

Shaler Township Police Applicant Physical Agility Testing

1. **Sit-up** – Abdominal muscular endurance as measured by the one-minute sit-up test: With legs bent at a 90-degree angle, heels on the mat or ground (supported), fingers interlocked behind the head, lift body, touch elbows to knees and return to the starting position, shoulders touching the mat or ground, repetitions to standard for gender and age in one minute. Feet may be together or apart and may be held but no knelt upon by another. Fingers must stay interlocked behind the head/neck throughout the event. The back cannot be arched, and the buttocks cannot be lifted from the mat/ground.

2. **300-Meter Run** – This is a measure of anaerobic capacity. This is an important factor, exerting short bursts of effort will engaged in pursuit tasks.

The standard is based on the total elapsed time required to complete a 300-meter course. On a standard 400-meter track, 300 meters is about $\frac{3}{4}$ around the track or 984 feet.

* The 300-meter run and 1.5-mile run will be administered under all weather conditions which may include running in cold, heat or humidity, wet and/or high wind conditions.

3. **Push-Ups** – This is a measure of the muscular endurance of the upper body extensor. This is an important area for many tasks including use of force, lifting, carrying, and pushing.

The applicant assumes the front-leaning rest position by placing their hands on the surface, slightly wider than shoulder width apart, fingers facing forward. The back, buttocks, and legs must be in a generally straight line from the head to the heels. The feet may be together or up to twelve inches apart. Once hands and feet are set, they cannot move. The applicant lowers self until the upper arms are parallel to the ground, applicant returns to the “up” position locking out the elbows. The back must be kept straight at all times. The applicant may rest in the “up” position only.

The test will be considered over when the applicant returns to the standing position or if any part of their body makes resting contact with the ground. One minute to complete standard.

4. **1.5-Mile Run** – This is a measure of cardiovascular endurance or aerobic capacity. It is the foundation for almost all physical tasks including pursuits, administering CPR, climbing stairs, providing aid to the injured, and use of force situations lasting more than two minutes.

The test will be conducted on a 400-meter running track. The score will be the total elapsed time it takes to complete six laps.

* The 300-meter run and 1.5-mile run will be administered under all weather conditions which may include running in cold, heat or humidity, wet and/or high wind conditions.