



## Cadet Physical Readiness Tests

The Physical Readiness Test Battery consists of five exercises, immediately preceded by a warm-up session with intermittent rest periods to ensure the safety of the applicants.

The tests and standards have been validated to ensure that an applicant, if selected to an Academy class, will have a reasonable chance of success in attaining a higher standard of Physical Readiness during cadet training. Failure of any one test excludes the applicant from further processing.

The Physical Readiness Tests are depicted on the chart below along with an explanation of the testing procedures.

Test	Applicant Standards	Graduation Standards
Vertical Jump	14 Inches, 3 Attempts	18 Inches, 3 Attempts
1 RM Bench Press	Not applicable	170 lbs./ .85 Body Weight (Lowest #)
Illinois Agility Run	23.5 Seconds, 2 Attempts	19.5 Seconds, 2 Attempts
300-Meter Run	77 Seconds	65 Seconds
Push-Ups	13 Repetitions (no time limit)	30 Repetitions (no time limit)
1.5-Mile Run	17 Minutes and 48 Seconds	14 Minutes and 50 Seconds
Applicants must be able to complete all tests as contained in the Applicant Standards column above to continue in the process. Failure of any one exercise will disqualify the applicant and remove them from the eligibility list.		

**Vertical Jump** – This is a test of lower body explosive power. It is an important factor for pursuit tasks that require vaulting or jumping.

The applicant stands under the test apparatus. Applicant reaches as high as possible, pushing tabs to mark their standing reach. A vertical jump is made by the applicant taking one step back with either foot; the applicant steps forward, and jumps, reaching as high as possible, to hit the tabs; OR the applicant may jump from both feet without taking a step. The score is the difference between your standing and jumping reach, on the tabs, and will be recorded to the nearest half inch.

**1 RM Bench Press** – Standards to be provided by Physical Readiness during training, NOTE: Not performed as an applicant; requirement for graduation only.

**Illinois Agility Run** – The agility run is a measure of coordinated movement and speed. It is an important area for performing tasks requiring quick movements around obstacles.

The applicant starts in the prone position with the tips of their fingers behind the starting line. The body may cross the starting line. Upon the “go” start command, the applicant will stand up and sprint to the other line, (30 feet away), place one foot over the line, and sprint back to the starting line. The applicant will make a left turn around the first cone, then zig-zag in a figure eight fashion around the four cones and back to the start line. Then, turn around the first cone, and sprint to the other line, and back one more time.

If the applicant knocks over a cone, misses a turn, or fails to touch the line when turning, the instructor will stop the applicant and return the applicant to the end of the line for a re-start. The score is the time it takes the applicant to complete the run, and will be recorded to the tenth of a second. The clock will stop when any part of the applicant’s body crosses the finish line. Applicants will have two trials for this event.

**300-Meter Run** – This is a measure of anaerobic capacity. This is an important factor, exerting short bursts of effort while 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.

**Push-Ups** – This is a measure of the muscular endurance of the upper body extensor. It is important for the use of force involving pushing motion.

The applicant starts in the “up” position, hands are shoulder width apart; feet are three inches apart or less. The applicant lowers self until the chest touches a fist or a three-inch block. The subject 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.

**1.5-Mile Run** – This is a measure of cardiovascular endurance or aerobic power. It is the foundation for almost all physical tasks including pursuits, administering CPR, climbing stairs and providing aid to the injured.

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.