

Physical Fitness candidate testing:

- 1) Warn up for 3 minutes
- 2) Vertical Jump test and recover for five (5) minutes
- 3) Perform one minute Sit-up test and recover for five (5) minutes
- 4) Perform 300 meter run and recover for five (5) to Ten (10) minutes.
- 5) Perform one minute push up test and recover for five (5) minutes
- 6) Perform the 1.5 mile run test and perform active cool down for five (5) and recover for five (5) minutes.
- 7) Dummy drag, lift and drag a one hundred and fifty (150) pound dummy 35 feet.

Cooper / Fit Force Assessment Test Cooper/Fit Force Assessments measure health related components to fitness. Components are important to quality of life and can determine performance levels (e.g. ability to participate in vigorous activity or performing essential job functions).

Vertical Jump –

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

Equipment: a solid bar held mechanically or physically at a measured height. Tape measure

Read the protocols to the participant and demonstrate the event pointing out common errors.

The applicant stands in front of a bar held at the predetermined height of (15.5 inches) a Cooper standard. A vertical jump is made by the applicant taking one step back with either foot; the applicant steps forward, and jumps over the bar. The applicant may jump from both feet without taking a step. The successful completion will be jumping over the bar height without touching or knocking over the bar and landing without falling over.

Sit - up Protocol

This is a test of abdominal muscular endurance.

Equipment: Two (2) stopwatches and floor mats.

Read the protocols to the participant 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 participant'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 participant 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 five (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 participant's inability to complete the required number of correct repetitions.

The participant's buttocks shall 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 participant's feet. An alternative would be to have one person counting repetitions and timing the event and a second person holding the participant's feet.

During an entry-level and graduation tests, applicants and cadets shall not be used to hold the feet of other cadets. A mechanical device or bar may not be used to secure the participant's feet.

300 Meter Run

This is a test of anaerobic power.

Equipment: Two (2) 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 participant and demonstrate the event pointing out common errors.

The participant should be given three (3) to five (5) 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 participant, a trained pacer must be provided. Applicants and cadets shall not be used as pacers.

Upon the command "Go" by the starter, the participant will begin running at maximum effort. The timer will also begin recording the event time on the command "Go" until the participant crosses the finish line.

In order to successfully complete this event, the applicant or cadet must finish the course at or under the required time for their age and gender.

The participant should be given three (3) to five (5) 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.

One Minute Full Body Push – Up Test

This test measures muscular endurance of the upper body (anterior deltoid, pectoralis major, and triceps)

Equipment: stopwatch

The proctor reads the protocols to the participant and demonstrates the event.

The participant starts the event in the up position.

The participant shall place their hands slightly wider than shoulder width apart, with fingers pointing forward, palms of the hand touching the ground/floor/mat. (Knuckle or fingertip push-ups are not permitted for this test.)

One (1) of the proctors will place a fist on the floor below the participant's chest. The following procedure shall be used if a male is testing a female, or a female is testing a male. Prior to administering the test a three inch sponge should be placed on the floor or ground where the sternum would touch.

Starting from the up position (elbows extended), the participant must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist, or when the participant's elbows reach a 90 degree angle. The participant then returns to the up position. This completes one repetition. (The Cooper Institute does NOT recommend using the Modified Push-up Test.)

One proctor counts the repetitions and ensures the test is being performed according to the protocol. The other proctor monitors the time.

The total number of correct push-ups in one minute is recorded as the score.

Resting must only be done in the up position. Both hands and feet (toes) must remain in contact with the floor at all times. The participant must not arch their back during the test.

1.5 Mile Run

This is a test of aerobic capacity or $\dot{V}O_{2max}$.

Equipment: Two (2) stopwatches and a flat measured surface.

Using a standard 440 yard oval track, establish a start / finish line. Six (6) laps on the inside lane equals 1.5 miles.

Read the protocols to the participant and demonstrate the event pointing out common errors.

Applicants and cadets should not eat a heavy meal or smoke for at least two (2) to three (3) hours prior to the test.

The participant 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 participant 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 participant, a trained pacer must be provided. Applicants and cadets shall not be used as pacers.

Upon the command "Go" by the starter / timer, the participant will begin running. The starter / timer will call out each lap split time as the participant passes the start / finish line.

In order to successfully complete this event, the participant must finish the course at or under the required time for their age and gender.

During the event, the participant may not be physically assisted by another runner or leave the running surface. Runner may not wear headsets or earphones.

The participant should be given three (3) to five (5) 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.

Dummy drag:

This test simulates the strength endurance and coordination necessary to perform a victim rescue by dragging a 150 pound dummy a distance of 35 feet.

Equipment: 150 pound simulated person or dummy, cones to mark start of run, start of drag, and finish of 35 drag feet.

Read the protocols to the participant and demonstrate the event pointing out common errors.

After receiving the command "go," the candidate will run 35 feet to the start to the location of the dummy, grab the dummy under both arms and drag the dummy until the legs pass the last set of cones. Once the legs of the dummy pass the last set of cones, the proctor will direct the candidate to drop the dummy and run to the start line without stopping. (The dummy weight is approximately 150 lbs.) DO NOT throw the dummy!

Accepted standards:

Physical Fitness Test Battery Norms

	[Male Standards]					[Female Standards]				
AGE	20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+
300 Meter Run										
30TH	62.1	63.0	77.0	87.0		75.0	82.0	106.7		
1 Minute Push-up										
30TH	26	20	15	10		13	9	7		
1 Minute Sit-ups										
30TH	35	32	27	21		30	22	17	12	
1.5 Mile Run										
30TH	13:15	13:44	14:34	15:50		15:46	16:42	17:29	19:10	
Vertical Jump										
	15.5 inches	15.5 inches	15.5 inches	15.5 inches		15.5 inches	15.5 inches	15.5 inches	15.5 inches	
Dummy Drag										
	150X35	150X35	150X35	150X35		150X35	150X35	150X35	150X35	