



Arkansas Law Enforcement Training Academy



ATTENTION

Due to the strenuous nature of ALETA'S Fitness, Defensive Tactics, and other Survival related programs ALETA strongly recommends each applicant begin a preconditioning routine prior to enrollment.

Sit-ups: The student will lie on his/her back, knee's bent at a 45-degree angle, feet flat on the floor and will raise his/her upper body to approximately 90-degrees. Students will do maximum number of sit- ups in one minute.
Law Enforcement Physical Fitness Norm is (25 sit-ups) in 1 minute.

300 Meter Run: The student will run a straight line 300 meters in his/her best time.
The 300-meter measures the cardio/respiratory fitness of the student. Law Enforcement Physical Fitness Norm is 1.15 seconds

Push-ups: The student starts in the front leaning rest position, hands on floor, arms fully extended. As the arms are flexed, the body is lowered parallel to, but not touching, the floor. Student will do maximum number of push-ups in one minute.
Law Enforcement Physical Fitness Norm is (19 push-ups) in 1 minute.

Sit and Reach: The student will sit on the floor in front of the measuring device. They will bend at the waist pushing a block down the device. The stretch must be a static stretch and the student's calves must remain in contact with the floor. The sit and reach measures flexibility in the lower back, legs and shoulders
Law Enforcement Physical Fitness Norm is (15 inches) with 2 attempts.

Run: The student will run a 1.5-mile course in his/her best time.
The 1.5mile run measures the cardio/respiratory fitness of the student. Law Enforcement Physical Fitness Norm is (16.55) for 1.5-mile run.

Bench Press: The student is to press the weight straight up, until they have locked their arms The bench press measures the upper body strength for one repetition.
Law Enforcement Physical Fitness Norm is (0.71) minimum with 2 attempts

The sponsoring agency shall be responsible for ensuring their officer is capable of performing at the 20th percentile Law Enforcement Physical Fitness Norms.

To better serve the agencies and officers of the State, ALETA is currently gathering data regarding job task analyses and best practices in training. To assist in gathering this data, ALETA is requiring each agency to conduct the following Physical Fitness assessment within 30 days prior to the student starting the academy and provide the results as a prerequisite to enrollment.

Although the ability to complete the assessment at the 20th percentile is not required for attendance to the ALETA Basic, it is certainly recommended.

Percentile	1.5 Mile Run (minutes)	1 RM Bench press Ratio	Push-ups	Sit-ups	300 Meter Run	Sit & Reach (inches)
High						
99 th	9:28	1.75	77	60	38.8	26
90 th	11:31	1.38	56	49	48.3	23
80 th	12:32	1.23	47	44	52.8	21
70 th	13:14	1.12	40	40	55.6	20
Moderate						
60 th	13:58	1.02	35	37	58.9	19
50 th	14:40	0.93	31	34	62.2	18
40 th	15:20	0.86	29	31	65.4	17
30 th	15:55	0.79	24	28	70.1	16
20 th	16:55	0.71	19	25	75.3	15
10 th	17:00	0.60	13	20	82.9	13
1 st	23:35	0.40	2	6	114.7	9

FitForce Law Enforcement Physical Fitness Norms

****YELLOW** – Indicates CLEST/ALETA expected performance**

Name (print): Last, First		Age	Gender	Weight In:	Weight Out:
Event	Initial Test	P/F	Comments		
1.5 Mile Run Minimum 16:55					
Flexibility Minimum 15					
1 Rep Bench Press Minimum. 71%					
1 Minute Sit Ups Minimum 25					
1 Minute Push Ups Minimum 19					
300 Meter Run Minimum 1:15.3					
Totals:					

Agency Representative: _____ Date: _____