

New Standards for the PAT (Physical Ability Test)

These changes were required as set in Legislative Rule 149-2-8.5.d. as the test levels are set per performance levels at the 40th percentile of the Cooper Institute of Aerobics Research, Single Standard Norm. These will be the performance levels that officers entering the entry level training program at the West Virginia State Police Academy, **beginning with the 161st Basic Class, January 2015**, will have to meet.

Sit-ups	28 in one minute
Push-ups	18 in one minute
Mile and half run	14 minutes 36 seconds