

OCCD Physical Assessment Test (PAT) Fitness Standards

Applicants will be assessed on each exercise during the Physical Assessment Test (PAT). Once hired, the recruit will be required to take the PAT during the first and last two weeks of the academy. Recruits must participate in the physical training and defensive tactics mandated by the Florida Department of Law Enforcement, Criminal Justice Standards & Training Commission.

1.5 Mile Run

Complete a mile and a half run in 18 minutes or less.



Push Ups:

Complete at least 15 push-ups in one minute.



Sit-Ups:

Complete at least 25 sit-ups in one minute.



Physical fitness at the academy is intense. Be physically fit on the first day. Our instructors and your classmates need you to be in great physical shape at the beginning of your academy class. The instructions below will prepare you for the physical training at the institute. Fitness evolves over an extended period of time, not in one weekend!

Preparation Instructions:

Build up to running 1.5 miles per day, 4 times a week. (One method to achieve this goal is to jog for 2 minutes then brisk walk for 1 minute and repeat for 20-30 minutes. Work your way to jogging for 3-5 minutes and walking for 45 seconds. Keep reducing the walk time until you aren't walking anymore.)

When the run is over, immediately drop down and do as many sit-ups as you can (until it is impossible to do another repetition). Take a 10 second break and then repeat twice more. When you are finished with the sit-ups, immediately drop down and do as many push-ups as you can (until it is impossible to complete another repetition). Take a 10 second break and then repeat twice more.

When you are finished with the push-ups, complete 5 squat jumps (jumping as high as you can every time). Take a 10 second break and then repeat twice more.