



Appleton Police Department Pre-Entry Physical Fitness Test

1. **Vertical jump** – candidate must attain a vertical jump of 12 inches. Candidate will stretch and reach while standing parallel to the measurement board to set a beginning height. Candidate is allowed to move one foot, keeping the other foot planted. Candidate is allowed three jumps to meet the standard. This test measures lower body and anaerobic power.
2. **Sit-ups** – candidate must complete 32 sit-ups in one (1) minute. Candidate will lie on a sit-up board, feet placed under feet rest, knees bent, hands clasped behind the head. Beginning from the down position, candidate will touch elbows to the knees and return to a down position with the shoulder blades touching the board. Buttocks must remain on the board. Candidate can rest in the up position only, and must complete 32 correct sit-ups in one minute. This test measures the dynamic strength of the abdominal muscle group.
3. **300-meter dash** – candidate must run 300 meters (outdoor track in acceptable weather/indoor track in poor weather) in 67 seconds. This test measures anaerobic power.
4. **Push-ups** – candidate must complete 26 push-ups. Beginning in the up position, candidate will have elbows softly extended, feet together, with hands slightly wider than shoulder length apart. The back and buttocks will be aligned in a level position, maintained throughout the test. Candidate will lower upper body to approximately 3 inches from the ground (measured with a foam square) and push up, completing the exercise. Candidate can rest only in the up position and must complete 26 correct push-ups (untimed). This test measures the dynamic strength of the upper body.
5. **1.5 Mile Run** – Candidate must run 1.5 miles in 15 minutes, 34 seconds (15:34). This will be six (6) laps of a 400-meter outdoor track (or 21 laps of an indoor track in poor weather). This test measures aerobic endurance.

*Candidates should wear appropriate fitness attire and be prepared for either indoor or outdoor testing. Shower facilities will only be available to candidates with an APD interview following the fitness test.