

# **THE NEW ALBANY POLICE DEPARTMENT'S PHYSICAL FITNESS TEST FOR APPLICANTS**

The New Albany Police Merit Commission has adopted these physical fitness standards to ensure that each officer candidate, if hired, is in such condition that he/she can perform his/her duties without placing themselves at undue risk of injury or illness due to his/her physical limitations, and to provide the most able and effective police service we can offer to the citizens of New Albany.

## **REQUIREMENTS:**

### **COOPER TEST**

The Cooper Test consists of five events designed to measure aerobic endurance, muscular endurance, muscular strength and anaerobic power with an adequate rest period between each event. Applicant must meet or exceed the listed minimum standards for these five events to continue to the next stage in the hiring process.

#### **1.5 Mile Run**

This is a timed run to measure the heart and vascular systems ability to transport oxygen. It simulates the aerobic capacity for sustained pursuit. This test will be conducted on a 400 meter track and each individual will be timed.

Scoring: The number of minutes and seconds taken to complete 1.5 miles.

#### **One Minute Push-up Test**

This test is a measure of muscular endurance of the arms and shoulder girdle muscles, which is important when performing police tasks that require upper body strength. Extend arms and place hands on the floor approximately shoulder width with fingers pointing forward, head forward, and buttocks down, keeping the body in a straight line. Weight is supported on the hands and toes. Bending elbows, lowering chest until it is approximately two and one half (2½) inches from the floor, then returning to the start position with elbows fully extended. During this exercise: Elbows must be fully extended when in the up position, buttocks may NOT be raised, knees may NOT touch the floor, resting is permitted in the up position only.

Scoring: Total number of push-ups completed in one minute.

#### **One Minute Sit-up Test**

This test is also a test of muscular endurance, but in the abdominal muscles. It is an important area for performing police tasks involving force, for maintaining good posture, and for minimizing lower back problems. During the test the applicant will have knees bent up at a 45 degree angle with hands interlocked behind the head. When the test begins someone will hold applicants feet, elbows must touch the knees in the up position and the shoulder blades must touch the floor in the down position. The buttocks cannot be raised; resting is permitted only in the up position.

Scoring: Total number of sit-ups completed in one minute.

#### **Vertical Jump**

This is a measure of anaerobic power (explosive leg strength). It is an important area when performing certain police tasks like foot pursuits where jumping and vaulting would be required. Applicant will stand with one side toward a wall and reach up as high as possible to mark standard reach. Applicant will then jump, from the standing position, and mark a spot on the wall above the standard reach mark. Applicant will get 3 attempts, scoring the highest attempt.

Scoring: The number of vertical inches jumped to the nearest ½ inch.

### **300 Meter Run**

This is a timed run to measure the heart and vascular systems ability to transport oxygen. It simulates the aerobic capacity for sustained pursuit. This test will be conducted on a 400 meter track and each individual will be timed.

Scoring: The number of minutes and seconds taken to complete 300 meters.

### **MINIMUM STANDARDS**

These minimum standards (Single standard) are based on a model formulated by the Cooper Institute for Aerobics Research (Same job = Same standard). They represent a cross-section of fitness levels among 10 different law enforcement agencies nationwide.

<b>Event</b>	<b>Minimal Standard</b>
1.5 Mile Run (min/sec)	16:28
1 Minute Push-up (#)	25
1 Minute Sit-up (#)	29
Vertical Jump (Inches)	16.0
300 Meter Run (sec)	:71

### **RATING:**

Each applicant will be given a pass/fail for successfully completing each event. If the applicant fails an event he or she will be removed from the hiring process.

Each test has to be completed by the applicant to continue on to the next stage of the hiring process.