



The Clinton County Cadet Program uses the Indiana Law Enforcement Academy's physical fitness exit standards.

There are five (5) physical fitness components that will be measured in one day as a battery of tests. The inability to successfully meet all standards will **NOT** automatically eliminate you from the program.

1. **Vertical Jump.** This measures leg power, and consists of measuring how high a person jumps.
2. **One Minute Sit Ups.** This measures abdominal, or trunk, muscular endurance. While lying on his/her back, the applicant will be given one (1) minute to do as many bent leg sit ups as possible.
3. **300 Meter Run.** This measures anaerobic power, or the ability to make an intense burst of effort for a short time period or distance. This component consists of sprinting 300 meters as fast as possible.
4. **Maximum Push-Ups.** This measures the muscular endurance of the upper body. This component consists of doing as many push-ups as possible until muscular failure.
5. **1.5 Mile Run.** This measures aerobic power or cardiovascular endurance (stamina over time). To complete this component you must run/walk, as fast as possible a distance of 1.5 miles.

Test	Standard
Vertical Jump	16 Inches
One Minute Sit Ups	29
300 Meter Run	71 Seconds
Maximum Push Ups	25
1.5 Mile Run	16 Minutes 28 Seconds