



# Physical Ability Testing Procedures & Protocols

## Norman Police Department PHYSICAL ABILITY TESTING

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 by the Norman Police Department.

### **Physical Ability Test Preparation**

Whereas many training routines can be used to improve performance in the Physical Ability Test (PAT), participants should keep in mind that physical training is specific. That is, one improves in activities practiced. If one wishes to optimize push-up performance, push-ups should be included in the training program. Many other exercises can also be included to strengthen the chest, shoulders, and arms, but push-ups should be included in the routine. Ideally, muscles and the cardiovascular system should be gradually and progressively trained over several weeks or months to achieve desired fitness gains. Physical adaptations occur gradually in response to regular, consistent overloads, i.e. doing more than your body is accustomed to doing. It is important to bear in mind that every individual adapts at a different rate- a stimulus resulting in an appropriate, moderate overload to one person may be too much or too little for another person. A participant who has been inactive for a significant period of time should plan to take six to twelve weeks to train for the PAT.

The training routine should include exercises to train upper body strength and muscular endurance, abdominal muscular endurance, leg power, cardio-respiratory endurance and anaerobic power. Strength and cardio-respiratory endurance activities should be performed about every other day, or three days per week, to allow adequate recovery and positive adaptations to occur. Anaerobic (high intensity) training should be done once per week, and can be performed instead of a cardio-respiratory training session. For flexibility enhancement, good back health, and injury prevention, stretching exercises should be performed before and especially after training sessions, as well as on days off.

### **The PAT is comprised of four tests:**

- **1.5-Mile Run**
- **Push-Ups (One Minute)**
- **Sit-Ups (One Minute)**
- **300-Meter Run**

**NOTE: Failure of any component will result in immediate dismissal from the selection process.**

# 1.5-MILE RUN

**Applicant Maximum Time- 15 minutes 20 Seconds**

## Purpose

This test is a measure of cardiorespiratory endurance or aerobic power, which is determined by the body's ability to transport and utilize oxygen to produce energy. 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. The objective in the 1.5 mile run is to cover the distance as fast as possible.

## Procedures

1. Warm up and stretching shall precede testing. Applicants must warm-up while waiting for assessment.
2. Applicants will line up at the starting line. The proctor will give the command "Go" (audible or visual) and timing will begin.
3. Applicants should not physically touch one another during the run, unless it is to render first aid.
4. Finishing times should be called out in minutes and seconds.
5. Upon completion of the run, applicants must cool down by walking for approximately 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).

**Preparation** To prepare for this test, you need to gradually increase your running endurance. The schedule below is a proven, progressive routine. Begin at the level you can accommodate; and if you can advance the schedule on a weekly basis, then proceed to the next level. If you can do the distance in less time, then do so.

<b>Week</b>	<b>Activity</b>	<b>Distance in Miles</b>	<b>Duration in Minutes</b>	<b>Times per Week</b>
1	Walk	1	17 - 20	5
2	Walk	1.5	25 - 29	5
3	Walk	2	32 - 35	5
4	Walk	2	28 - 30	5
5	Walk/Jog	2	27	5
6	Walk/Jog	2	26	5
7	Walk/Jog	2	25	4
8	Walk/Jog	2	24	4
9	Jog	2	23	4
10	Jog	2	22	4
11	Jog	2	21	4
12	Jog	2	20	4

# PUSH-UPS

## Applicant Minimum Repetitions – 18 Push-ups in 1 minute

### 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.

### Procedures (refer to Figures 1 – 3)

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 proctor places one fist on the floor below the participant's chest (sternum). Applicants must warm-up while waiting for assessment.
2. Starting from the up position (arms fully extended with elbows locked, both hands and both feet only touching the floor, feet may be together, or up to shoulder width apart), the participant must keep the back straight at all times and lower the body to the floor until the chest (sternum) touches the proctor's fist. The participant then returns to the up position with the elbows fully locked. This is one repetition.
3. Resting is permitted in the up position only.
4. When the participant elects to stop or cannot continue, the total number of correct pushups is recorded as the score.
5. Participants who wear glasses should remove them for this event if they do not have a retaining band.



Fig. 1



Fig. 2



Fig. 3

### Preparation

1. Determine the maximum number of correct push ups you can do in one minute.
2. Multiply that number by .75 (75%). Round off the result to the lowest number. This will be the number of repetitions (push-ups) you will do per set.
3. Perform the number of push -ups (correct form) determined in the calculation done in #2 above.
4. Rest no longer than 60 seconds and do another set of repetitions.
5. Repeat #4 and #5 until you have done 3 to 5 sets of repetitions. Even though the last sets may be difficult, maintain proper form. If you have to hesitate longer on the floor on the last sets to get in the full number, then do so but rest no longer than necessary. It is important that you get in all the repetitions.
6. Do this routine every other day. Increase the number of reps per set by 1 or 2 each week and reassess after 2 weeks and repeat with #1.

# SIT-UPS

## Applicant Minimum Repetitions – 27 Sit-ups in 1 minute

### Purpose

This test measures the muscular endurance of the abdominal muscles. This is important for performing tasks that involve the use of force, and it helps maintain good posture and minimizes lower back problems. This test will be performed on a mat or carpeted surface.

### Procedures (refer to Figures 4-6)

1. The applicant starts by lying on his or 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. Applicants should keep loose while waiting for start.

2. A proctor holds the feet firmly.

3. The applicant performs as many correct sit-ups as possible in one minute. In the up position, the individual must touch the elbows to the knees and then return to the lying position (shoulder blades touch the floor) before starting the next sit-up.

4. The score is the number of correct sit-ups. You must maintain continuous physical effort throughout the exercise. For the sit up, resting is permitted in the up position only. You may not use your hands or any other means to pull or push yourself up to the up (resting) position or to hold yourself in the rest position. If you stop for more than 3 seconds and in the down (starting) position, the event will be terminated. Correct performance is important.

5. Breathing should be as normal as possible, making sure the participant does not hold his or her breath.



Fig. 4



Fig. 5



Fig. 6

### Preparation

1. Determine the number of correct sit-ups you can do in one minute.

2. Multiply that number by .75 (75%). Round off the result to the lowest number. This will be the number of repetitions (sit-ups) you will do per set.

3. Warm up with some light activity of your choice, such as a stationary bike, walking or jogging on the treadmill, light calisthenics, etc.

4. Perform the number of sit-ups (correct form) determined in the calculation done in #2 above.

5. Rest no longer than 60 seconds, and do another set of repetitions.

6. Repeat #4 and #5 until you have done 3 to 5 sets of repetitions. Even though the last sets may be difficult, maintain proper form. If you have to hesitate longer on the floor on the last sets to get in the full number, then do so, but rest no longer than necessary. It is important that you get in all the repetitions.
7. Do this routine every other day. Increase the number of reps per set by 1 or 2 each week and reassess after 2 weeks and repeat with #1.

## 300-METER RUN

**Applicant Maximum Allowed Time – 68 seconds**

### Purpose

This is a test of anaerobic capacity, which is important for performing short, intense bursts of effort such as foot pursuits, rescues and use of force situations.

### Procedures

1. Warm up and stretching shall precede testing. Applicants must warm-up while waiting for assessment.
2. Applicants will line up at the starting line. The proctor will give the command “Go” (audible or visual) and timing will begin.
3. Applicant runs 300 meters at maximal level of effort. Time used to complete the distance is recorded.
4. Applicants should walk for 3 – 5 minutes immediately following test to cool down before proceeding on to the next test. This is an important safety practice.

### Preparation

To prepare for this component, it is a good idea to do interval training. The first step is to time yourself for an all-out effort at 110 yards. This is called your initial time (IT). The second step is to divide your IT by 0.80 to get your training time. Then follow the schedule below

<b>Weeks</b>	<b>Distance</b>	<b>Reps</b>	<b>Training Time</b>	<b>Rest Time</b>	<b>Frequency</b>
1 & 2	110 yards	10	IT ÷ 0.80	2 min.	1/week
3 & 4	110 yards	10	IT ÷ 0.80 minus 2-3 seconds	2 min.	1/week
5 & 6	110 yards	10	IT ÷ 0.80 minus 5-6 seconds	2 min.	1/week
7 & 8	220 yards	8	IT ÷ 0.80 x 2	2 min.	1/week
9 & 10	220 yards	8	IT ÷ 0.80 x 2 minus 4 seconds	2 min.	2/week