

## PHYSICAL FITNESS ASSESSMENT

Applicants for the position of "Police Officer" must demonstrate a fitness level that would allow them to perform the essential job functions of a police officer. Applicants must perform each of the following exercises in accordance with the indicated standards. **If an applicant fails one event, they fail the entire test.** The exercises must be performed in the following order:

1. **300 Meter Run** – Applicant will run 300 meters on a level surface within **65.5 seconds**.
2. **Push-ups** – Applicant will place their hands on the ground, approximately shoulder width apart. Applicant's feet may be up to 12 inches apart. The body must be in a straight line from the shoulder to the ankles, and must remain that way throughout the exercise. The applicant begins in the "up" position, with elbows locked. The applicant will lower their body by bending at the elbows until the upper arm is parallel to the ground. The applicant returns to the "up" position, locking the elbows. The applicant may rest in the "up" position only. The test administrator will count aloud each correct push-up. **21 correct push-ups must be performed to pass the test.**
3. **1 Minute Sit-Ups** – Applicant will lie on the floor with the knees bent 90° and feet held in position, and fingers interlocked behind head. The applicant will raise upper body, touching their elbows to their knees without pulling on their neck or raising their hips off of the floor. The test administrator will count aloud each correct sit-up. Applicants will have 1 minute to complete **29 correct sit-ups**.
4. **1.5 Mile Run** – Applicant will run a level 1.5 mile course within **14:45 seconds**.

This test battery uses the National Law Enforcement Test Battery, which has proven validity and safety. This battery of events is also known as the Cooper test, and is used in several hundred law enforcement agencies nationwide. The events chosen have undergone court scrutiny and are accepted as being job related and construct valid.