

Terre Haute Police Department

Physical Agility Testing Instructions

TERRE HAUTE POLICE DEPARTMENT PHYSICAL STANDARDS

TEST	PASSING STANDARD
Vertical Jump	16 inches minimum
One Minute Sit-Ups	29 minimum
300 Meter Run	71 seconds or less
Push-Ups (no time limit)	25 minimum
1.5 Mile Run	16 minutes 28 seconds

INDIANA LAW ENFORCEMENT ACADEMY PHYSICAL STANDARDS

TEST	PASSING STANDARD
Vertical Jump	16 inches minimum
One Minute Sit-Ups	29 minimum
300 Meter Run	71 seconds or less
Push-Ups (no time limit)	25 minimum
1.5 Mile Run	16 minutes 28 seconds

VERTICAL JUMP

PURPOSE – Measure of jumping or explosive power

EQUIPMENT – Vertical jumping apparatus fixed to a smooth wall or free standing. Encompasses some method of marking extension when jumping (e.g. chalk dust, velcro)

PROCEDURE

1. Participant stands with one side toward wall, feet together, and reaches up as high as possible to mark his/her standard reach.
2. Participant jumps as high as possible and marks the highest point of the jump. Participant must jump from both feet in a stationary stance. Arms may be pumped and thrust upward.
3. Score is the total inches, to the nearest ½ inch, above the standard reach mark.
4. The best of three trials is the recorded score.

ONE MINUTE SIT-UPS

PURPOSE – Measure abdominal endurance.

PROCEDURE

1. The participant starts by lying on his/her back, knees bent, heels flat on the floor, 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 partner holds the feet down firmly.
3. The participant performs as many correct sit-ups as possible in 1 minute.
4. In the upper position, the participant should touch elbows to knees and then return until the shoulder blades touch the floor.
5. Score is total number of correct sit-ups performed within 1 minute. Any resting must be done in the up position only.
6. Breathing should be as normal as possible, making sure the participant does not hold his/her breath as in the Valsalva maneuver.

300 METER RUN

PURPOSE – A measure of anaerobic power.

EQUIPMENT – 400 meter running track, or any measured 300 meter flat surface with sufficient distance to slow to a stop.

PROCEDURE –

1. Warm up and stretching should precede testing.
 2. Participant runs 300 meters at maximum level of effort. Time used to complete distance is recorded.
 3. Participant should walk for 3-5 minutes immediately following test to cool down. This is an important safety practice.
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PUSH UPS

PURPOSE – Measures muscular endurance of the upper body (anterior deltoid, pectorals major, triceps)

PROCEDURE

1. The hands are placed shoulder width apart, with fingers pointing forward. Some part of the hands must lie within a vertical line drawn from the outside edge of the shoulders to the floor. The administrator places one fist on the floor below the participant's chest (sternum).
 2. Starting from the up position (arms fully extended with elbows locked, both hands and both feet only touching the floor) the participant must keep the back straight at all times and lower the body to the floor until the chest (sternum) touches the administrator's fist. The participant then returns to the up position with the elbows fully locked. This is one repetition.
 3. Resting is permitted only in the up position. The back must remain straight during resting.
 4. When the participant elects to stop or cannot continue, the total number of correct pushups is recorded as the score. No time limit.
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1.5 MILE RUN

PURPOSE – Measure of aerobic power (cardiovascular endurance). The objective in the 1.5 mile run is to cover the distance as fast as possible.

EQUIPMENT – Stopwatch and indoor or outdoor track or other suitable flat running area measured to 1.5 miles.

PROCEDURE

1. Participants should not eat a heavy meal or smoke for at least 2 -3 hours prior to the test. Participants should warm up and stretch thoroughly prior to running.
2. The participant runs 1.5 miles as fast as possible.
3. Participants should not physically touch one another during the run, unless it is to render first aid.
4. Finish times should be called out and recorded.
5. Upon completion of the run, participants should cool down by walking for about 5 minutes 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).

TERRE HAUTE POLICE DEPARTMENT

PHYSICAL FITNESS TEST – SAMPLE SCORING SHEET

EXERCISE

SCORING

Vertical Jump

16 inches – 19 inches = 1pt
20 inches and above = 2pts

Sit-Ups in one minute

29 reps – 39 reps = 1pt
40 reps and above = 2pts

300 Meter Run

71 sec – 60 sec = 1pt
59 sec or less = 2pts

Push-Ups (no time limit)

25 reps – 36 reps = 1pt
37 reps and above = 2pts

1.5 Mile Run

16:28 – 13:30 = 1pt
13:29 or less = 2pts
TOTAL PTS X2 = %

Grading Note: All points received by applicant will be multiplied by two to reach the total composite score for the Physical Fitness Test, with a maximum score of 20 points. The Physical Fitness Test is 20% of the applicant's total score.

