

POLICE DEPARTMENT

TOWNSHIP OF MANALAPAN



Edward Niesz
Chief of Police

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Manalapan Township Police Department Pre-admission Physical Fitness Testing Requirements

1. The pre-admission physical fitness test shall include a measured vertical jump, sit-ups, 300-meter run, push-ups, a 1.5-mile run, pull-ups and 100 seconds of physical exertion training (defensive tactics).
2. A potential trainee must successfully complete all seven (7) components of the prescribed pre-admission physical fitness test. Failure to successfully complete any component will end the testing process and eliminate the potential candidate from further participation. Remediation and re-testing are not authorized under any circumstance. Applicants will be ranked accordingly.
3. To successfully pass the physical fitness test, the potential candidate must complete:
 - a. Vertical jump of 15 inches or more
 - b. 28 sit-ups in 1 minute or less
 - c. 300-meter run in 70.1 seconds or less
 - d. 24 push-ups in 1 minute or less
 - e. 1.5 mile run in 15:55 minutes or less
 - f. Maximum Pull-Ups
 - g. 100 seconds of Physical Exertion Training (Defensive Tactics)

I _____ do hereby certify that I am a licensed physician and that I have
(Physician's Name)
conducted a physical examination of _____
(Applicant's Name)

I further certify that based upon the medical examination of _____
(Applicant's Name)
the above-named individual is determined to be medically fit to participate in the above described
physical activity.

Physician's Name

Physician's Signature

Date