

NAPOLEON FIRE/RESCUE

PHYSICAL FITNESS TEST



CITY OF NAPOLEON

CIVIL SERVICE COMMISSION

The Goal of these exercises is to prove the physical fitness of candidates for the City of Napoleon Police Department. Physical fitness is important because it determines an individual's capability to do the strenuous tasks that law enforcement requires. It also has been found that physical fitness is an employee reduces illness and injuries.

Studies through the Kentucky Criminal Justice Training and Law Enforcement Council have found that there are six underlying factors for capabilities needed when working as a law enforcement officer.

- 1) **AEROBIC POWER OR CARDIOVASCULAR ENDURANCE** - Having an efficient heart and cardiovascular system. This would enable someone to perform physical tasks over a long period of time; such as long term use of force situations and long foot pursuits.
- 2) **ANAEROBIC POWER** - The ability to make short intense bursts of maximal effort. This would be needed in short sprint foot pursuits.
- 3) **UPPER BODY ABSOLUTE STRENGTH** - Having upper body strength to make maximal effort against resistance. This would be needed in situations or tasks that require pushing, lifting, and carrying.
- 4) **UPPER BODY MUSCULAR ENDURANCE** - Being able to make repeated muscular contractions without getting fatigued. As required in use of force situations.
- 5) **ABDOMINAL MUSCULAR ENDURANCE** - Being able to make repeated contractions with the abdominal area without getting fatigued. Used in pulling, dragging, and lifting situations or tasks.
- 6) **LEG EXPLOSIVE STRENGTH OR POWER** - Having the ability to jump or run with power. This would be used in jumping over obstacles and running up and down stairs during pursuits or emergency situations.

According to research conducted by the Cooper Institution of Aerobics Research, the six components of physical fitness can be measured through at least three key exercises.

- 1) One minute sit-up test.
- 2) Maximum push-up test.
- 3) 1.5 mile run.

EVENT # 1

PUSH-UPS (1 MINUTE)

The Push-Up event measures upper body absolute strength and upper body muscular strength.

The examinee is required to do as many push-ups as possible in 60 seconds. The examinee starts the event by correctly positioning the center of their breastbone over a three inch indicator. The examinee's hands are to be positioned shoulder width apart with their feet no more than six inches apart. No mat is used in this exercise.

After the examinee indicates that they are "set", the proctor with the timer starts with "ready, go". One complete push-up has occurred when the examinee:

- 1) Starts in the "up" position with elbows locked;
- 2) Moves downward keeping their legs, hips, and torso in the same plane;
- 3) Strikes the three inch indicator with their breastbone;
- 4) The examinee returns to the "up" position keeping their legs, hips, and torso in the same plane.

The examinee may rest only with their arms fully extended in the "up" lock position. Only push-ups performed in the manner outlined above will be counted. Examinee will be required to perform *thirty push-ups as described above.



***NOTE:**

Results were found by testing Patrol Officers and Supervisors of the City of Napoleon Police Department.

EVENT # 2

SIT-UPS (1 MINUTE)

The Sit-Up event measures abdominal muscular endurance.

The examinee is required to do as many sit-ups as possible in 60 seconds. The examinee starts the event by lying on their back on a gym mat. The examinee's knees are bent 90 degrees, with feet flat on the floor and with hands overlapped behind the head. The examinee's feet are held tight to the floor by another examinee.

After the examinee indicates that they are "set", the proctor with the timer starts with "ready, go". One complete sit-up has occurred when the examinee:

- 1) Raises their shoulders from the mat, keeping their hands overlapped behind their heads.
- 2) Touches their elbows to their knees (i.e. left elbow to left knee and right elbow to right knee).
- 3) Returns to the down position, and touches their shoulder blades on the mat.

The examinee may rest in the down position. Only sit-ups performed in the matter outlined above will be counted. Examinee will be required to perform *thirty-seven sit-ups as described above.



***NOTE :**

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EVENT # 3

1.5 MILE RUN

The 1.5 mile run measures many factors. Examples of these factors are aerobic power, cardiovascular endurance, anaerobic power, and leg explosive power.

The examinee starts by running from starting line, to finish line which is 1/5 miles apart.

After the examinee indicates that they are "set", the proctor with the timer starts with "ready, go". The event is times from the command "go" until the examinee crosses the finish line. Examinee will be required to perform the exercise within *15:19 minutes.

***NOTE:**

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