

The following are the physical standards and testing processes required as part of the examination phase of the process for entry into the Colorado State Patrol Academy. To be considered for the hire, the candidate must achieve 32 push-ups in one minute **or** achieve 5/7 (39 shuttles) on the 20 Meter Multi-Stage Fitness Test.

1-Minute Push-ups: Upper-body muscular endurance is measured via a 1-minute push-up test. In this test, all candidates are required to begin the test in the standard “up” position with the body rigid and straight, the hands positioned slightly wider than shoulder-width apart and the fingers pointed forward. Both feet need to be on the floor and touching. A yoga block will be placed on the floor directly under the individual’s chest. On the “go” command, the tester began the stopwatch and the participant would bend their elbows, lowering themselves until their chest is in contact with yoga block and then extend the elbows until back in the “up” position. Arms should be fully extended prior to returning to the “down” position. The candidate will then proceeded to perform as many push-ups as possible in the time allotted using this technique. Candidates are allowed to rest in the “up” position. The test is terminated when a candidate is unable to perform this movement with proper technique, or when a knee is dropped to the floor.

20 Meter Multi-Stage Fitness Test: (20m-MSFT): Candidates are required to run back and forth between two lines marked on the ground spaced exactly 20 meters apart. The speed of running for this test is standardized by pre-recorded auditory cues (beeps). The initial speed for the test is set at 8.5 km/h (Slow jog) and increases by 0.5 km/h with each additional stage. This test is scored according to the final stage the candidate is able to achieve before being unable to run at the speed required. The test is terminated when the participant is unable to reach the next line twice in a row in accordance with the auditory cues. Failure to reach one line will not terminate the test; rather the candidate should put forth their best effort to reach the first and second line before the second beep. Doing so will allow the candidate to continue with the test. This process can be repeated without any penalty until they miss two consecutive beeps.