

# Applicant Fitness Test

## Cumberland County Police Testing Consortium

Applicants for the position of Police Officer must demonstrate a fitness level which would allow them to perform the essential job functions of a police officer. Applicants must perform each of the following events in accordance with the indicated standards. Each event will be scored as PASS/FAIL. **If an applicant fails one event, they fail the entire test and will not advance to the written test.** The events must be performed in the following order with a minimum 5-minute rest between events:

MPOETC 30% Standard	Male Standards by Age					Female Standards by Age				
	18-29	30-39	40-49	50-59	60+	18-29	30-39	40-49	50-59	60+
Sit-ups (1 minute - reps)	35	32	27	21	17	30	22	17	12	4
300-meter run (time - sec)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
Push-ups (1 minute - reps)	26	20	15	10	8	13	9	7	7	7
1.5-mile run (time)	13:16	13:46	14:34	15:58	17:38	15:52	16:38	17:22	18:59	21:20

Applicants must pass the MPOETC Entrance Fitness Test with a score at the 30th percentile (chart above) in each event based on their biological (birth) gender and age at the time of testing.

1. **One Minute Sit-ups**

This test measures abdominal muscular endurance. While lying on the back, the participant will be given one minute to do as many bent leg sit-ups as possible.

2. **300 Meter Run**

This test measures anaerobic power, or the ability to make an intense burst of effort for a short time period or distance. It consists of sprinting 300 meters as fast as possible.

3. **One Minute Push-ups**

This test measures the muscular endurance of the upper body. It consists of doing as many push-ups as possible in one minute.

4. **1.5 Mile Run**

This test measures aerobic power and cardiovascular endurance. For this test you must complete a distance of 1.5 miles.

# Protocol for One Minute Sit-ups

## Purpose

This is a test of abdominal muscular endurance.

## Procedure

1. Participants start by lying flat on their back on a floor mat.
2. Knees should be bent at approximately a 90° angle with the soles of their feet flat on the ground.
3. Hands should be placed behind their head with the fingers interlocked. The hands may not be on the top of the head or on the neck. To avoid pulling on the neck, the head should remain in a neutral position.
4. A partner holds the feet down firmly.
5. Upon the command “Begin” by the event timer, participants will have one (1) minute to complete the required number of correct repetitions.
6. For a repetition to count, the participant must curl their upper body until their elbows contact their knees, and then return down until their shoulder blades contact the floor mat.
7. Breathing should remain normal throughout the exercise.
8. Participants’ buttocks shall remain flat on the ground to avoid “kipping” of the hips and the fingers must remain interlocked.
9. All resting must be done in the “up” position, otherwise the test is terminated.



**Video available:** <https://mpoetc.psp.pa.gov/training/Pages/Physical-Fitness.aspx>

## How to Prepare for Sit-ups

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.

# Protocol for 300 Meter Run

## Purpose

This is a test of anaerobic power.

## Procedure

1. The starter should position participants at the starting line. The timer will take a position at the finish line.
2. The timer will begin recording the event time on the command “Go” and continue until participants cross the finish line.
3. To successfully complete this event, participants must finish the course at or under the required time for their age and gender.

## How to Prepare for 300 Meter Run

To prepare for this event, 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, or IT. The second step is to divide your IT by .80 to get your training time. Then follow the schedule below.

Week	Distance	Reps	Training Time	Rest Time	Frequency
1 & 2	110 yards	10	$IT \div .80$	2 min.	1/week
3 & 4	110 yards	10	$IT \div .80$ minus 2-3 seconds	2 min.	1/week
5 & 6	110 yards	10	$IT \div .80$ minus 5-6 seconds	2 min.	1/week
7 & 8	220 yards	8	$IT \div .80 \times 2$	2 min.	1/week
9 & 10	220 yards	8	$IT \div .80 \times 2$ minus 4 seconds	2 min.	2/week

# Protocol for One Minute Push-ups

## Purpose

This test measures muscular endurance of the upper body (anterior deltoid, pectorals major, triceps).

## Procedure

1. Participants shall place their hands slightly wider than shoulder width apart, with fingers pointing forward, palms of the hand touching the ground/floor/mat. (Knuckle or fingertip push-ups are not permitted for this test.)
2. Participants start the event in the up position.
3. The administrator places one fist on the floor below the participant's chest (sternum).
4. Starting from the up position (elbows extended), the participant must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist, or when the participant's elbows reach a 90-degree angle. The participant then returns to the up position. This completes one repetition.
5. Resting must only be done in the up position. Both hands and feet (toes) must remain in contact with the floor at all times. Participants must not arch their back during the test.



**Video available:** <https://mpoetc.psp.pa.gov/training/Pages/Physical-Fitness.aspx>

## How to Prepare for Push-ups

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. 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 push-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.

# Protocol for 1.5 Mile Run

## Purpose

The is a test of aerobic power.

## Procedure

1. The timer will begin recording the event time on the command “Go” and continue until participants cross the finish line.
2. To successfully complete this event, participants must finish the course at or under the required time for their age and gender.
3. During the event, participants may not be physically assisted by another runner or leave the running surface.
4. Participants may not wear headsets or earphones.

## How to Prepare for 1.5 Mile Run

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.

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