

CITY OF PITTSBURGH

EVENT DESCRIPTIONS FOR THE POLICE OFFICER RECRUIT PHYSICAL FITNESS TEST

When you report to the testing facility at your scheduled time, you will be signed in and be given the Reading Assessment. If you pass the Reading Assessment with at least a 9th grade reading level, you will be taken to the Fitness Test area.

For the Fitness Test you will be paired with a testing escort who will take you to each of the fitness test events. The escort will hold your Score Card and mark all event results/times on your Score Card and have you verify the results.

The Fitness Test events will be performed in the order listed below. Review the Fitness Test Standards – Physical Performance 30th Percentiles chart (included in your admissions packet) to determine the required standards for your age and gender.

1. The 300 Meter Run Test

Purpose: Measure of anaerobic power.

Equipment/Staff: A measured 300 meter flat surface, and an Event Proctor.

Procedures:

- a. You should warm up and stretch prior to this testing event.
- b. When the event proctor says, “Begin”, you will run the prescribed distance at maximal level of effort. The time used to complete the distance is recorded in seconds.
- c. You will walk for 3-5 minutes (to get to the next event location) immediately following this test event to cool down.

2. 1- Repetition Bench Press

Purpose/Concept: Absolute strength test that forces a muscle group(s) to exert a maximum force. Absolute strength is defined as the amount of tension a muscle can exhibit in one maximal contraction. A strength test which correlates well with a total body strength criterion is the one repetition maximum (RM) bench press.

Equipment/Staff: Universal Machine and Event Coordinator.

Procedures:

- a. The Event Coordinator will weigh you and your weight will be recorded on your score card. Based on your weight and your age/gender, the Event Coordinator will calculate the amount of weight you will be required to bench press to pass the event.
- b. Starting weight for men is 2/3 of body weight. Starting weight for women is the bar (45 lbs.).
- c. In a supine position, the bar will be the level of your chest. You should have a slightly wider than shoulder width grip on the bar.
- d. When the Event Coordinator says “Press”, you will press to full extension while exhaling.
- e. The Event Coordinator will increase the poundage.
- f. You will repeat steps c., d. and e. until 1RM is reached. 1 RM is reached when you have pressed the maximum amount of weight that you can. This should take approximately 3 to 4 trials to reach. *For example*, you press 150 lbs. and the Event Coordinator then increase the poundage to 160 pounds. You are unable to press the 160 lbs.; therefore your 1 RM will be 150 lbs. **NOTE:** Due to the fact that you are only required to attain the 30th percentile to pass this event, you will NOT press more than your body weight.

3. The 1 Minute Sit-Ups

Purpose/Concept: Measure muscular endurance (abdominal) which is the ability to contract the muscle repeatedly over a specific period of time without undue fatigue.

Equipment/Staff: An exercise mat, an Event Proctor, and your Testing Escort.

Procedures:

- a. You will start by lying on your back, knees bent, heels flat on the floor, with the fingers laced and held behind your head. Avoid pulling on your head with your hands. Your buttocks must remain on the floor with no thrusting of the hips.
 - b. Your Testing Escort will hold your feet down firmly.
 - c. When the Event Proctor says, "Begin", you will perform as many correct sit ups as possible in one minute.
 - d. In the up position, you should touch your elbows to your knees and then return until the shoulder blades touch the floor.
- Your Score is the total number of correct sit ups. Any resting should be done in the up position.
 - Your breathing should be as normal as possible, making sure you do not hold your breath as in the Valsalva maneuver.
 - Your neck should remain in the neutral position.
 - Do not pull on the head or neck.

4. The 1.5 Mile Run

Purpose/Concept: This is a measure of aerobic power (cardiovascular endurance).

Equipment/Staff: An outdoor track measured to 1.5 miles, an Event Proctor, and your Testing Escort.

Procedures:

- a. You should not eat a heavy meal or smoke for at least 2-3 hours prior to the test. You should warm up and stretch thoroughly prior to the test event.
 - b. When the Event Proctor says, "Begin", you will run 1.5 miles as fast as possible. You will be told the track size and how many laps are required at the time of the test.
 - c. While you are running, your Testing Escort will inform you of your completed lap numbers and your finish time will be called out and recorded.
- Upon event completion, a mandatory cool down period is enforced. You should walk slowly for about 5 minutes immediately after the run.