



POLICE DEPARTMENT

2454 Route 940

Pocono Summit, Pennsylvania 18346

570-895-2400

CHRIS WAGNER

Chief of Police

Fax 570-895-2450

Physical Performance Test Battery

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

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

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 horizontally aligned, half inch graduated blades of the Vertex Vertical Jump Tester. With their feet together, they begin by reaching up with one hand as high as possible keeping their heels flat on the ground. This establishes the applicant's base line reach height mark. From this mark, a measurement is made to fix the height of the standard mark. The vertical jump may be performed in one of two ways. The applicant may take a position with both feet squarely beneath them, bending down, and jumping straight up. The other method allows the applicant to keep one foot stationary, with the opposite foot step back or to the side, then stepping back to a square position, and jumping straight up. With either method, the applicant must reach up with one hand and touch the machines graduated blade set to the standard mark. The applicant has three valid attempts to reach the standard mark.

Physical Performance Test Battery (continued)

1. **Sit-ups:** This is a test 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 control of a suspect.

The applicant starts by lying on their back, knees bent at approximately 90°, feet flat on the ground, and their hands behind the head with their fingers interlaced. Their feet will be firmly held in place. For a repetition to be counted, the applicant must touch their knees with their elbows and then 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 they may only rest in the “up” position. The required number of repetitions must be completed.

2. **300 Meter Run:** This is a measure of anaerobic power. This is an important factor in exerting short bursts of energy. Example: A foot pursuit.

The applicant must complete a 300 meter course in the required time. On a standard 440 yard track, this is approximately $\frac{3}{4}$ of the way around the track.

3. **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, palms down on the ground, approximately shoulder width apart. The legs are then extended straight back with the feet together or up to six inches apart. The applicant flexes their arms at the elbow until the upper part of the arm (Humerus) becomes parallel to the ground. This is approximately three inches off of the ground. The applicant then returns to the up position with a straight or “soft lock” of the elbows. The applicant must remain in the straight plank position from their head to their heels. The applicant may only rest in the up position only. There is no time limit on this test event. No other part of the applicant’s body may touch the ground during the test event or they fail.

4. **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 incident or administering one man CPR.

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