



Physical Agility and Written Test Details

PART #1: PHYSICAL FITNESS TEST

Each applicant desiring appointment as a Police Officer must successfully pass all requirements of the physical fitness test established by the Municipal Police Officers' Education and Training Commission (MPOETC) and adopted by the Town of Bloomsburg's Civil Service Commission. These standards will be provided to each applicant with this application and are grouped by age and sex. Failure to meet the minimum physical fitness standard for any event will constitute automatic dismissal from the application process.

Academy Standards established by MPOETC

- 1. 1 Minute Sit-up**
- 2. 300 Meter Run**
- 3. 1 Minute Push-up**
- 4. 1.5 Mile Run**

Applicants must have previously submitted the completed and signed "INDEMNIFICATION FORM – PHYSICAL AGILITY TEST" with the application to participate in this phase. The applicant will not be permitted to participate in the physical fitness portion of the test without this requirement. In addition, appropriate physical training attire -- shorts or sweatpants, t-shirt or sweatshirt, tracksuit, and/or running sneakers - will be required.

The physical agility test will be held at the Bloomsburg High School track located at 1200 Railroad Street

Male assessment standards

Event	Age 18-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Sit-ups (1 minute - reps)	35	32	27	21	17
300-meter run (time - sec)	62.1	63	77	87	87
Push-ups (1 minute - reps)	26	20	15	10	8
1.5-mile run (time)	13:16	13:46	14:34	15:58	17:38



Female assessment standards

Event	Age 18-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Sit-ups (1 minute - reps)	30	22	17	12	4
300-meter run (time - sec)	75	82	106.7	106.7	106.7
Push-ups (1 minute - reps)	13	9	7	7	7
1.5-mile run (time)	15:52	16:38	17:22	18:59	21:20

Each event is pass/fail; thus, if one event is failed, then the entire testing procedure is failed.

PART #2: WRITTEN EXAMINATION

Applicants who successfully pass the Physical Fitness Test will be invited to participate in the written examination immediately after the physical fitness testing portion. The written test will be held at the Bloomington Police Departments located at 119 East 7th, Street Bloomington PA 17815

In the written examination, applicants will be required to demonstrate aptitudes and skills in accomplishing tasks that are representative of the duties of the position. The minimum passing score for the written examination is 70% in order to move on to additional applicant processing.

ORAL INTERVIEWS will be scheduled for a later date and time and applicants will be notified.