

**EGG HARBOR TOWNSHIP POLICE DEPARTMENT**

**PHYSICAL FITNESS INDICATOR TEST**

All applicants are required to perform the Egg Harbor Township Police Department Physical Fitness Indicator Test.

The fitness Indicator Test is broken down into six tests with mandatory resting periods between each test. Absolute standard cut off point must be met to pass. If you fail to meet the absolute standard in any of the six tests, you failed the entire Fitness Indicator Test. Muscular endurance is defined as the ability to contract the muscle repeatedly over a specific period of time without undue fatigue. Muscular endurance tests are, sit up and push ups.

## TEST 1 - Push Up Test

This test measures 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 trainer 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.
2. Starting from the up position (elbows extended), the client must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Client then returns to the up position. This is one repetition. The modified push up is performed on the hands and knees with the back straight and hands slightly in front of the shoulders in the up position.
3. Resting should be done only in the up position. Both hands must remain in contact with the floor at all times.

The absolute standard cutoff point is 26 push up's. After the push up test the officer will rest for 10 minutes before proceeding to the next test.

## TEST 2 - Sit up Test

This test measures abdominal muscular endurance.

1. The client starts by lying on the back, knees bent, heels flat on the floor, with the hands cupped behind the ears. Note: Law Enforcement must follow formal protocol with the fingers laced and held behind the head. Avoid pulling on the head with the hands. The buttocks must remain on the floor with no thrusting of the hips.
2. A client holds the feet down firmly.
3. The client then performs as many correct sit ups as possible in one minute.
4. In the up position, the client should touch elbows to knees and then return until the shoulder blades touch the floor.
5. Score is total number of correct sit ups. Any resting should be done in the up position.
6. Breathing should be as normal as possible, making sure the client does not hold their breath as in the Valsalva maneuver.
7. Neck remains in the neutral position.
8. Do not pull on the head or neck.

The absolute standard cutoff point is 32 push up's. After the sit up test the officer will rest for 7 minutes before proceeding to the next test.

### TEST 3 - Vertical Jump Test

This test is a measure of jumping or explosive power and is recommended as a part of the public safety fitness assessment battery. It is an important area for pursuit tasks that require jumping and vaulting.

1. Client stands with one side toward the wall and reaches up as high as possible to mark his/her standard reach on the yardstick.
2. Client jumps as high as possible and marks the spot on the wall above his/her standard reach mark. Prior to jump, one foot must remain stationary on the floor.
3. Score is the difference between the standard reach and top of the jump mark, to the nearest ½ inch.
4. The best of three trials is the score.

The absolute standard cutoff point is 17 inches. After the vertical jump test the officer will rest for 2 minutes before proceeding to the next test.

### TEST 4 - 1 RM Bench Press

1. With client in supine position, spotters lower bar until client's elbows reach 90 degrees. Subject should have a slightly wider than shoulder width grip on bar.
2. Spotters then release bar and client presses to full extension while exhaling.

The absolute standard cutoff point is .73 ratio. After the bench press test the officer will rest for 10 minutes before proceeding to the next test.

(See attached charts)

## TEST 5 - 300 Meter Run

400 meter running track or any measured 300 meter flat surface that provides good traction, running shoes. Irregular surfaces such as loose gravel are not acceptable.

1. As with all physical tests, medical screening should precede testing.
2. As with all physical tests, warm up and stretching should precede testing.
3. If using a 400 meter track, client runs 3/4 of 1 lap (inside lane) at maximal level of effort. Time used to complete distance is recorded in seconds. Consult norms to determine fitness category.
4. Client should walk for 3-5 minutes immediately following test to cool down. This is an important safety consideration.

The absolute standard cutoff point is 67 seconds. After the 300 meter test the officer will rest for 8 minutes before proceeding to the next test.

## TEST 6 - 1.5 Mile Run

1. Clients should not eat a heavy meal or smoke for at least 2-3 hours prior to the test. Clients should warm up and stretch thoroughly prior to the test.
2. If possible, each client should have experienced some practice in pacing prior to the test. Often clients will attempt to run too fast early in the run and become fatigued prematurely. A trained pacer might accompany the clients around the track during the actual test.
3. The client runs 1.5 miles as fast as possible. If a 440 yard track is used, six laps must be completed using the inside lane (lane 1). If using a 400 meter track, an additional 15 yards must be run after the six laps are completed.
4. During the administration of the test, clients 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 clients 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 arrhythmia).

The absolute standard cutoff point is 15 minutes and 32 seconds (15:32).

Body Weight		0.73%	
100	=	54	lbs
105	=	57	lbs
110	=	61	lbs
115	=	65	lbs
120	=	68	lbs
125	=	72	lbs
130	=	75	lbs
135	=	79	lbs
140	=	82	lbs
145	=	86	lbs
150	=	90	lbs
155	=	93	lbs
160	=	97	lbs
165	=	100	lbs
170	=	104	lbs
175	=	108	lbs
180	=	111	lbs
185	=	115	lbs
190	=	118	lbs
195	=	122	lbs
200	=	126	lbs
205	=	129	lbs
210	=	133	lbs
215	=	136	lbs
220	=	140	lbs
225	=	144	lbs
230	=	147	lbs
235	=	151	lbs
240	=	154	lbs
245	=	158	lbs
250	=	162	lbs
255	=	165	lbs
260	=	169	lbs
265	=	172	lbs
270	=	176	lbs
275	=	179	lbs
280	=	183	lbs
285	=	187	lbs
290	=	190	lbs
295	=	194	lbs
300	=	197	lbs

Body Pounds		0.88%	
100	=	68	lbs
105	=	73	lbs
110	=	77	lbs
115	=	81	lbs
120	=	86	lbs
125	=	90	lbs
130	=	94	lbs
135	=	99	lbs
140	=	103	lbs
145	=	107	lbs
150	=	112	lbs
155	=	116	lbs
160	=	120	lbs
165	=	125	lbs
170	=	129	lbs
175	=	133	lbs
180	=	138	lbs
185	=	142	lbs
190	=	146	lbs
195	=	151	lbs
200	=	155	lbs
205	=	159	lbs
210	=	164	lbs
215	=	168	lbs
220	=	172	lbs
225	=	177	lbs
230	=	181	lbs
235	=	185	lbs
240	=	190	lbs
245	=	194	lbs
250	=	198	lbs
255	=	203	lbs
260	=	207	lbs
265	=	211	lbs
270	=	216	lbs
275	=	220	lbs
280	=	224	lbs
285	=	229	lbs
290	=	233	lbs
295	=	237	lbs
300	=	242	lbs

# Egg Harbor Township Police Department



## FITNESS INDICATOR TEST

Name & Weight \_\_\_\_\_

Date: \_\_\_\_\_

Administrator's Name \_\_\_\_\_

Pass or Fail \_\_\_\_\_

Document each result and circle P or F	Absolute Standard/	80%Mark
Push-ups: _____ P or F Then rest for 10 minutes	<u>26 push ups/</u>	<u>32</u>
Sit-ups: _____ (1 min.) P or F Then rest for 7 minutes	<u>32 sit ups/</u>	<u>37</u>
Vertical Jump _____ P or F Then rest for 2 minutes	<u>17 inches/</u>	<u>21</u>
1RM bench press (use chart) _____ P or F Then rest for 5 minutes – go to bike path	<u>.73 ratio/</u>	<u>.88</u>
300 Meter run _____ P or F Then rest for 8 minutes	<u>67 seconds/</u>	<u>54</u>
1 ½ Mile Run: _____ P or F _____	<u>15:32/</u>	<u>12:51</u>

Quick reference- Must follow the mandatory resting between exercises

- Push ups-** start in up position- elbows extended- chest to 3" above floor return to up position. Rest in the up position only.
- Sit ups-** knees bend, heels flat on floor, hands cupped behind the ears, up- elbows to knees/ down- shoulder blades touch floor .
- Vertical Jump-** standing one side towards the wall, reach up as high as possible to mark standard reach. Prior to jump, one foot must remain stationary on the floor. Officer jumps as high as possible and marking the chart/yard stick . Difference is their score.
- 1Rm Bench Press-** Take their weight and use the chart to tell them what their min is to meet the ratio of .73 They can start lighter and build up to that if needed. This is one rep max. so they can have reps leading up to it. Once they try the 1RM number they can try again one more time.
- 300 Meter run-** Warm up- stretching has to proceed testing, then officer sprints the 300 meters. Allow 3 to 5minutes of walking as a cool down.
- 1.5 mile run-** officer runs as fast as possible and should walk for 5 minutes afterwards to cool down.