

IF YOU'RE READY TO
MAKE A DIFFERENCE:
STEP FORWARD



New Test Battery / Sequencing of Physical Fitness Assessments

The tests below incorporate specific physical tasks that perform job-like task simulations which an individual is likely to perform on the job.

<u>TEST</u>	<u>Requirement</u>	<u>10% Improvement</u>
• Vertical Jump	12 Inches	13 Inches
• Agility Run Test	18 Seconds	17 Seconds
• 1 Minute Sit-Up	25 Reps	27 Reps
• 300 Meter Run	80 Seconds	75 Seconds
• 1 Minute Push-Up	19 Reps	21 Reps

*Requirement must be met by start of the POST academy. 10% improvement must be attained at completion of POST academy to continue employment.

Procedure and order for testing is recommended as follows:

1. Warm-up for 3 minute, perform the Vertical Jump Test, and then recover for 2 minutes.
2. Agility Run in the test battery. Recovery after the test is 7 minutes.
3. Perform the 1 Minute Sit-Up Test, and then recover for 5 minutes.
4. Perform the 300 Meter Run, and then recover for 7 minutes.
5. Perform the 1 Minute Push-Up Test, and then recover for 5 minutes.

Procedures

As with any fitness test, a brief warm-up period (minimum 3 minutes) is recommended. Practicing the course by using a slow jog is recommended as part of the warm-up. The cones are placed in a straight line 10 feet apart. The member starts from a flat prone position just to the left of the first cone/ chair with hands palms down on the starting line; then reacts to the starting signal. Sprint to the last cone, place at least one foot over the boundary line, turn around and sprint back. Make a left turn around the first cone/chair and run a serpentine around the cones up and back. Make a left turn around the first cone at the starting line. Sprint to the last cone and back through the finish line. Score is total time in seconds; recorded to the nearest tenth of a second. The better of 2 time trials is used as the score; with a 5 minute rest allowed between trials.

➤ **1 Minute Sit-Up**

The purpose of this test is to measure abdominal muscular endurance.

Equipment

1. Mat
2. Stopwatch
3. Testing form to record data

Procedures

1. The individual starts by lying on the back with their knees bent, feet flat on the floor, with the hands cupped behind the ears. Note: Law Enforcement must follow formal protocol with the fingers laced and held behind the head. Avoid pulling on the head with the hands. The buttocks must remain on the floor, with no thrusting of the hips.
2. A partner holds the feet down firmly using their hands.
3. The individual then performs as many correct sit-ups as possible in 1 minute.
4. In the up position, the member should touch elbows to knees and then return until the shoulder blades touch the floor. A correct sit-up will be counted each time the up position is met while maintaining proper form.
5. The counter will announce each repetition out loud. If a repetition is not counted they will state why.
6. Score is total number of correct sit-ups. Any resisting should be done in the up position.
7. Breathing should be as normal as possible. Exhaling on the way up and inhaling on the way down is strongly recommended. The member should not hold their breath.
8. Neck remains in the neutral position.

➤ **300 Meter Run**

The 300 Meter Run Test is a measure of anaerobic power.

Equipment

1. A 400 meter running track or any measured 300 meter flat surface that provides good traction can be used.
2. Running shoes
3. Testing form to record data

Procedures

1. A dynamic warm-up should precede testing.
2. If using 1 400 meter track, member runs 3/4 of 1 lap (inside lane) at maximal level of effort. Time used to complete distance is recorded in seconds.
3. Individual should walk for 3-5 minutes immediately following test to cool-down.

➤ **1 Minute Push-Up**

The purpose of this test is to measure muscular endurance of the upper body (anterior deltoid, pectorals major, and triceps).

Equipment

1. Stopwatch
2. Mat
3. Testing form to record data

Procedures

1. The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. The administrator places one fist on the floor below the member's chest. The feet are together and cannot be braced against the wall.
2. Start from the up position (elbows extended), the member must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Member then returns to the up position. This is 1 repetition. The modified push-up is performed on the hands and knees with the back straight and hands slightly in front of the shoulders in the up position.
3. Resting should be done only in the up position. Both hands must remain in contact with the floor at all times. No piking or arching is allowed at any time; the back must be kept straight.
4. The counter will announce each repetition out loud. If a repetition is not counted they will state why.
5. The total number of correct push-ups in 1 minute is recorded as the score.

Preparatory Training Recommendations

***NOTE: CONSULT WITH YOUR PHYSICIAN BEFORE ATTEMPTING THE ANY PHYSICAL FITNESS WORK OUTS.**

Preparing for the 300 Meter Run

After a proper warm-up and stretch:

Week 1- 50 meter sprint 6 times with short breaks in between.

Week 2-75 meter sprint 6 times with short breaks in between.

Week 3-100 meter sprint 6 times with short breaks in between.

Week 4-150 meter sprint 6 times with short breaks in between.

Week 5-200 meter sprint 6 times with short breaks in between.

- Weeks 1 thru 5, training time should be used to acclimate your body to this type of training. Breaks between sprints should be long enough just to catch your breath but not so long that your muscle begins to cool down.

Week 6- 250 meter sprint 4 times breaks in between. These sprints should be timed.

Week 7- 300 meter sprints should be done 2 times with a break in between.

Preparing for the Sit-Up Test

The sit-ups are designed to measure one's muscular endurance. It is recommended when starting new fitness programs that you start you're training slowly. Therefore, when starting a sit-up program, you should try to do as many sit-ups as you can in one minute to establish a benchmark. After establishing where you are, you will then be able to develop a program based on the following:

Week 1- 2 sets of 10 sit-ups four times a week.

Week 2- 3 sets of 10 sit-ups four times a week.

Week 3- 4 sets of 10 sit-ups four times a week.

Week 4- 3 sets of 12 sit-ups four times a week.

Week 5- 3 sets of 15 sit-ups four times a week.

After week 5, you should now start to time your sit-ups and see how many you can do in 60 seconds. Your subsequent weeks, you should try to add one or two sit-ups to your sets every week

Preparing for the Vertical Jump Test

Squats – Squats require a barbell and weights to go on the barbell. It is one exercise that can improve your vertical jump.

Standing Hip Abduction – This does not require weights. The Standing Hip Abduction requires only a wall or something else you can lean against. Lean your hand against the wall and raise your opposite leg as high as possible. Hold this position for around 5 seconds. Then, slowly let your leg go back down and repeat.

Jump Rope – Jump ropes build speed, agility, strength.

Preparing for the Push up Test

When performing push-ups, be sure you continue until muscular failure occurs and you cannot perform additional push-ups in the straight-knee position.

Week 1 – 1 set 3 times a week for 1 week

Week 2 – 2 sets 3 times a week for 2 weeks

Week 3 – 3 sets 3 times a week for 2 weeks