

## PHYSICAL FITNESS TEST

### **A. VERTICAL JUMP:**

1. Subject stands with one side toward the wall and reaches up as high as possible to mark his/her standard reach on the yardstick.
2. Subject jumps as high as possible and marks the spot on the wall above his/her standard reach mark.
  - a. Prior to jump, one foot must remain stationary on the floor.
3. Score is the difference between the standard reach and top of the jump mark, to the nearest  $\frac{1}{2}$  inch.
4. The best of three trials is the score.

### **B. ONE MINUTE SIT-UP:**

1. The subject starts by lying on the back with their knees bent, feet flat on the floor, with their fingers laced and held behind the head.
  - a. The buttocks must remain on the floor with no thrusting of the hips.
2. A partner holds the feet down using their hands.
3. The subject then performs as many correct sit ups as possible in one minute.
4. In the up position, the individual should touch elbows to knees and then return until shoulder blades touch the floor.
5. Score is total number of correct sit-ups.
  - a. Any resting should be done in the up position.
6. Breathing should be as normal as possible.
  - a. Exhaling on the way up and inhaling on the way down is strongly recommended.
  - b. The subject should not hold their breath.
7. Neck remains in the neutral position.

8. Do not pull on the head or neck.

**C. 300 METER RUN TEST:**

1. As with all physical tests, warm-up and stretching should precede testing.
2. If using a 400 meter track, participant runs  $\frac{3}{4}$  of 1 lap (inside lane) at maximal level of effort.
  - a. Time used to complete distance is recorded in seconds.
3. Participant should walk for 3-5 minutes immediately following test to cool down. This is an important safety consideration.

**D. ONE MINUTE PUSH-UP:**

1. The hands are placed slightly wider than shoulder width apart, with fingers pointing forward.
  - a. The administrator places one fist on the floor below the subject's chest.
  - b. If a male is testing a female, a 3 inch sponge should be placed under the sternum to substitute for the fist.
  - c. The feet cannot be braced against the wall.
2. Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist or sponge.
  - a. Subject then returns to the up position. This is one repetition.
3. Resting should be done only in the up position.
  - a. Both hands must remain in contact with the floor at all times.
  - b. No piking or arching is allowed at any time; the back must be kept straight.
4. The total number of correct pushups in 1 minute is recorded as the score.

**E. 1.5 MILE RUN:**

1. As with all physical tests, warm-up and stretching should precede testing.
2. If using a 400 meter track, participant runs 6 laps (inside lane) at maximal level of effort.
  - a. Time used to complete distance is recorded in seconds.
3. Participant should walk for 3-5 minutes immediately following test to cool down. This is an important safety consideration

**DENVILLE TOWNSHIP POLICE  
PHYSICAL FITNESS PERFORMANCE STANDARDS**

|               |                  |
|---------------|------------------|
| 1.5 Mile Run  | <b>14:40</b>     |
| 300 Meter Run | <b>64.3</b>      |
| Push-up       | <b>34</b>        |
| Sit-up        | <b>38</b>        |
| Vertical Jump | <b>16 inches</b> |