National Academy
Physical Fitness Performance Assessment (Revised 12/20/2023)

Applicant’s Name (Last, First, MI)
____________________________________________________

Department
____________________________________________________

Purpose

The National Academy Physical Fitness in Law Enforcement training, along with the “Fit Challenge” series is a program constructed of physically strenuous activities involving running and progressively higher intensity circuit-based workouts. The final event of the Fit Challenge (the Yellow Brick Road) involves a 6.5 mile run negotiating hills and rough terrain with natural and man-made obstacles. To ensure safety and minimize risk of injuries, participants must be reasonably fit to engage in these challenges.

Because of this, and to be prepared for participation in the weekly Fit Challenge, which culminates in the Yellow Brick Road event, applicants are expected to have trained in an appropriate fitness program for at least 12 weeks prior to arrival at the National Academy. Applicants are also expected to complete a timed one mile run and assess their ability to meet the requirement below to participate in the final event (the Yellow Brick Road). This form serves as an initial assessment of the applicant’s ability to meet the requirement.

Males < 10 minutes Females < 11:30 minutes

Failure to meet this requirement may increase the risk of injury or cardiovascular events, may exclude the applicant from participating with their classmates in the Fit Challenges, and could potentially deny their receipt of the Yellow Brick award after the final event.

Instruction to Applicant

Within 6 months of your arrival to the FBI National Academy, conduct a timed one mile run (1600 meters) to the best of your ability. This run can be performed on a track (4 laps on a standard 440 yard or 400-meter track) or on the road. Record your time below.

Male Female Time: _____ minutes; _____ seconds
(Circle one)

Please Note: During the first week of the National Academy, you will be administered a Physical Fitness Performance Assessment which will include a timed one mile run and upper body strength evaluation, along with a mobility and stability evaluation of your trunk, low back, hips and shoulders. Students who do not meet the timed one mile run requirement during the first week assessment will have a second and final opportunity to do so during week eight. Failure to meet the timed one mile run requirement during the week eight assessment, or evidence of orthopedic or health issues which limit a student’s ability to safely participate in the challenging final event as determined by their Health and Fitness Instructor, will preclude the student’s participation in the Yellow Brick Road event and/or reception of the Yellow Brick award.

Required Signatures:

I have performed a timed, 1 mile run (1600 meters). On my honor, the time recorded above is my true time. I am aware of the applicant’s run time. I certify the Applicant is physically able to accomplish this task in the time noted above.

Applicant Date

Certifying Official Signature Date

Certifying Official Printed Name Date
[Note: The Certifying Official can be either the FBINA Field Training Coordinator or, at the Coordinator’s discretion, the Applicant’s supervisor].