

The Warwick Police Department Physical Fitness Assessment

The Warwick Police Department has adopted these physical fitness standards to ensure that each officer candidate, if hired, is in such condition that he can perform his duties without placing himself at undue risk of injury or illness due to his physical limitations.

Facts About The Physical Fitness Standards

What is physical fitness?

Physical fitness is a health status pertaining to the individual officer having the physiological readiness to perform maximum physical effort when required.

Physical fitness consists of three areas:

- **Aerobic capacity of cardiovascular endurance** pertaining to the heart and vascular system's capacity to transport oxygen. It is also a key area for heart disease in that low aerobic capacity is a risk factor.
- **Anaerobic power capacity** is the energy system (without oxygen) which is maximally stressed in short duration, high intensity activities (generally between 30 seconds and several minutes) such as sprinting or lifting weights.
- **Strength** pertains to the ability of muscles to generate force. Upper body strength and abdominal strength are important areas in that low strength levels have a bearing on upper torso and lower back disorders.

Why is fitness important as a job related element for law enforcement officers?

- It has been well documented that law enforcement personnel (as an occupational class) have serious health risk problems in terms of cardiovascular disease, lower back disorders and obesity. Law enforcement agencies have the responsibility of minimizing known risk. Physical fitness is a health domain which can minimize the "known" health risk for law enforcement officers.
- Physical fitness has been demonstrated to be a bona fide occupational qualification. Job analyses that account for physical fitness have demonstrated that the fitness areas are underlying factors determining the physiological readiness to perform a variety of critical physical tasks. These four fitness areas have also been shown to be predictive of job performance ratings, sick time, and number of commendations of police officers. Data also shows that fitness level is predictive of trainability and academy performance.

- Physical fitness can be an important area for minimizing liability. The unfit officer is less able to respond fully to strenuous physical activity. Consequently, the risk of not performing physical duties is increased.

How will physical fitness be measured?

The Cooper test is designed to measure aerobic endurance, muscular endurance, muscular strength and anaerobic power with an adequate rest period between each event. Applicant must meet or exceed the listed minimum standards for these four events to continue to the next stage in the hiring process.

1. 300 Meter Run

This is a measure of applicant's anaerobic power capacity. Applicants will run a distance of 300 meters at a maximal level of effort. The test also measures the ability to accelerate quickly from a stationary position and run a specific distance. Time used to complete the distance will be recorded in seconds.

2. One Minute Sit-up Test

This is a measure of the muscular endurance of the applicant's abdominal and hip flexor muscles. Applicants must lie on their back; knees bent, with fingers interlocked behind their head, heels flat on the floor. Another applicant will hold their feet down. The applicant's heels will be approximately the distance between the applicant's outstretched thumb and small finger from the buttocks. From the "down or starting" position on their back, the applicant will raise their upper body; fingers interlocked behind their head, and touch their elbows to their knees at the "up" ending position. Applicants will then lower themselves until their shoulder blades touch the mat. This will be recorded as one (1) correct sit up. Applicants may rest only in the "up" position. The applicant score will be the total number of correct sit ups completed in one (1) minute.

3. One Minute Push-up Test

This is a measure of the applicant's muscular endurance of the upper body (anterior deltoids, the pectorals and triceps). The applicant's hands are placed slightly wider than shoulder width apart, with fingers pointed forward. The administrator of the event will place one (1) sponge on the floor below the applicant's chest. If a male is testing a female applicant, a three (3) inch sponge should be placed under the sternum to substitute for the fist. Starting from the up position (elbows extended), the applicant must keep their back straight at all times and lower their body to the floor until their chest touches the administrator's fist or sponge. The applicant then returns to the up position. This is recorded as one (1) correct push up. Resting should be done only in the up position. The total number of push-ups with correct form completed in one (1) minute is recorded as the score.

4. 1.5 Mile Run

This test is used to measure the efficiency of the cardiovascular system and how it responds to imposed physical demand. The applicant must run or jog a distance of 1.5 miles in the shortest time possible.

What are the standards?

- The actual performance requirement for each test is based upon norms for a national population sample.
- **The applicant must pass every test.**
- The required performance to pass each test is based upon sex and age (decade). While the absolute performance is different for the 8 categories, the relative level of effort is identical for each age and sex group. All recruits are being required to meet the same percentile rank in terms of their respective age/sex group. Although, the performance **entrance** requirement is that level of physical performance that equates to the **40th** percentile for each age and sex group, it is greatly recommended that each candidate be prepared to perform at a much higher level due to the rigorous demands of the academy program.

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40th Percentile

One Minute Push-up Test (Dynamic Strength)

	Age<20	20-29	30-39	40-49	50-59
Male	29.0	29.0	24.0	18.0	13.0
Female	15.0	15.0	11.0	9.0	n/d

1.5 Mile Run (Aerobic Power)

	Age<20	20-29	30-39	40-49	50-59
Male	12:38	12:38	12:58	13:50	15:06
Female	14:50	14:50	15:43	16:31	18:18

One Minute Sit-up Test (Dynamic Strength)

	Age<20	20-29	30-39	40-49	50-59
Male	41.0	38.0	35.0	29.0	24.0
Female	32.0	32.0	25.0	20.0	14.0

300 Meter Run (Anaerobic Power)

	Age<20	20-29	30-39	40-49	50-59
Male	59.0	59.0	58.9	72.0	83.2
Female	71.0	71.	79.0	94.	n/d