

Physical Fitness Standards

Hewitt Police Department

1.5 mile run - must be completed in 16:55

The 1.5 mile run is a measure of cardiorespiratory fitness. The objective of the 1.5 mile run is to cover the distance as fast as possible.

Procedures

1. Members should not eat a heavy meal or smoke for at least 2-3 hours prior to the test. Members should perform a dynamic warm-up prior to the test.
2. If possible, each member should have experienced some practice in pacing prior to the test. Often members will attempt to run too fast early in the run and become fatigued prematurely.
3. The member runs 1.5 miles as fast as possible completing 6 laps.
4. During the administration of the test, the members can be informed of their lap times. Finish times should be called out and recorded.

300 meter run - must be completed in 75.3 seconds

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

Procedures

1. As with all physical tests, dynamic warm-up should precede testing.
2. If using a 400 meter track, member runs three-fourths of 1 lap (inside lane) at maximal level of effort. Time used to complete distance is recorded in seconds.

1RM max bench press (free weight version)

Done with spotters and using a formula that calculates the score. This keeps risk of injury low and for example a male weighing 215 lbs. would only need to press 135 for one rep to attain a passing score after calculations. The passing standard is a ratio of .71 of bodyweight.

The purpose of the 1RM Bench Press Test is to measure absolute strength of the upper body. Absolute strength is defined as the amount of force that a muscle group can generate in one maximal contraction.

Pushup - 19 reps in one minute

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

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. If a male is testing a female, a 3 inch sponge should be placed under the sternum to substitute for the fist. The feet are together and cannot be braced against the wall.
2. Starting 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 performed.
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 one minute is recorded as the score.

Sit-ups - 25 reps in 1 minute

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

Procedures

1. The member starts by lying on the back with their knees bent, feet flat on the floor, with the fingers laced and held behind the head. 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 member then performs as many correct sit-ups as possible in one 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 resting should be done in the up position.

Vertical jump - 14 inches

The purpose of the Vertical Jump Test is to measure explosive leg power. This is an important area for pursuit tasks that require jumping and vaulting.

Procedures

1. Member stands with one side toward the wall and reaches up as high as possible to mark his/her standard reach.
2. Member squats, then jumps as high as possible and marks the spot on the wall above his/her standard reach mark. Prior to the jump, one foot must remain stationary on the floor.
3. The best of three trials is the score.