

Physical Readiness Test Information

- The Physical Readiness Test (PRT) will evaluate the following:
 - 1 ½ mile run
 - 300-meter run
 - Push-ups
 - Sit-ups
 - Vertical jump
 - Agility run
- In preparation for the test, students will need to read through the Physical Readiness Testing Handbook [here](#) under “Testing Handbook”
***Note:** The test will not include the bench press or the sit-and-reach
- Students will be required to pass the PRT **prior** to becoming eligible for the CVTC Law Enforcement Academy
- Successful completion of the test must be on file
***Note:** If a student’s PRT attempt was not successful, students will have the opportunity to retake the test on a different scheduled date
- Students must complete their Medical Assessment and submit the form to the Admissions Office prior to registering for the PRT
- After submission of the Medical Assessment, a representative from the Admissions Office will call the student to register you for the PRT
***Note:** There is a \$50 cost to the PRT which is due at the time of registering for the PRT (The date and time of the PRT will be communicated to students)

CVTC Resources:

For more information or if there are any questions regarding the PRT, feel free to reach out to:

- Jody Douglas, Program Director for Law Enforcement, atjdouglas8@cvtc.edu or 715-855-7512
- Mai Vang, Program Assistant, at mvang77@cvtc.edu or 715-855-7501

Online Resources:

The Wisconsin Department of Justice Physical Readiness Law Enforcement Academy Standards are based on the Nevada POST Standards.

- [LE Academy Physical Readiness Workouts to Improve Each Area](#)
- [Illinois Agility Run](#)