



# **CITY OF HYATTSVILLE POLICE APPLICANT PHYSICAL FITNESS SCREENING**

**YOU WILL BE NOTIFIED OF YOUR  
TEST DATE AT ANOTHER TIME  
THIS IS BEING GIVEN TO YOU  
NOW SO YOU CAN PREPARE  
FOR THE FITNESS EXAM**

# PRE-EMPLOYMENT PHYSICAL FITNESS SCREENING

## PRE-EMPLOYMENT PHYSICAL FITNESS TEST BATTERY

Minimum scores are based upon the Coopers Institute Fitness percentiles by age/sex

Sit- up            MUSCULAR ENDURANCE – The score is the number of bent leg sit-ups performed in one minute according to age and sex.

Push-up           ABSOLUTE STRENGTH – The score is the number of full body push-ups performed in one minute according to age and sex.

1.5 Mile Run    CARDIOVASCULAR CAPACITY – The score is the time to complete a pre-measured 1.5 mile run in minutes: seconds.

### AGE/SEX

### TEST

#### MALE

#### SIT-UP

#### PUSH-UPS

#### 1.5 MILE RUN

20-29	38	29	12:38
30-39	35	24	13:04
40-49	29	18	13:49
50-59	24	13	15:03

#### FEMALE

20-29	32	15	14:50
30-39	25	11	15:38
40-49	20	09	16:21
50-59	14	09	18:07

## RELEVANCE OF TEST ITEMS TO ESSENTIAL TASKS

The three elements of the test battery are designed to establish physical capacity to participate in recruit level training and perform the essential tasks of entry level law enforcement. They are not simulations, but rather assessments of the candidate's capacity to learn and perform essential physical tasks.

The following represents the specific relationship between the test element and the essential task(s) which validate its use.

### SIT UPS / MUSCULAR ENDURANCE

Essential tasks:

- Use of force
- Lifting, carrying, holding, restraining
- Running at full speed

### PUSH-UPS / ABSOLUTE STRENGTH

Essential tasks:

- Lifting, carrying
- Restraining non compliant subjects

### 1.5 MILE RUN / CARDIOVASCULAR CAPACITY

Essential tasks:

- Use of force (beyond 2 minutes)
- Pursuit
- Running upstairs
- Providing CPR

In short, after an evaluation of serving personnel, our recommendation is that if the candidate does not score at the minimum scores he/she should not be hired because their capacity to learn and perform these tasks safely is hindered. (See below for methodology related to setting local cut-off score.)

The test battery which has been described should be performed only as a pass/fail screening device. Once a candidate passes the components according to the scored stated on the Pre-Employment Physical Fitness Test Battery, the remaining elements of the local selection process may be applied.

### **HOW TO PREPARE FOR THE TESTS**

#### **PREPARING FOR THE MUSCULAR ENDURANCE TEST:**

The progressive routine is to do as many bent leg sit up (hands behind neck/or cupping ears with someone holding your feet) as possible in one minute. At least three (3) times per week, do three (3) sets or groups of the number of repetitions you did in one (1) minute. Increase your number of repetitions by 5-10 percent each week.

#### **PREPARING FOR THE ABSOLUTE STRENGTH TEST:**

If you have access to weights, determine the maximum weight that you have bench press one time. Take 60% of that poundage. This will be your training weight. You should be able to do 8-10 repetitions of that training weight. Do three (3) sets of 8-10 repetitions, adding 4-10 pounds every week.

If you do not have access to weights, then the push-up exercise can be used. Determine how many push-ups you can do in one minute. At least three (3) times per week, do three (3) sets or groups of the number of repetitions you did in one minute. Increase your number of repetitions by 5-10 percent each week.

## PHYSICIAN'S RELEASE FOR EXERCISE

The Hyattsville City Police Department has identified several job related physical fitness tests for applicants, recruits and incumbents. Within the course of their normal duties, there are several critical and essential physical tasks that the member may need to perform, regardless of their rank. Successful performance of these physical tasks strongly relates to the member's effectiveness, their safety, the safety of their co-workers, and the safety of the public that they are charged to protect and serve.

In order to measure the member's capability to perform these tasks, a physical fitness test will be administered. Following your physical examination of the member, please complete this form indicating whether or not the member can perform the physical fitness battery.

It is my understanding that \_\_\_\_\_ will be participating in a physical fitness evaluation. The purpose and procedure for each test will be explained to the member. I understand that aspects of the physical fitness evaluation including the following activities:

- A 1.5 Mile Run Test. This test is used to estimate the member's cardiorespiratory fitness level. The test is given on a flat surface following a warm-up. The member will be within visual sight of the test administrator at all times. There is a mandatory cool-down period following the test.
- Muscular strength/endurance testing. This test will include a 1 minute push-up test as well as a 1 minute sit-up test.
- A 300 Meter Run to measure anaerobic power. This test will be given on a flat surface following a warm up. The member will be within visual sight of the test administrator at all times. There will be a mandatory cool-down period following the test. **(NOT GIVEN ONLY DURING APPLICANT PHYSICAL FITNESS TEST)**

As the individual's attending physician, I am not aware of any medical condition which would prevent him or her from participating in the physical, fitness testing outlines above.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Address: \_\_\_\_\_

Notes: