push-Ups | 7 Repetitions |
| 1.5-Mile Run | 21 Minutes and 20 Seconds |

Females – Ages 70-79

| Test | Applicant Standards |
|---------------|---------------------------|
| 300-Meter Run | 106.7 Seconds |
| Push-Ups | 7 Repetitions |
| 1.5-Mile Run | 22 Minutes and 38 Seconds |

300-Meter Run - This is a measure of anaerobic capacity. This is an important factor, exerting short bursts of effort while engaged in pursuit tasks.

The standard is based on the total elapsed time required to complete a 300-meter course. On a standard 400-meter track, the 300-meter line is about $\frac{3}{4}$ around the track or 984 feet.

* The 300-meter run and 1.5 mile run will be administered under all weather conditions which may include running in cold, heat or humidity, wet and/or high wind conditions.

Push-Ups - This is a measure of the muscular endurance of the upper body extensor. This is an important area for many tasks including use of force, lifting, carrying, and pushing.

The applicant assumes the front-leaning rest position by placing their hands on the surface, slightly wider than shoulder width apart, fingers facing forward. The back, buttocks, and legs must be in a generally straight line from the head to the heels. The feet may be together or up to twelve inches apart. Once hands and feet are set they cannot move. The applicant lowers self until the chest touches a fist or a three-inch block. The subject returns to the “up” position locking out the elbows. The back must be kept straight at all times. The applicant may rest in the “up” position only.

The test will be considered over when the applicant returns to the standing position or if any part of their body makes contact with the ground. There is no time limit.

1.5-Mile Run - This is a measure of cardiovascular endurance or aerobic capacity. It is the foundation for almost all physical tasks including pursuits, administering CPR, climbing stairs, providing aid to the injured, and use of force situations lasting more than two minutes.

The test will be conducted on a 400-meter running track. The score will be the total elapsed time it takes to complete six laps.

* The 300-meter run and 1.5 mile run will be administered under all weather conditions which may include running in cold, heat or humidity, wet and/or high wind conditions.