

STATE UNIVERSITIES CIVIL SERVICE SYSTEM  
Original Entry Examination for  
POLICE OFFICER

POLICE OFFICER PHYSICAL FITNESS TEST

INFORMATION TO APPLICANTS

**PURPOSE:** This test was established following research designed to determine the physical fitness standards necessary for effective service as a Police Officer. The test is designed to identify applicants who meet prescribed physical fitness standards.

**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 which allows the maximum freedom of movement, yet provides protection against abrasions. Athletic shoes are recommended, running exercises may be completed on hard surfaces. Dressing rooms will not be available.

**PHYSICAL CONDITION:** Persons who are in poor physical condition should not attempt to participate in the test. 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 a 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. Prior to arriving at the testing center, carefully read all of 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.)

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INFORMATION TO APPLICANTS (continued)

You are allowed 3 attempts to pass Component 1 (Sit and Reach). You are only allowed one attempt to pass Component 2 (Sit-ups), Component 3 (Bench Press), 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 flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion and is important in minimizing lower back problems. The score is measured in the number of inches reached on a measuring device. Performance standards are listed:

|        | <u>AGE</u>     |                |                |                     |
|--------|----------------|----------------|----------------|---------------------|
|        | <u>20 – 29</u> | <u>30 – 39</u> | <u>40 – 49</u> | <u>50 and above</u> |
| Male   | 16.0           | 15.0           | 13.8           | 12.8                |
| Female | 18.8           | 17.8           | 16.8           | 16.3                |

**Component 2: Bench Press** (1 attempt)

(1 Repetition Maximum Bench Press)

This is a measure of 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:

|        | <u>AGE</u>     |                |                |                     |
|--------|----------------|----------------|----------------|---------------------|
|        | <u>20 – 29</u> | <u>30 – 39</u> | <u>40 – 49</u> | <u>50 and above</u> |
| Male   | .98            | .87            | .79            | .70                 |
| Female | .58            | .52            | .49            | .43                 |

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INFORMATION TO APPLICANTS (continued)

**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:

|        | <u>AGE</u>     |                |                |                     |
|--------|----------------|----------------|----------------|---------------------|
|        | <u>20 – 29</u> | <u>30 – 39</u> | <u>40 – 49</u> | <u>50 and above</u> |
| Male   | 37             | 34             | 28             | 23                  |
| Female | 31             | 24             | 19             | 13                  |

**Component 4: 1.5 Mile Run** (1 attempt)

This is a timed run to measure the heart and vascular system's 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:

|        | <u>AGE</u>     |                |                |                     |
|--------|----------------|----------------|----------------|---------------------|
|        | <u>20 – 29</u> | <u>30 – 39</u> | <u>40 – 49</u> | <u>50 and above</u> |
| Male   | 13:46          | 14:31          | 15:24          | 16:21               |
| Female | 16:21          | 16:52          | 17:53          | 18:44               |

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.