

STOW POLICE DEPARTMENT FITNESS STANDARDS

TO: POLICE OFFICER CANDIDATES

SUBJECTS: PHYSICAL FITNESS TESTING AND QUALIFICATIONS

Physical fitness can be defined into two categories, health related and motor related. The health related components are those which are tested to determine an applicant's fitness levels. This approach emphasizes basic, functional fitness, not agility tasks. The controlled tests that are performed and the fitness norms used to determine these fitness levels are prescribed from Dr. Kenneth Cooper's, The Cooper Institute in Dallas, Texas, whose expertise in the area of exercise physiology is well known.

Applicants are advised to pace themselves throughout the phases of the testing process. It is the applicants' responsibility to consult with his/her physician regarding the content of the testing and the effect the testing may have relating to any past or present illnesses, conditions, or injuries which may affect his/her participation in, and ability to perform, the testing program.

A minimum passing score must be obtained in each category by the applicant. The minimum passing score is based on the 50th percentile from The Cooper Institute. The fitness staff encourages all applicants to finish every event even if they fail one or more the categories. Those applicants who do not complete the three fitness categories will be automatically eliminated from the eligibility list.

COMPONENTS OF FITNESS TESTING

I. PROTOCOL FOR MUSCULAR ENDURANCE TESTING

Muscular Endurance is the ability to contract the muscle repeatedly over a period of time without undue fatigue.

A. **1 MINUTE SIT-UP TEST:** The purpose of this test is to measure abdominal muscular endurance.

1. The subject starts by lying on their back with their knees bent, feet flat on the floor, with the hands cupped behind the ears. 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 subject then performs as many correct sit-ups as possible in one minute.
4. In the up position, the individual 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.
7. Breathing should be as normal as possible. Exhaling on the way up and inhaling on the way down is strongly recommended. The subject should not hold their breath.
8. Neck remains in the neutral position.

B. **1 MINUTE PUSH-UP TEST:** The purpose of this test is to measure muscular endurance of the upper body (anterior deltoid, pectoralis major, triceps).

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 subject'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 subject must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Subject then returns to the up position. This is 1 repetition.
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.

II. CARDIORESPIRATORY FITNESS TESTING

A. **1.5 Mile Run Test Purpose:**

The 1.5 Mile Run measures cardiorespiratory fitness. It is a vigorous fitness assessment; therefore individuals should successfully complete medical screening prior to test administration. The objective of the 1.5 Mile Run Test is to cover the distance as fast as possible.

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. If a 440 yard track is used, the 6 laps must be completed using the inside lane (lane 1). If using a 400 meter track, then an additional 15 yards must be run after 6 laps are completed.
4. During the administration of the test, the members can be informed of their lap times. Finish times should be called out and recorded.

5. Upon test completion, a mandatory cool-down period is enforced. The members should walk slowly for about 5 minutes immediately after the run to prevent venous pooling (i.e., pooling of the blood in the lower extremities which reduces the return of blood to the heart and may cause cardiac arrhythmias).

AGE	PUSH-UPS (1 min)		SIT-UPS (1 min)		1.5 MILE RUN	
	Male	Female	Male	Female	Male	Female
<29	33	18	40	35	11:58	14:07
30-39	27	14	36	27	12:25	14:34
40-49	21	11	31	22	13:11	15:24
50-59	15	13*	26	17	14:16	17:13
60+	15	8*	20	8	15:56	18:52

*Modified form per OPOTC Lesson Plan

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PHYSICAL FITNESS ASSESSMENTS AND NORMS BOOKLET

ALL CANDIDATES WILL BE REQUIRED TO SIGN AND CERTIFY THE FOLLOWING WAIVER, ACKNOWLEDGING THAT THEY HAVE MET ALL OF ITS REQUIREMENTS AND RELEASES, AS FOLLOWS:

WAIVER

I, the undersigned, hereby acknowledge that I have read the above statements and the attached physical fitness testing standards. I have also discussed the testing program with my physician and I am physically capable to participate in the testing. I agree to be fully responsible for any and all costs, damages and expenses incurred by me as a result of any injuries, illnesses, or conditions resulting from participation in the testing program. I further release the City of Stow, Ohio, the Stow Civil Service Commission, the Stow Police Department and/or its agents or employees, from any and all claims of liability for any possible injury which may result by my participation in the physical fitness testing, which is a part of the qualification process for police officer candidates.

Signature of Applicant

Date