

## **PHYSICAL FITNESS ABILITY TEST**

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 as established by the Washington State Criminal Justice Training Commission.

The Fitness Ability Test Battery is comprised of four tests:

1.     **300-Meter Run.**  
The purpose of the 300-Meter Run is to measure the anaerobic capacity used in high intensity baton and defensive tactics training and is important for performing short intense bursts of effort such as foot pursuits, rescues and use of force situation. Score in seconds: 56 - 71. Mean = 62.5
  
2.     **Maximum Push-Ups**  
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. Score in repetitions: 21 - 35. Mean = 28.
  
3.     **Sit-Ups (One Minute)**  
This test measures the muscular endurance of the strength/abdominal muscles, which are used in self-defense and high intensity arrest-simulation training. These muscles are important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems. Score in repetitions: 30 - 38. Mean = 34.
  
4.     **1.5 Mile Run/Walk**  
This test is a measure of cardio-respiratory endurance of aerobic capacity used in extended control and defensive tactics training. 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. Score: 13:35-14:31. Mean = 14:02.

## SCORING THE PHYSICAL FITNESS ABILITY TEST

The scoring matrix shown below allows the examiner to find the participant's raw and Fitness Ability Test score on each test in the battery. The Fitness Ability Test score for each test item is recorded and added on the individual participant's sheet. The passing (TTBS) score is 200 with the range of scores for each test between 30 and 50 for each test item.

Example: The below measures are merely for illustration and are only approximate values.

1. Sit-Ups 34 = 40.5 points.
2. Push-Ups 35 = 50 points.
3. 1.5 Mile Run 14:31 = 30 points.
4. 300 Meter Dash 60 seconds = 45 points.

Total test battery score is 165 points.

The participant who scores below the 30 point level has failed the test and will not be allowed to continue on to the other test items.

The participant who scores above the 50 point level on a given test will not be awarded more than those 50 points to apply towards the other test items.

### Preparing for the Fitness Ability Test

Whereas many training routines can be used to improve performance in the Fitness Ability Test, 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 Fitness Ability Test.

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 off days.

# PHYSICAL FITNESS ABILITY TEST SCORING MATRIX

## 300 Meter Run

Time in Seconds	1.33 Point/ Second	Time in Seconds	1.33 Point/second
56.0	50.00	64.0	39.33
56.5	49.30	64.5	38.66
57.0	48.67	65.0	38.00
57.5	48.00	65.5	37.33
58.0	47.34	66.0	36.66
58.5	46.67	66.5	36.00
59.0	46.00	67.0	35.33
59.5	45.33	67.5	34.66
60.0	44.67	68.0	34.00
60.5	44.00	68.5	33.33
61.0	43.33	69.0	32.66
61.5	42.67	69.5	32.00
62.0	42.00	70.0	31.33
62.5	41.33	70.5	30.66
63.0	40.67	71.0	30.00
63.5	40.00		

### Push-Ups

Number of Reps	1.43 Pt points/rep
35	50.00
34	48.62
33	47.19
32	45.76
31	44.33
30	42.90
29	41.47
28	40.04
27	38.61
26	37.18
25	35.75
24	34.32
23	32.89
22	31.46
21	30.00

### Sit-Ups

Number of reps	2.375 points/rep
38	50.000
37	47.625
36	45.250
35	42.875
34	40.500
33	38.125
32	35.750
31	33.375
30	30.000

## PHYSICAL FITNESS ABILITY TEST SCORING MATRIX

### 1.5 mile

Time .357 Points/ Second	Points	Time .357 Points/ Second	Points
13:35	50.000	14:04	39.639
13:36	49.635	14:05	39.282
13:37	49.278	14:06	38.925
13:38	48.921	14:07	38.568
13:39	48.564	14:08	38.211
13:40	48.207	14:09	37.854
13:41	47.850	14:10	37.497
13:42	47.493	14:11	37.140
13:43	47.136	14:12	36.783
13:44	46.779	14:13	36.426
13:45	46.422	14:14	36.069
13:46	46.065	14:15	35.712
13:47	45.708	14:16	35.355
13:48	45.351	14:17	34.998
13:49	44.994	14:18	34.641
13:50	44.637	14:19	34.284
13:51	44.280	14:20	33.927
13:52	43.923	14:21	33.570
13:53	43.566	14:22	33.213
13:54	43.209	14:23	32.856
13:55	42.852	14:24	32.499
13:56	42.495	14:25	32.142
13:57	42.138	14:26	31.785
13:58	41.781	14:27	31.428
13:59	41.424	14:28	31.071
14:00	41.067	14:29	30.714
14:01	40.710	14:30	30.357
14:02	40.353	14:31	30.000
14:03	39.996		