

**Law Enforcement Health and Fitness
Test Events and Standards
2020
Summer Skills**

Table of Contents

Flexibility (Sit and Reach)	1
Sit Ups	1
Pull Ups	2
Dips	2
Bench Press	3
LAT Pull-down	3
Squat Thrust	3
1.5 Mile Run	4
500 Yard Run	4
Obstacle Course	4
Police Performance Run (Outdoor Obstacle Course)	4

* Minimum passing score for Skills is 70%

References: Grant Haugen
Tim Powers
Kenneth Cooper
Jason Childers

FLEXIBILITY (SIT & REACH)

1. While seated on the floor, bend forward from the waist and see how far you can stretch **-without straining-** noting the distance on a measuring stick.
2. Draw or tape a line on the floor and place a measuring stick across it so that the line is even with the 15-inch mark.
3. Sit on the floor so that your heels are on the line and your feet are about five inches apart.
4. With your legs straight, bend forward as far as you comfortably can, and touch the marking stick.
CAUTION: DO NOT BOUNCE OR JERK FORWARD; YOU CAN TEAR OR STRAIN YOUR BACK OR LEG MUSCLES.
5. The mark you reach is your score.

Minimum Passing Score

For Males 70% 15"

For Females 70% 16"

SIT UPS

1. In the sit up test, the individual starts by lying on his/her back, knees bent and feet held flat on the floor.
2. The arms should be crossed in front of the chest with hands on the opposite shoulder.
3. The feet are held down by a partner or the police fitness instructor.
4. A full sit up is counted when the individual curls up until the elbows come in contact with the knees, and then back down until the shoulder blades touch the floor.
5. As many full sit ups as possible are to be completed within a one minute time limit.

Sit-Ups per Minute

For Males 70% 47

For Females 70% 46

PULL-UPS

To correctly perform the pull-up event, the officer must:

1. Grasp a horizontal bar overhead with the hand placed shoulder width apart.
2. The officer begins the movement in the arms extended position (hanging down).
3. Keeping the body erect and legs straight, the officer pulls her/himself up until the chin clears the bar.
4. Without excessive swaying or swinging, the officer then lowers her/himself until arms are extended again.
5. Scoring is based on the total number of correctly performed repetitions and compared to the standards set.

Pull-ups Scoring

For Males	70%	5
For Females	70%	5

*Female pull-ups are modified

DIPS

To correctly perform the dip event, the officer must:

1. Grasp parallel bars and start from an extended position.
2. The officer begins the movement by lowering his/her body straight down until the upper arm breaks horizontal plain.
3. Without excessive swaying or swinging, the officer then pushes her/himself until arms are extended.
4. The scoring is based on the total number of correctly performed continuous repetitions.

Dips

For Males	70%	10
For Females	70%	3

BENCH PRESS

1. Determine the recommended weight for each officer by taking **.75** times the officer's body weight for **Males**, and **.50** times the officer's body weight for **Females**.
2. The officer is to press a lighter weight than calculated to warm up with.
3. The score for this test is the maximum number of repetitions completed with the weight calculated from the formula above.

Bench Press Scoring

For Males and Females 70% 6

LAT PULLDOWN

1. Determine the recommended weight for each officer by taking **.70** times the officer's body weight for **Males**, and **.50** times the officer's body weight for **Females**.
2. Have another officer hold the subject at the shoulders for the LAT machine pull-down.
3. The score for this test is the maximum number of repetitions completed with the weight calculated from the formula above.

LAT Pull-down Scoring

For Males and Females 70% 10

SQUAT THRUST

To correctly perform the squat thrust event the officer must:

1. Drop down to a squatting position, palms flat against the floor at shoulder width and arms straight.
2. With the body weight supported on both hands, kick the legs horizontally backwards so that the legs are fully extended.
3. Immediately bring the legs forward to the squatting position.
4. Stand back up and repeat the whole sequence again as many times as possible in **thirty seconds**. The total numbers of squat thrusts correctly performed are compared to the standards set.

Male and Female (all age groups)

For Males and Females 70% 5

1.5 MILE RUN

For Males 70% 14:45

For Females 70% 15:30

500 YARD RUN

The officer will run without stopping over a 500 yard course, 25 yards down and 25 yards back. (10 laps)

For Males 70% 2:15

For Females 70% 2:20

OBSTACLE COURSE (GYM)

1. The officer will start the course by going under a 24 inch obstacle and jumping over a 16 inch bench.
2. The officer will then run around cones and then drag a mannequin, weighing about 180 pounds, 15 yards.
3. The officer will then jump over a 30 inch hurdle, go around 2 more cones, and dive under an 18 inch bar.
4. The officer will then run between cones that are two feet apart and climb up and over a 6 foot wall.

For Males 70% :52

For Females 70% :56

POLICE PERFORMANCE RUN

Standards - Male and Female (all age groups)

Score 70% Time (min/sec) 3:15

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