

# BRIEF TEST INSTRUCTIONS AND PREPARATION FOR CANDIDATES

Provided below is a brief description of each test in the physical test battery. The tests are listed in the order that you will complete them. After each test description is information regarding how to train for the test. Before you start physical training, evaluate your current health. As recommended by the American College of Sports Medicine, men aged 40 or greater and women aged 50 or greater need a medical examination and clearance before starting a fitness program. Please note that ALL applicants will be required to present a signed medical release waiver form for admittance on the scheduled test date. This form will be provided in the test confirmation packet.

## Description of Each Test

### 1 – Push-Ups Test

The purpose of the Push-Ups test is to evaluate the muscular strength in your upper body. Upper body strength is needed to perform essential police officer tasks such as lifting and dragging individuals, climbing fences and walls, and restraining individuals. The starting position for the push-up test has only the feet and hands in contact with the test surface. The feet are 8-12 inches apart and the arms are fully extended. The hands are slightly wider than shoulder width apart. The legs, buttocks, back, and shoulders are in a straight alignment. To perform a correct push-up, lower your body towards the floor by flexing the elbows. Continue to lower your torso until the elbow is flexed at a 90 degree angle. Once you have reached this point, return to the starting position. The back, legs, and buttocks must remain straight during the push-up. The test will involve performing push-ups for a 60-second period and only properly performed ones will count.

To prepare for the Push-Ups test, you can perform push-ups using the description provided above. When performing push-ups make sure the legs, buttocks, and back are in a straight alignment and you descend to a point where the elbows are bent at a 90 degree angle. Perform as many correct push-ups as you can in 1 minute. Complete 3 sets of push ups. Other exercises that use upper body muscular strength can also be performed.

### 2 – Sit & Reach Test

The purpose of the Sit & Reach test is to assess your flexibility. Flexibility is needed to perform essential police officer tasks such as climbing walls and fences, blocking and evading potential aggressive actions by a suspect, and quickly moving out of the way of traffic. To perform the test you will sit on a mat, keep you legs straight, and place your feet together and flat against the testing device. Hold your arms straight out in front of you and place one hand on top of the other with the palms facing down. From this position lean forward while keeping your knees straight. Once you reach the furthest point you can stretch, hold the position for 1 second and return to the starting position. Your score will be the distance you can stretch. You cannot bend your knees or bob back and forth. You will be completing four trials. The first trial is practice which does not count. After the practice trial, you will complete 3 test trials.

To prepare for the Sit & Reach test, you can perform hamstring stretches using the procedure described above. You can also perform hamstring stretches with your legs apart to stretch one leg at a time. When performing these stretches, keep your back flat, knees slightly bent, and toes pointed upward. Hold the stretched position for 10-20 seconds. Feel the stretch in the hamstrings. Repeat the exercise 3 times.

### 3 - Trunk Pull Test

The purpose of the Trunk Pull test is to determine the maximum force that can be generated by the torso muscles. Torso strength is needed to perform essential police officer tasks such as lifting and dragging individuals, extracting individuals out of vehicles, and restraining individuals. To perform the test you will sit

on a mat and place your feet flat on a platform and keep your legs straight. Then you will grab a bar with your palms towards the floor. The command will be "Ready," and you will hear a beep. When you hear the "beep", pull by attempting to lean back while looking at the ceiling. Keep pulling until the administrator tells you to stop. You will be completing four trials. The first trial is practice which does not count. Only exert 50% of your force on this practice trial. Then you will complete 3 test trials where you will exert maximum force.

To prepare for the Trunk Pull test, you can perform exercises that concentrate on the torso muscles. Push-ups can be performed to develop trunk strength. Weight training exercises that develop trunk strength include: bench (chest) press, bent over rows, seated rows, or lat pull-downs. For the weight training exercises, perform 3 sets of 8-12 repetitions with a 1 minute rest between sets.

#### **4 - 300 Meter Run Test**

The purpose of the 300 Meter Run test is to assess your anaerobic power. Anaerobic power is the ability to exert all-out physical effort for brief periods of time. **Anaerobic power is needed to perform essential police officer tasks such as running in pursuit of suspects, restraining and disarming individuals, and using bodily force to gain entry through a door.** To perform the test you will stand on the starting line. On the command "Go" you will begin running to a cone 300 meters away. Your score will be the time it takes you to complete the run. You will complete one trial.

To prepare for the 300 Meter Run, you can measure a course of 150 meters on a hard, flat surface. Mark the starting line and the 150 meter mark. Stand on the starting line and run to the 150 meter mark, turn around, and run to the starting line. If you cannot mark out a course, you can run for 90 seconds, as fast as you can without stopping. For either run, complete 3 to 5 sets of runs allowing for five minutes of rest between sets.

#### **Scoring**

The scores from each test are combined to determine the overall score. In addition, there are baseline scores that must be obtained for each test. These baseline scores are as follows:

Push-ups:	11 completed using proper form
Sit & Reach:	5.33 centimeters
Trunk Pull:	72 pounds of pressure
300 Meter Run:	112 seconds

Because the test is based on both baseline scores (as indicated above) as well as a cumulative score, if an applicant only achieves the baseline score in each test, he/she will not have a successful overall score.

#### **Questions**

For specific questions, please contact the academy staff at (757) 385-6987 or toll free 1-866-2POLICE.