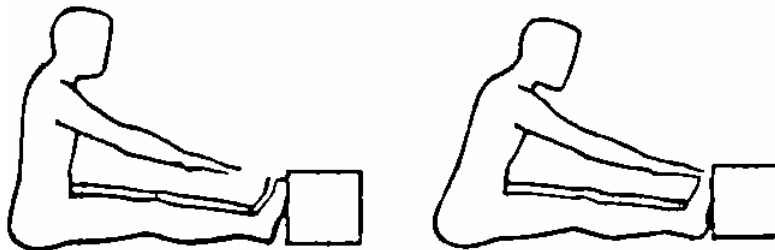


HOW WILL PHYSICAL FITNESS BE MEASURED?

The Physical Fitness Test Battery consists of 4 basic tests. Each test is a scientific valid test. The tests will be given in sequence with a rest period between each test.

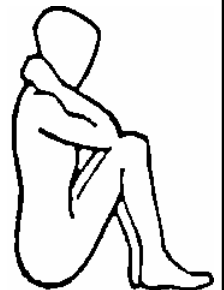
1. Sit and Reach Test

This is a measure of flexibility of the lower back and upper leg area. It is an important for performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from a sitting position. **The score is in inches reached on a yard stick with 15 inches being at the toes.**



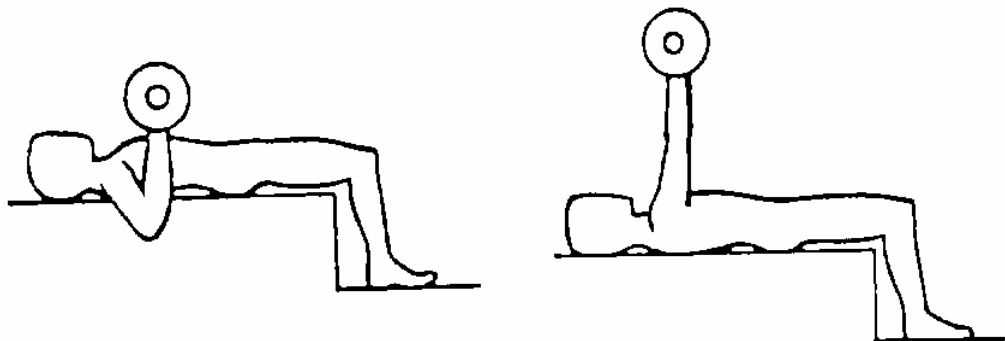
2. 1 Minute Sit Up Test

This a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. **The score is the number of bent leg sit ups performed in one minute.**



3. 1 Repetition Maximum Bench Press

This a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. It is an important area for performing police tasks requiring upper body strenght. **The score is a ratio of weight pushed divided by body weight.**



4. 1.5 Mile Run



This is a timed run to measure the heart and vascular systems' capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. **The score is the amount of time taken to complete run in minutes and seconds.**

WHAT ARE THE STANDARDS?

The actual performance requirement for each test is based upon norms for a national population sample.

The applicant must pass every test.

The required performance to pass each test is based upon sex and age(decade). While the absolute performance is different for the for the 8 categories, the relative level of effort is identical for each age and sex group. All recruits are being required to meet the same percentile rank in terms of their respective age/sex group. The performance requirement is that level of physical performance that approximates the 40th percentile for each age and sex group.

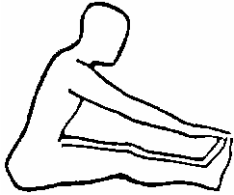
Minimal Physical Fitness Performance Requirements Chart

TEST	Male				Female			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Sit and Reach	16.0	15.0	13.8	12.8	18.8	17.8	16.8	16.3
1 Minute Sit Up	37	34	28	23	31	24	19	13
Max. Bench Press Ratio	.98	.87	.79	.70	.58	.52	.49	.43
1.5 Mile Run	13:46	14:31	15:24	16:21	16:21	16:52	17:53	18:44

HOW DOES ONE PREPARE FOR THE TEST?

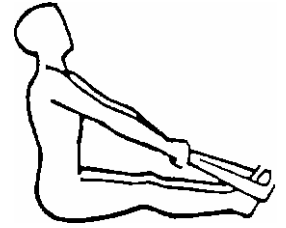
1. Preparing for Sit and Reach Test.

Performing sitting type of stretching exercises daily will increase this area. There are two recommended exercises.



Sit and Reach. Do 5 repetitions of the exercise. Sit on the ground with legs straight. Slowly extend forward at the waist and extend the finger-tips toward the toes (keeping legs straight). Hold for 10 seconds.

Towel Stretch. Sit on the ground with the legs straight. Wrap a towel around the feet holding each end with each hand. Lean forward and pull gently on the towel extending the torso toward the toes.



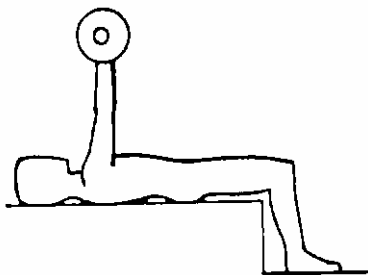
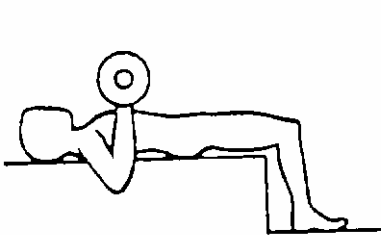
2. Preparing for the Sit Up Test.

The progressive routine is to do as many bent leg sit ups (hands behind the head) as possible in 1 minute. At least 3 times a week do 3 sets (3 groups of the number of repetitions one did in 1 minute).

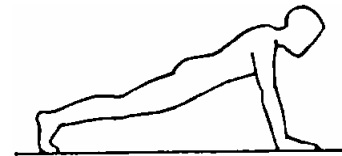


3. Preparing for the 1 Repetition Maximum Bench Press.

If one has access to weights, determine the maximum weight one can bench press one time. Take 60% of that poundage. This will be the training weight. One should be able to do 8-10 repetitions of that weight. Do 3 sets of 8-10 repetitions adding 2-1/2 to 5 pounds every week.



If one does not have weight equipment, then the push up exercise can be utilized. Determine how many push ups one can do in one minute. At least 3 times a week do 3 sets of the amount one can do in one minute.



4. Preparing for the 1.5 Mile Run

Below is a gradual schedule that would enable one to perform a maximum effort for the 1.5 Mile Run. If one can advance the schedule on a weekly basis, then proceed to the next level. If one can do the distance in less time, then that should be encouraged.



Week	Activity	Distance	Time	Frequency
1	Walk	1 Mile	20 - 17 Min	5/week
2	Walk	1.5 Miles	29 - 25 Min	5/week
3	Walk	2 Miles	35 - 32 Min	5/week
4	Walk	2 Miles	30 - 28 Min	5/week
5	Walk/Jog	2 Miles	27 Min	5/week
6	Walk/Jog	2 Miles	26 Min	5/week
7	Walk/Jog	2 Miles	25 Min	5/week
8	Walk/Jog	2 Miles	24 Min	4/week
9	Jog	2 Miles	23 Min	4/week
10	Jog	2 Miles	22 Min	4/week
11	Jog	2 Miles	21 Min	4/week
12	Jog	2 Miles	20 Min	4/week

Week 1 Week 2 Week 3 Week 4 Week 5

<u>DAY</u>	<u>SIT AND REACH</u>	<u>SIT-UP</u>	<u>BENCH PRESS</u>	<u>1.5 MILE RUN</u>
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				
<u>DAY</u>	<u>SIT AND REACH</u>	<u>SIT-UP</u>	<u>BENCH PRESS</u>	<u>1.5 MILE RUN</u>
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				
<u>DAY</u>	<u>SIT AND REACH</u>	<u>SIT-UP</u>	<u>BENCH PRESS</u>	<u>1.5 MILE RUN</u>
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				
<u>DAY</u>	<u>SIT AND REACH</u>	<u>SIT-UP</u>	<u>BENCH PRESS</u>	<u>1.5 MILE RUN</u>
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				
<u>DAY</u>	<u>SIT AND REACH</u>	<u>SIT-UP</u>	<u>BENCH PRESS</u>	<u>1.5 MILE RUN</u>
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				