

Name & Applicant #:		Preceptor:							
Age:		Passed Phase:							
<b>Age Groups</b>		<b>20-29</b>		<b>30-39</b>		<b>40-50+</b>		<b>50-59</b>	
<b>Anaerobic Power</b>	<b>Score</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
*300 Meter Run (Measured in Seconds)	100%	48 sec	56 sec	49 sec	56sec	55 sec	65 Sec (1:05)	61 sec (1:01)	
	<b>70%</b>	<b>63 sec (1:03)</b>	<b>69 sec (1:09)</b>	<b>68 sec (1:08)</b>	<b>75 sec (1:15)</b>	<b>112.6 sec (1:52.6)</b>	<b>90 sec (1:30)</b>	<b>85 sec (1:25)</b>	<b>100 sec (1:40)</b>
<b>Dynamic Strength</b>	<b>Age Groups</b>	<b>17-21</b>	<b>22-26</b>	<b>27-31</b>	<b>32-36</b>	<b>37-41</b>	<b>42-46</b>	<b>47-51</b>	<b>52+</b>
(Two minute pushups)	100%	M-82 F-58	M-80 F-56	M-78 F-54	M-73 F-52	M-72 F-48	M-66 F-45	M-62 F-41	M-56 F-40
	<b>70%</b>	<b>M-52 F-28</b>	<b>M-50 F-26</b>	<b>M-48 F-24</b>	<b>M-43 F-22</b>	<b>M-42 F-18</b>	<b>M-36 F-17</b>	<b>M-32 F-13</b>	<b>M-26 F-12</b>
<b>1.5 Mile Run</b>	<b>Score</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
(maximum allowed times for each group measured in minutes)	100%	8:00	9:48	9:00	11:00	10:00	12:12	10:00	12:12
	<b>70%</b>	<b>13:30</b>	<b>16:18</b>	<b>14:30</b>	<b>17:30</b>	<b>15:30</b>	<b>18:42</b>	<b>15:30</b>	<b>18:42</b>
<b>Agility Run</b>	<b>Score</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
(maximum allowed times for each group measured in seconds)	100%	15	17	16	18.75	17.3	20.5	17.3	20.5
	<b>70%</b>	<b>18</b>	<b>21</b>	<b>19</b>	<b>22</b>	<b>20</b>	<b>22.75</b>	<b>20.05</b>	<b>23.85</b>
<b>Trunk Flexion</b>	<b>Score</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
(minimum required flexion for each group measured in inches)	100%	28	29	27	28	26	27	26	27
	<b>70%</b>	<b>14</b>	<b>15</b>	<b>13</b>	<b>14</b>	<b>12</b>	<b>13</b>	<b>12</b>	<b>13</b>
	Completed		Obstacle Course				Incomplete		

# **SOUTHAVEN POLICE DEPARTMENT RECRUIT CANDIDATE PHYSICAL FITNESS ASSESSMENT**

## **Physical Fitness Requirements**

The test is comprised of seven components: 300 Meter sprint, push-ups, 1.5 mile run, sit-ups, agility run, trunk flexion, and an obstacle course. Applicants must pass the P.T. test with a minimum score of 70% in order to continue in the application process. It is important that all applicants understand this since even a physically fit person who has engaged in poor eating or drinking habits before reporting could fail the test.

Physical fitness can only be achieved over time. It requires a commitment to regular exercise and good eating habits. Thus it is important to disseminate this information so that all impacted personnel can prepare ahead of time. Scores needed to continue in the application process, enter training and to graduate are as follows:

If you cannot do at least 70% DO NOT come to testing. You WILL be sent home. All applicants that complete the PT test will be required to complete the Patrol Obstacle Course also. The Events will go as follows, with a short rest period between events;

## **EVENT I**

### **ANAEROBIC POWER \*300 METER RUN (MEASURED IN SECONDS)**

The 300 meter run is a measure of anaerobic power. The candidate will run at maximal level of effort for 300 meters. Time used to complete the distance is recorded in seconds. The candidate will walk for 3-5 minutes immediately following the test to cool down.

**A) If any of the above rules are not followed by a candidate, the instructor will terminate the exercise and grant the previously recorded time to the candidate.**

**B) A candidate's score in this event will be determined by using the "300 Meter Run Standards" sheet.**

**C) Candidates must achieve a passing score in each event to successfully complete the fitness test. Failure of any one of the events would constitute failure of the entire test.**

## **Event II**

### **DYNAMIC STRENGTH (TWO MINUTE PUSH UPS)**

The push-ups are done in a two (2) minute time period. The proper push-up position and form for the student is hands on the ground, feet together and arms fully extended. No other part of the body may touch the ground. The candidate shall commence in the exercise by placing his or her chest on the instructor's fist. If the student rests during the two (2) minutes, he or she may arch their back up or own, but must resume a proper push-up position before continuing with the exercise. The instructor may inform the candidate when the time remaining reaches the one minute mark and the thirty (30) second mark.

- A)** If any of the above rules are not followed by a candidate, the instructor will terminate the exercise and grant the previously completed number of pushups to the candidate.
- B)** A candidate's score in this event will be determined by using the “**Push-Up Standards**” sheet.
- C)** *Candidates must achieve a passing score in each event to successfully complete the fitness test. Failure of any one of the events would constitute failure of the entire test.*

### **Event III**

#### **CARDIORESPIRATORY FITNESS TEST (1.5 MILE RUN)**

Candidates will run a measured one and a half (1½) mile course. Candidates may walk during brief periods of rest. The candidate will walk for 3-5 minutes immediately following the test to cool down.

- A)** *The one and a half (1½) mile run may only be attempted once by each candidate.*
- B)** *A candidate's score in this event will be determined by using the “**1.5 Mile Run Standards**” sheet.*
- C)** *Candidates must achieve a passing score in each event to successfully complete the fitness test. Failure of any one of the events would constitute failure of the entire test.*

### **Event IV**

#### **AGILITY RUN (MEASURED IN SECONDS)**

The agility course consists of two parallel lines on a floor separated by thirty feet (30'). One line is designated as the “**Start/Finish**” line, and the other, the “**End Boundary**” line. Both of these lines have a twelve inch (12”) cone (traffic pylon) placed on them. In addition, two other cones are to be placed equidistant between the lines.

**A)** *The candidate begins from a flat, prone position with hands on the “start/finish” line with his/her legs straight and feet together. When signaled to start the student arises and begins a thirty foot (30') sprint to the “end boundary” line, stops (placing at least one foot over the end line) and sprints back to the original starting line. The student immediately negotiates a left turn around the cone on the starting line, and commences to zig-zag in a figure eight fashion around the cones up to the “end boundary” line, then zig-zagging back to the “start/finish” line. Once across the student sprints straight to the “end boundary line” and returns.*

**B)** *Each candidate is allowed two (2) attempts at the run to record his or her best time. Any mistake will result in a restart. In each of the two attempts, the candidate is allowed (2) mistakes. Upon the third mistake, no time will be recorded for that event.*

**C)** *A candidate's score in this event will be determined by using the “**Agility Run Standards**” sheet.*

**D)** *Candidates must achieve a passing score in each event to successfully complete the fitness test. Failure of any one of the events would constitute failure of the entire test.*

### **Event V**

#### **FLEXIBLY (TRUNK FLEXION \*MEASURED IN INCHES)**

The trunk flexion event will be aided by a box measuring eight inches (8”) high, twelve inches (12”) wide, and twenty-four inches (24”) in length. Affixed to the box will be a standard yardstick, perpendicularly

bisecting the box lengthwise. The yardstick's vertical positioning on the box is to be so that the fifteen inch (15") mark is measuring from the leading edge to the trailing edge of the box. A movable slide marker will be attached to the ruler. A mark is then placed four inches (4") laterally to the right and left of the ruler, on the leading edge of the box.

**A)** *In an upright sitting position and with both knees in full contact with the ground, the candidate is to place both feet flush against the leading edge of the box on the two points that offset the ruler's point of origin. The student is to place one hand on top of his or her other hand, both faced down, in such a state that no finger extends past the matching finger on the other hand. While maintaining the prescribed body positions above, the candidate is to slowly lean towards the box, keeping his or her shoulders on an imaginary non-rotating plane parallel to the box, and slide the marker as far forward as his or her fingertips will allow. At no time will the fingertips be allowed to lose contact with the marker. The measurement will be taken from the leading edge of the marker.*

**B)** *The student will have three attempts to achieve his or her best score. A candidate's score in this event will be determined by using the "Trunk Flexion Standards" sheet and by using the Standard of Scoring Conversion (Chapter-07, Section-102, Subsection-102.05, Paragraph-3) method.*

**C)** *Candidates must achieve a passing score in each event to successfully complete the fitness test. Failure of any one of the events would constitute failure of the entire test.*

## **EVENT VI**

### **PHYSICAL AGILITY JOB RELATED SKILL TESTING (OBSTACLE COURSE)**

EVENTS ARE IN ORDER AS THEY WILL BE ADMINISTERED BUT ARE SUBJECT TO CHANGE AS NEEDED.

**EVENT VII** CAN BE COMPLETED AT ANYTIME DURING THE PHYSICAL FITNESS TRYOUTS. PHYSICAL AGILITY STANDARDS ARE NOT NEGOTIABLE. ALL APPLICANTS MUST PASS ALL EVENTS TO BE SUCCESSFUL IN THE AGILITY TESTING.

Come dressed appropriately for the agility test (running shoes, running pants, t-shirts, shorts, jogging suits, or sweat suits are appropriate. No bare midriffs, see-through clothing, offensive clothing, and cut-offs, etc.