

Physical Fitness Instructor Course – Special Testing Requirements

Students participating in the *Physical Fitness Instructor Course* shall undergo physical fitness testing on the first day to ensure their viability to successfully complete the course. Testing procedures and requirements are outlined below:

- **General Testing Procedures**

- The order of physical fitness testing will occur as listed below (10-minute rest period between stages);
- Trainees who fail any stage of testing may not proceed to the next stage but will be permitted **one** additional opportunity to begin again at the first testing stage and proceed until successful completion or failure occurs;
- Trainees who fail physical fitness testing will be dismissed from the course.

- **Push-up Stage**

Measures muscular endurance of the upper body (anterior deltoid, pectoralis major, triceps)

- Duration: One (1) minute
- Procedure
 1. Hands are placed slightly wider than shoulder width apart, with fingers pointing forward;
 2. Trainer places one fist on the floor below the trainee's chest. If a male is testing a female, a 3-inch sponge should be placed under the sternum to substitute for the fist;
 3. Starting from the up position (elbows extended), the trainee must keep the back straight at all times and lower the body to the floor until the chest touches the trainer's fist;
 4. Trainee then returns to the up position. This is one repetition.
 5. Resting should be done only in the up position. Both hands must remain in contact with the floor at all times.
- Scoring
 1. The total number of correct pushups in one (1) minute is recorded as the score;
 2. The total number of correct sit-ups must be in the 70th percentile or above in order for the trainee to be allowed to remain in the course. (See Table 1)

Table 1. 70% One-Minute Pushup Standards

Age Range	Male Number of Pushups	Female Number of Pushups
20-29	41	24
30-39	34	18
40-49	26	14
50-59	21	12
60-69	21	12

- **Sit-up Stage**

Measures abdominal muscular endurance

- Duration: One (1) minute
- Procedure

1. Trainee 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. Another trainee holds the feet down firmly (without kneeling on sit-up trainee's feet);
3. Trainee then performs as many correct sit-ups as possible in one minute;
4. In the up position, the trainee should touch elbows to knees and then return until the shoulder blades touch the floor;
5. Score is determined by total number of correct sit-ups;
6. Any resting should be done in the up position;
7. Breathing should be as normal as possible, making sure the trainee does not hold their breath as in the Valsalva maneuver;
8. Neck should remain in the neutral position;
9. Do not pull on the head or neck.

- Scoring

1. The total number of correct sit-ups in one (1) minute is recorded as the score;
2. The total number of correct sit-ups must be in the 70 percentile or above in order for the trainee to be allowed to remain in the course. (See Table 2)

Table 2. 70% One-Minute Sit-Up Standards

Age Range	Male Number of Sit-Ups	Female Number of Sit-Ups
20-29	45	41
30-39	41	32
40-49	36	27
50-59	31	22
60-69	26	12

- **1.5 Mile Run Stage**

Measures cardio-respiratory fitness

- Duration: The objective in the 1.5-mile run is to cover the distance as fast as possible.
- Procedure
 1. Trainees should not eat a heavy meal or smoke for at least 2-3 hours prior to the test;
 2. Trainees will warm-up and stretch thoroughly prior to the test;
 3. If possible, each trainee should have experienced some practice in pacing prior to the test (often trainees will attempt to run too fast early in the run and become fatigued prematurely);
 4. A trained pacer might accompany the trainees around the track during the actual test;
 5. The trainee will run 1.5 miles as fast as possible;
 6. Upon test completion, a mandatory cool down period is enforced. Trainees 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 arrhythmias).
- Scoring
 1. Finish times will be called out and recorded;
 2. The end time must be in the 70th percentile or above in order for the trainee to remain in the course. (See Table 3)

Table 3. 70% Run Standards

Age Range	Male Time (Minutes: Seconds)	Female Time (Minutes: Seconds)
20-29	10:59	12:51
30-39	11:22	13:24
40-49	11:58	13:58
50-59	12:53	15:43
60-69	14:16	17:30