

STATE UNIVERSITIES CIVIL SERVICE SYSTEM

Original Entry Examination for

POLICE OFFICER

POLICE OFFICER PHYSICAL FITNESS TEST

INFORMATION TO APPLICANTS

PURPOSE: The Physical Fitness Test uses the same metrics as will be used at the academy to determine if a candidate can undergo the academy's physical demands. These metrics are set by the Illinois Law Enforcement Training and Standards Board's POWER (Peace Officer Wellness Evaluation Report) Test.

LOCATION: _____

DATE: _____

TIME: _____

The testing process usually requires approximately two (2) hours. If the test is postponed for any reason, you will be rescheduled.

APPAREL: Clothing should be worn to allow maximum movement freedom yet provides protection against abrasions. Athletic shoes are recommended, and running exercises may be completed on hard surfaces. Dressing rooms will not be available.

PHYSICAL CONDITION: If you have any questions concerning your physical condition/fitness to take this test, you should consult a physician.

IDENTIFICATION: You must bring at least one form of picture identification, such as a driver's license, state identification card, or military I.D., to the testing site. You will not be allowed to participate in the test without the appropriate identification.

COMPOSITION OF THE TEST

Successful completion of every test component is required. Before arriving at the testing center, carefully read all the information provided to ensure that you understand the nature of each testing component. The test administrator will review information regarding each component. You will be given a 15-20 minute period of time to ask questions and complete warm-up and stretching exercises. (A proper warm-up will reduce the likelihood of injury)

You are allowed 3 attempts to pass Component 1 (Sit and Reach). You are only allowed one attempt to pass Component 2 (Bench Press), Component 3 (Sit-ups), and Component 4 (1.5 Mile Run). If you fail to pass any component, you will not be eligible to complete the test. If you fail the test, you may contact your Personnel/Human Resources office to inquire about additional testing opportunities.

Component 1: Sit and Reach (3 attempts)

This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving a range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes beyond the extended arms from the sitting position. The score is measured in the inches reached on a yardstick, with the 15" being at the toes. Performance standards are listed as follows:

AGE	20-29	30-39	40-49	50 and above
Male	14.4	13.0	12.0	10.5
Female	17.0	16.5	15.0	14.8

Component 2: Bench Press (1 attempt) (1 Repetition Maximum Bench Press)

This measures the maximum weight pushed from the bench press position using a (Universal) bench press machine. This component measures the amount of force the upper body can generate. Performance standards (body weight percentage) are listed as follows:

AGE	20-29	30-39	40-49	50 and above
Male	88%	78%	72%	63%
Female	51%	47%	43%	39%

Component 3: Sit-ups (1 attempt)

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and for maintaining good posture and minimizing lower back problems. The score is measured by the number of sit-ups completed in one minute. Performance standards are listed as follows:

AGE	20-29	30-39	40-49	50 and above
Male	33	30	24	19
Female	24	20	14	10

Component 4: 1.5 Mile Run (1 attempt)

This is a timed run to measure the heart and vascular systems' capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is measured in minutes and seconds. Performance standards are listed as follows:

AGE	20-29	30-39	40-49	50 and above
Male	14:00	14:34	15:24	16:58
Female	16:46	17:38	18:37	20:44

If you have any questions concerning the Physical Fitness Test, contact your Personnel/Human Resources Office. Be sure that you arrive at the testing location on time. Also, be sure to sign the test log when you arrive for testing.

(Rev. 01-23)