Coppell Police Department Physical Fitness Standards

If you are successful on the written exam, the fitness test will be held that same day. The test consists of a 1.5 mile run, 300 meter run, 1 min sit-up, Maximum push-up (no time limit), and vertical leap. The tests may not be in that order and there will be a set time for rest between each exercise. To pass the fitness standards, the applicant must score at least the minimum standard or higher. In the event an applicant receives a score lower than the minimum standard on **any** test, that applicant will have failed the Fitness Standards and will be escorted to the Law Enforcement Fitness Specialist.

Each fitness standard will be explained and demonstrated prior to the applicant attempting it.

1.5 mile run		
minimum standard		19:45
300 meter run		
minimum standard		1:25
1 minute sit-up		
minimum standard		23
Maximum push-up		
minimum standard		20
Vertical Leap		
minimum standard		12 inch

6 laps around a standard 400 meter track for time.

300 meter sprint on a standard 400 meter track for time.

A timed 1 minute of sit-ups. A partner will hold the applicants feet (on top of the foot with the partners hands only). The applicant must have their hands behind their ears; shoulder blades touch the ground, sit-up until their elbows touch their knees.

Maximum number of push-ups completed (no time limit). The Applicant must start in the "up" position with hands shoulder-width apart and feet no more than 6" apart. Your body must form a straight line from your ankles, through your knees, hips, back, shoulders to your head. A three (3) inch sponge will be held under the applicant's chest, for the depth of the push-up/chest must touch the sponge. Loose fitting shirts will be tucked-in. You may rest in the "up-position", but if at any time you brake the push-up position (i.e. lifting hand or foot, placing a knee to the ground, etc..) the test will be terminated and your score will be recorded.

Applicant will stand flat footed perpendicular to a wall and reach as high as possible to obtain starting measurement. Set with both feet together or one foot staggered, but one foot must stay stationary on the floor at the time of the jump. You will jump as high as possible setting a mark for the vertical leap. We will take the best of three (3) attempts.

For more information on the fitness standards, contact Coppell PD's Law Enforcement Fitness Specialist Officer Peter Dirks at pdirks@coppelltx.gov or 972-304-3625.