

**POCONO MOUNTAIN REGIONAL POLICE DEPARTMENT
PHYSICAL FITNESS TESTS**

It is the responsibility of each applicant to possess an acceptable level of physical readiness which insures that the applicant is, at all times, at a level of physical readiness necessary to perform the essential tasks of a police officer.

In order to insure that each applicant can perform his/her duties safely and effectively without undue risk to themselves or the public, the applicant is required to take the Physical Fitness Tests as part of the selection procedures. This test was designed using the guidelines of the “American College of Sports Medicine” and the “Cooper Institute for Aerobics Research.”

The test battery consists of:

Vertical Jump	15.5 Inches
Sit-ups	30 Reps
300 Meter Run	66 Seconds
Push-ups	25 Reps
1.5 Mile Run	15 Minutes 54 Seconds

Each test is preceded by a warm-up or rest period, with a mandatory cool-down period at the conclusion of the tests.

PHYSICAL FITNESS TEST BATTERY

- The Physical Fitness Test Battery consists of five exercise events, immediately preceded by a warm-up session with intermittent rest periods to ensure the safety of the applicants.
- The Physical Fitness Test Battery is designed to measure the cumulative effect on each applicant. Therefore, failure of any one of the events constitutes a failure of the entire Test Battery and will exclude the applicant from further processing.
- The Physical Fitness Test Battery and Standards are detailed below along with an explanation of each event protocol.

Vertical Jump	15.5 Inches
Sit-ups	30 Repetitions
300 Meter Run	66 Seconds
Push-ups	25 Repetitions
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1. **Vertical Jump:** This is a measure of lower body explosive strength. This is an important part of any physical exertion scenario. Example: Vaulting or jumping during a pursuit.

The applicant stands directly under the vertically aligned, graduated blades of a Vertex Vertical Jump Tester. With the feet together, they begin by reaching up as high as possible keeping their heels flat on the ground. This establishes the applicant's base mark. From this base mark, a measurement is then made in order to establish the height of the standard mark. The jump may be performed in one of two ways. Keeping one-foot stationary, the applicant may take one step to the side or backwards with the other foot, stepping in and jumping straight up. The applicant could elect to stand with both feet squarely beneath them, bending down, and jumping straight up. With either method, the applicant must reach up with one hand and touch the machines graduated blade set at the standard height. The applicant has three attempts to reach the standard mark.

2. **Sit-ups:** This is a measure of the muscular endurance of the trunk including the abdominal muscles and hip flexors. This is an important factor in a use of force scenario and minimizing lower back problems. Example: Gaining physical control of a suspect.

The applicant starts by lying on their back, knees bent at approximately 90°, feet flat on the ground, and hands behind the head. Fingers must be interlocked. The feet are held in place while the applicant performs the required number of sit-ups. To be counted as a repetition, the applicant must touch their knees with their elbows and return to the lying position so that the shoulder blades touch the ground. During the exercise, the applicant may not raise their hips or kip and may only rest in the up position. The required number of repetitions must be completed.

3. **300-Meter Run:** This is a measure of anaerobic power. This is an important factor in exerting short bursts of energy. Example: Pursuit Tasks.

The applicant must complete a 300-meter course in or under the required time. On a standard 440-yard track, the 300-meter line is 112 yards from the start/finish line or approximately $\frac{3}{4}$ around the track.

4. **Push-ups:** This is a measure of dynamic upper body strength. This is an important part of any dynamic physical exertion scenario. Example: Gaining physical control of a suspect or clearing a roadway.

The applicant starts in a kneeling position in order to set their hands on the ground approximately shoulder width. After the exercise begins the hands may not move or change position. The feet, which are together or no more than six inches apart, are then set back in the up position. The applicants lower themselves until the mid-line of their chest touches the top of the fist or a three-inch block. This is equal to the humerus or upper part of the arm becoming parallel to the ground. The applicant returns to the up position with straight line “soft lock” of the elbows. The applicant may rest in the up position only and must maintain a straight back from the head to the heels. No other part of the body may contact the ground. The required number of repetitions must be completed.

5. **1.5 Mile Run:** This is a measure of aerobic power or VO₂ max. This is the foundation for almost all physical tasks. Example: Use of force scenarios and administering CPR.

The applicant must complete the 1.5-mile course in or under the required time. On a 440-yard running track, six laps must be completed. The applicant may not exit the running surface prior to completing the course.

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