

# ***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 Nelson-Denny Reading Assessment. If you pass the Reading Assessment with at least a 9<sup>th</sup> 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.

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

### **1. The 1 Minute Sit-Ups**

Purpose/Concept: This is a test of abdominal muscular endurance.

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

Procedures:

- a. You will start by lying on your back on a floor mat. Your knees should be bent at approximately a 90° angle with the soles of your feet flat on the ground. Your hands should be placed behind your head with the fingers interlocked. The hands may not be on the top of the head or on the neck. To avoid pulling on the neck, the head should remain in a neutral position.
  - b. Another individual will hold your feet down firmly.
  - c. When the Event Proctor says, “Begin”, you will have one minute to complete the required number of correct repetitions. For a repetition to count, you must curl your upper body until your elbows contact your knees, and then return down until your shoulder blades contact the floor mat. Breathing should remain normal throughout the exercise. Your buttocks shall remain flat on the ground 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.
  - d. The Event Proctor who is not holding your feet will count repetitions and time the event. The event timer will verbally announce the “30 seconds” mark, the “45 seconds” mark, and then count down the final five seconds of the event.
  - e. The event can be ended by the completion of the required number of correct repetitions, by the event time with the elapsing of one minute, or by your inability to complete the required number of correct repetitions.
  - f. The total number of correct sit-ups in one minute is recorded as the score.
- Your breathing should be as normal as possible, making sure you do not hold your breath as in the Valsalva maneuver.

### **2. The 300 Meter Run Test**

Purpose: Measure of anaerobic power.

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

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. To successfully complete this event, you must finish the course at or under the required time for your age and gender.
- d. You will walk for 3-5 minutes (to get to the next event location) immediately following this test event to cool down.

### **3. The 1 Minute Full Body Push-Up Test**

Purpose/Concept: This test measures muscular endurance of the upper body (anterior deltoid, pectoralis major, and triceps).

Equipment/Staff: An Event Proctor and your Testing Escort.

Procedures:

- a. You shall place your hands slightly wider than shoulder width apart, with fingers pointing forward, palms of the hands touching the ground/floor/mat. (Knuckle or fingertip push-ups are not permitted for this test.) You will start the event in the “up” position.
- b. One instructor will place a fist on the floor below your 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.
- c. Starting from the “up” position (elbows extended), you must keep the back straight at all times and lower the body to the floor until your chest touches the instructor’s fist, or when your elbows reach a 90° angle. You will then return to the “up” position. This completes one repetition.
- d. Resting must only be done in the “up” position. Both hands and feet (toes) must remain in contact with the floor at all times. You must not arch your back during the test.
- e. The event can be ended by the completion of the required number of correct repetitions, by the event time with the elapsing of one minute, or by your inability to complete the required number of correct repetitions.
- f. The total number of correct push-ups in one minute is recorded as the score.

### **4. The 1.5 Mile Run**

Purpose/Concept: This is a test of aerobic capacity or VO<sub>2</sub>max.

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.
  - d. During the event, you may not be physically assisted by another runner or leave the running surface. You may not wear headsets or earphones.
  - e. To successfully complete this event, you must finish the course at or under the required time for your age and gender.
- Upon event completion, a mandatory cool down period is enforced. You should walk slowly for about 5 minutes immediately after the run.