



Municipal Police Officers' Education and Training Commission

Physical Fitness Test Battery Protocols and Guidelines

- The safety of all applicants and cadets is of the utmost importance. All applicants and cadets must have been approved by a doctor to participate in the Physical Fitness Test or Assessment.
- The physical fitness test battery is designed to measure the cumulative effect on the subject. Therefore, the complete test battery must be given at one time on a single day within established test and safety protocols.
- All events are pass / fail. If a subject fails any one event, they fail the entire test. Due to the cumulative nature of the test battery, it is not permissible to retest a subject just on the single event they failed.
- MPOETC recognizes that a cadet on the day of the Final Physical Fitness Test could be ill and might not be able to take the test. The cadet must inform the academy's Physical Fitness Instructor that they are not feeling well and wish to postpone taking the test. MPOETC will allow the cadet that is ill to take the test within seven (7) calendar days of the original date of the Final Physical Fitness Test.
- During a test, the subject is only required to meet the minimum passing standard of each event and no more. A test is not a maximal assessment.
- All test proctors must be currently certified by the Municipal Police Officers' Education and Training Commission as a Physical Fitness Instructor. This includes all starters, timers, counters, spotters, and holders.
- All test proctors must have current certifications in Basic First Aid, CPR, and the use of an Automatic External Defibrillator (AED).
- All test proctors are responsible for ensuring that a fully stocked Basic First Aid Kit and properly functioning AED are present at all physical fitness tests and assessments. Water and restroom facilities need to be available.
- All test proctors are responsible for ensuring that a line of communication (telephone or cellular phone) is readily available at all test events in order to summon emergency medical services.
- All test proctors should be familiar with the American College of Sports Medicine's Standard of Ordinary Care for Exercise Testing and Training.



- The physical fitness test battery shall be given in the following order:
 - 1) Warm up for 3 minutes.
 - 2) Perform the 300 Meter Run, and then recover for 5 – 10 minutes.
 - 3) Perform the 1 RM Bench Press, and then recover for 2-3 minutes.
 - 4) Perform the One Minute Sit-up test, and then recover for 5 minutes.
 - 5) Perform the 1.5 Mile Run test, then perform active cool down for 5 minutes



300 Meter Run

- This is a test of anaerobic power.
- Equipment: Two stopwatches and a flat measured surface.
- Using a standard 440 yard oval track, establish a starting line. The finish line will be set at the 300 meter mark or 328 yards away from the starting line on the inside lane.
- Read the protocols to the subject and demonstrate the event pointing out common errors.
- The subject should be given three to five minutes to warm-up.
- The starter will then line the applicant or cadet up on the starting line. The timer will take a position at the finish line. The timer will keep and operate an official stopwatch and a back-up stopwatch. The event is measured in seconds.
- If requested by the subject, a trained pacer must be provided. Applicants and cadets shall not be used as pacers.
- Upon the command "Go" by the starter, the subject will begin running at maximum effort. The timer will also begin recording the event time on the command "Go" until the subject crosses the finish line.
- In order to successfully complete this event, the applicant or cadet must finish the course at or under the standard time.
- The subject should be given three to five minutes immediately following the test to "cool down".
- Comments:
 - 300 Meters = 328 Yards = 984 Feet.
 - Yards X 0.9144 = Meters.
 - Meters X 1.0933 = Yards.
 - Most, but not all, indoor tracks measure 200 meters on the inside lane. One and a half laps equal 300 meters.
 - Some, but not all, outdoor college tracks measure 500 meters on the inside lane. 3/5 of a lap equal 300 meters.



Bench Press # 1

- This is a test of absolute upper body strength.
- Equipment: Universal DVR Bench Press Machine and a scale.
- Weigh the subject. The measurement is in pounds. Multiply their body weight by their appropriate age and gender adjusted percentile ratio. Please refer to bench press conversion charts. This is the subject's standard weight. If no corresponding plate can be found on the right side of the DVR Machine's weight stack, you must round the standard weight down to the next lower plate.
- Read the protocols to the subject and demonstrate the event pointing out common errors.
- Instruct the subject to take a position on the bench with the DVR Machine's handles at the mid-line of the chest.
- Estimate the weight for a warm-up attempt at approximately one half of the standard weight.
- The subject should take a grip on the handles slightly wider than their shoulders. The handles should be set at a level, so the subject's elbows are at 90 degrees. They should maintain a natural arch of the back with their feet flat on the floor. Instruct the subject to breathe out on the exertion and press the weight up to a "soft lock" of the elbows one time. They should then gently lower the weight in order to avoid breaking a plate.
- Progressively increase the resistance until the subject has successfully pressed the standard weight. The subject has up to six attempts including all warm-ups to successfully press the standard weight.
- During the lift, the subject may not arch their buttocks off of the bench or move their feet. If they do, the attempt does not count.
- Comments:
 - The subject may elect to try the standard weight on their first attempt. After being advised of the potential risk of injury without a proper warm-up, they should be allowed to proceed.
 - When using the Universal DVR Bench Press Machine record the event with the numbers on the right side of the weight stack.



Bench Press # 2

- This is a test of absolute upper body strength.
- Equipment: Free weight bar, flat bench, plates, scale, and two spotters.
- Weigh the subject. The measurement is in pounds. Multiply their body weight by their age and gender adjusted percentile ratio and then apply the appropriate gender specific, free weight conversion formula. Please refer to bench press conversion charts. This is the standard weight. If the exact standard weight can be placed on the bar, it is permissible to round down to a weight that is closest to the standard weight the cadet must press (left). Since the smallest free weight plate is 2.5 lbs. weight should not be rounded down by more the four (4) pounds.
- Read the protocols to the subject and demonstrate the event pointing out common errors.
- Instruct the subject to take a position on the bench with their eyes aligned under the bar.
- Estimate the weight for a warm-up attempt at approximately one half of the standard weight.
- The subject should take a grip on the bar slightly wider than their shoulders. They should maintain a natural arch of the back with their feet flat on the floor.
- The two spotters should be positioned; one at each end of the bar. The spotters should then lower the bar until subject's elbows reach 90 degrees. The bar should be positioned to the mid-line of the subject's chest, but not resting on the chest.
- Instruct the subject to breathe out on the exertion and press the weight up to a "soft lock" of the elbows one time. During the pressing phase, the spotters may not physically assist the subject in pressing the weight. After an attempt, the spotters should rack the bar.
- Progressively increase the resistance until the subject has successfully pressed the standard weight. The subject has up to six attempts including all warm-ups to successfully press the standard weight.
- During the lift, the subject may not arch their buttocks off of the bench or move their feet. If they do, the attempt does not count.
- Comments:
 - The subject may elect to try the standard weight on their first attempt. After being advised of the potential risk of injury without a proper warm-up, they should be allowed to proceed.
 - During an entry-level and graduation tests, applicants and cadets shall not be used as spotters for other subjects.



Sit - up Protocol

- This is a test of trunk endurance.
- Equipment: Two stopwatches and floor mats.
- Read the protocols to the subject and demonstrate the event pointing out common errors.
- The applicant or cadet starts by lying flat on their back on a floor mat. Their knees should be bent at approximately a 90° angle with the soles of their feet flat on the ground. An instructor will hold the cadet's feet down firmly.
- Their hands shall be placed behind their head with the fingers interlocked. The hands may not be on the top of the head or on the neck. In order to avoid pulling on the neck, the head should remain in a neutral position.
- The subject's feet will be firmly held down by a trained spotter. Upon the command "Begin" by the event timer, the applicant or cadet will have one minute to complete the required number of correct repetitions. In order for a repetition to count, the subject must curl their upper body until their elbows contact their knees, and then return down until their shoulder blades contact the floor mat. Breathing should remain normal throughout the exercise.
- The event timer will verbally announce the "30 seconds" mark, the "45 seconds" mark, and then count down the final 5 seconds of the event.
- The event can be ended by the repetition counter with the completion of the required number of correct repetitions, by the event timer with the elapsing of one minute, or the subject's inability to complete the required number of correct repetitions.
- The subject's buttocks should remain flat on the ground in order to avoid "kipping" of the hips and the fingers must remain interlocked. All resting must be done in the "up" position otherwise the test is terminated.
- Comments:
 - One person should count repetitions, a second person should time the event, and a third person should hold the subject's feet. An alternative would be to have one person counting repetitions & timing the event and a second person holding the subject's feet.
 - During an entry-level and graduation tests, applicants and cadets shall not be used to hold the feet of other subjects. A mechanical device or bar may not be used to secure the subject's feet.



1.5 Mile Run

- This is a test of aerobic capacity or VO₂ max.
- Equipment: Two stopwatches and a flat measured surface.
- Using a standard 440 yard oval track, establish a start / finish line. Six laps on the inside lane equals 1.5 miles.
- Read the protocols to the subject and demonstrate the event pointing out common errors.
- Applicants and cadets should not eat a heavy meal or smoke for at least 2 - 3 hours prior to the test.
- The subject should be given three to five minutes to warm-up.
- If possible, each applicant or cadet should have experienced some practice in pacing (running) prior to the test. Often applicants and cadets will attempt to run too fast early in the run and become fatigued prematurely.
- The starter / timer will then line the subject up on the starting line. They will keep and operate the official stopwatch and a back-up stopwatch. The event is measured in minutes and seconds.
- If requested by the subject, a trained pacer must be provided. Applicants and cadets shall not be used as pacers.
- Upon the command "Go" by the starter / timer, the subject will begin running. The starter / timer will call out each lap split time as the subject passes the start / finish line.
- In order to successfully complete this event, the subject must finish the course at or under the standard time.
- During the event, the subject may not be physically assisted by another runner or leave the running surface. Runner may not wear headsets or earphones.
- The subject should be given three to five minutes immediately following the test to "cool down".



- Comments:
 - 5280 Feet = 1760 Yards = 1609.3 Meters = 1.0 Mile.
 - 7920 Feet = 2640 Yards = 2414.0 Meters = 1.5 Miles.
 - Most, but not all, indoor tracks measure 200 meters on the inside lane. Twelve laps equal approximately 1.5 miles.
 - Some, but not all, outdoor college tracks measure 500 meters on the inside lane. Five laps minus 86 meters equal 1.5 miles.