

ENTRY FITNESS STANDARDS – 40TH PERCENTILE

DESCRIPTION

The applicant will perform the New Mexico Law Enforcement Academy Entry Fitness Standards based on the Fit for Duty Standard adopted by NMLEA. The applicant must pass each of the events at the 40th percentile.

EVENTS

1. Upper Body Strength – 1 minute maximum number of push-ups
29 repetitions
2. Muscular Endurance – 1 minute maximum number of sit-ups
31 repetitions
3. Aerobic Power – 1-1/2 mile run
15:20
4. Anaerobic Power – 300 meter run (in seconds)
65.4

EXIT FITNESS STANDARDS – 60TH PERCENTILE

DESCRIPTION

The applicant will perform the New Mexico Law Enforcement Academy Entry Fitness Standards based on the Fit for Duty Standard adopted by NMLEA. The applicant must pass each of the events at the 40th percentile.

EVENTS

1. Upper Body Strength – 1 minute maximum number of push-ups
37 repetitions
2. Muscular Endurance – 1 minute maximum number of sit-ups
35 repetitions
3. Aerobic Power – 1-1/2 mile run
13:58
4. Anaerobic Power – 300 meter run (in seconds)
58.9