



## **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 test and standards have been developed and reviewed 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 procedure.

Applicants must be able to complete all tests as contained in the Applicant Standards column below to continue in the process. Failure of any one exercise will disqualify the applicant and remove them from the eligibility list.

Test	Applicant Standards	
Vertical Jump	14 inches, 3 Attempts	
1 RM Bench Press	Not applicable	
Illinois Agility Run	23.5 Seconds, 2 Attempts	
300-Meter Run	77 Seconds	
Push Ups	13 Repetitions (no time limit)	
1.5 Mile Run	17 Minutes and 48 Seconds	

**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; this requirement is 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 spring 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 spring 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 will engaged in pursuit tasks.

The stand 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.

**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 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.

The test will be considered over when the applicant returns to the standing position or if any part of their body makes contact with the ground. There is no time limit.

**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.

Applicants appointed to a cadet class will be required to complete all tests as contained in the Entry Standards column below upon reporting for training. Failure of any one exercise will disqualify the applicant and their appointment will be rescinded

Test	Entry Standards	
Vertical Jump	14 inches, 3 Attempts	
1 RM Bench Press	Not applicable	
Illinois Agility Run	23.5 Seconds, 2 Attempts	
300-Meter Run	77 Seconds	
Push Ups	13 Repetitions (no time limit)	
1.5 Mile Run	17 Minutes and 48 Seconds	

At the conclusion of basic training, Cadets will be required to perform all tests as contained in the Graduation Standards column below. Dismissal proceedings will be instituted for any cadet who fails to pass the final physical test at graduation standards

Test	Graduation Standards	
Vertical Jump	18 inches, 3 Attempts	
1 RM Bench Press	85% Body Weight	
Illinois Agility Run	19.5 Seconds, 2 Attempts	
300-Meter Run	65 Seconds	
Push Ups	30 Repetitions (no time limit)	
1.5 Mile Run	14 Minutes and 50 Seconds	