

## PHYSICAL FITNESS ABILITY TEST (DEPUTY SHERIFF)

Law enforcement officers have unique job functions, some of which can be physically demanding and dangerous. An officer's capability to perform those functions can affect personal and public safety. Training for the required skills is often more vigorous and demanding than the day-to-day job functions that the officer faces. Physical fitness underlies an officer's ability to perform many of the frequent and critical job tasks as well as the demanded training of skills. The minimum fitness standards identified below are the requisite levels for an officer to effectively learn the frequent and critical job motor skills.

Higher levels of fitness are associated with better performance of physical job tasks required of Criminal Justice Training Basic Law Enforcement Academy. The Criminal Justice Training Commission Fitness Ability Test Battery is comprised of four tests:

1. 300-Meter Run
2. Maximum Push-Ups
2. Sit-Ups (One Minute)
4. 1.5-Mile Run/Walk

While not required, Thurston County administers the test in the above order. The test battery process is sequenced as follows:

1. Warm-up (2 -5 minutes) self-directed.
  - A. General warm-up - 1 -2 minutes of easy jogging, jumping jacks, etc.
  - B. Stretching - 3 -5 minutes include stretches for shoulders, back, and upper and lower legs
2. Physical Fitness Test Battery (FAT)
  - A. 300-Meter Run (15 minutes rest)
  - B. Sit-Ups (1 Minute) (5 minute rest)
  - C. Maximum Push-Ups (10 minutes rest)
  - D. 1.5-Mile Run/Walk
3. Cool-down (5 minutes)
  - A. Walking - keep walking to avoid blood pooling in legs
  - B. Easy stretching

### 300-METER RUN

**Purpose:** This test measures anaerobic capacity used in high intensity baton and defensive tactics training, and is important for performing short intense bursts of effort such as foot pursuits, rescues and use of force situations.

Score in seconds: 56.0 – 71

Mean =62.5

**Test Standard:** *The 300-meter run measures your anaerobic power. You must complete the run without any help. At the start, you will line up behind the starting line. When the proctor sounds the air horn, the clock will start. Your goal is to run the distance as quickly as possible. You will run 300 meters down the course to the finish line. Your proctor will call out your finish time.*

### MAXIMUM PUSH-UP TEST

**Purpose:** This test measures the muscular strength/endurance of the upper body muscles in the shoulders, chest, and back of the upper arms (the triceps) used in high intensity self defense and arrest simulation training. This is important for use of force involving pushing motion breaking one's fall to the ground, use of the baton, etc.

Score in repetitions 21 – 35

Mean =28.

**Test Standard:** *The push-up measures the muscular strength and endurance of the upper body (chest, shoulders, and triceps). Place your hands on the ground so they are in a vertical line with your shoulders (approximately 1– 1.5 shoulder width apart.) Your feet may be together, or up to 12 inches apart. Your body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the exercise. When the proctor says, "Go", lower your body by bending your elbows until your upper arms are parallel to the ground and you touch and slightly compress the foam block. Your examiner will tell you when you have gone low enough. Then return to the starting position by completely straightening your arms. You may rest only in the up position.*

If you fail to keep your body in a straight line, touch your chest to the block, or to lock your elbows in the "up" position, you will receive a warning. After one warning, incorrect repetitions will not count. There is no time limit. Do as many correct push-ups as possible. Your score is the number of correct repetitions.

### ONE-MINUTE SIT-UP TEST

**Purpose:** This test measures the muscular endurance of the strength/abdominal muscles, which are used in self-defense and high intensity arrest-simulation training. Further, these muscles are important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems.

Score in repetitions: 30 – 38

Mean =34.

**Test Standard:** *The sit-up measures the muscular strength/endurance of the abdominal muscles. The participant must have a partner to hold their legs while they perform the sit-ups. Lie on your back, with your knees bent at a 90 degrees or tighter, and your heels on the edge of the mat. Your feet may be together or apart, but the heels must stay in contact with the floor. Your partner will sit on your feet and wrap their arms around your calf muscle area. It is your responsibility to inform your partner of any adjustments that need to be made in order to assure your comfort. Your fingers must stay interlocked behind your head throughout the event. If your little fingers are not touching that is considered "apart" and such performance will not be counted.*

*When the proctor says, "Go", lift your upper body by bending at the waist. Touch your elbows to your knees, and return to the starting position. When returning to the starting position, your fingers must touch the proctor's hand. You may rest but only in the "up" position. Do not arch your back or lift your buttocks from the mat. If you fail to keep your fingers interlocked, touch your elbows to your knees or your fingers to the proctor's hand, or if you lift your buttocks off the mat, you will receive one warning. After one warning incorrect repetitions will not count. You will have one minute to do as many sit-ups as possible. The Examiner will give you signals at 30, 15 and 5 seconds remaining. Your score is the number of correct sit-ups.*

### 1.5-MILE RUN/WALK TEST

**Purpose:** This test is a measure of cardio-respiratory endurance or aerobic capacity used in extended control and defensive tactics training. This is important for performing tasks involving stamina and endurance (pursuits, searches, prolonged use of force situations, etc.) and for minimizing the risk of cardiovascular health problems.

Score: 13:35 – 14:31

Mean = 14:02.

**Test Standard:** *The 1.5-mile run/walk measures your cardio-respiratory endurance and the endurance of your leg muscles. You must complete the course without any help. At the start, you will line up behind the starting line. When the proctor says, "Go", the clock will start. You will begin running at your own pace. To complete the 1.5miles, you will need to have to run the course one and on half times (Labor and Industry building track).*

*Your goal is to finish the 1.5 miles in as fast a time as you can. Try not to start too fast but at a pace you can sustain for about 10 to 15 minutes. You may walk but walking will make it difficult to meet the standard. You may run alongside another runner for help with the pace, but you may not physically assist or be assisted by another runner. The timekeeper will call off your time when you have finished the run must remember their proctor and go to them when they finish the run. You must remember the time you hear when you crossed the finish line. Go to the proctor that you are assigned to and tell them that time. At the end of the run, continue walking for 3-5 minutes to cool down.*

### SCORING OF THE FITNESS ABILITY TEST BATTERY.

The scoring matrix shown below allows the examiner to find the participant's raw and Fitness Ability Test score on each test in the battery. The Fitness Ability Test score for each test item is recorded and added on the individual participant's sheet. The passing (TTBS) score is 200 with the range of scores for each test between 30 and 50 for each test item.

**Example:** The below measures are merely for illustration and are only approximate values.

1. Sit-Ups 34 = 40 Points.
2. Push-Ups 38 = 50 Points. (Note that 34 and above receives the same maximum points)
3. 1.5-Mile Run 14:31 = 30 Points.
4. 300 Meter Dash 60 sec. = 45 Points.

**Total Test battery score to pass the test is 165 points.**

The participant who scores below the 30-point level has failed the test but will be allowed to continue on the other test items with the option of retest on any of the following: sit-ups and push-ups. The participant who scores above the 50-point level on a given test item will not be awarded more than that 50 points to apply towards the other test items.