

# **PHYSICAL CONDITIONING TESTING PROCEDURE FOR ALL BASIC LAW ENFORCEMENT COURSES THAT CONDUCT A PHYSICAL CONDITIONING COMPONENT**

At the August 3, 2016 Police Training Commission meeting, the Commissioners approved a motion adding a testing standard and procedures to the physical conditioning functional area with appropriate updates to the curriculum in the Physical Conditioning Manual.

Initial testing will be done during the first physical conditioning assessment of the basic law enforcement courses (to establish a base line all events will be run).

## **General Physical Conditioning Testing Procedures**

1. Warm up for at least three (3) minutes.
2. Perform Vertical Jump, and then recover for 1-2 minutes.
3. Perform the 1-Minute Sit-up, and then recover for 5 minutes.
4. Perform the 300 Meter Run, and then recover for 10 minutes.
5. Perform the 1-Minute Push-up, and then recover for 5 minutes.
6. Perform the 1.5 Mile Run, and then recover for 5 minutes.

**Important Note:** Trainees should recover through active techniques (walking, stretching, etc.). Trainees may be given more time in between events due to processing delays, but should not be given less time in between activities.

## **Physical Conditioning Passing Test Requirements:**

Vertical Jump:	15 inches
1 Minute Sit-up:	28 repetitions
300 Meter Run:	70.1 seconds or less
1 Minute Push-up:	24 repetitions
1.5 Mile Run:	15:55 minutes or less

Trainees who fail to meet the minimum requirement of any one of the events will be given nine (9) physical conditioning sessions to improve. Following the ninth (9<sup>th</sup>) physical conditioning session they will be retested.

The physical conditioning retest to be administered will be just the event/s the trainee failed during the initial physical conditioning test.

If the trainee fails to meet these minimum requirements after receiving the additional training, the trainee will be dismissed from the academy for failure to meet the minimum requirements of the physical training standards of the academy.

Effective date: January 1, 2017

Applicable to: All of the following classes that begin after January 1, 2017:

- Basic Course for Police Officers (BCPO)
- Basic Course for Class Two Special Law Enforcement Officers (SLEO II)
- Basic Course for Investigators (BCI)
- Basic Course for State Corrections Officers (BCSCO)
- Basic Course for County Corrections Officers (BCCCO)
- Basic Course for Juvenile Corrections Officers (BCJCO).

Addendum to PTC Directive 4-2016  
(Revised: October 4, 2017)

Event Protocols

**Procedure for the Vertical Jump**

1. A jump tester instrument (stand) must be used
2. The trainee jumps as high as possible. Prior to jump, both feet must remain stationary on the ground (e.g., no running jumps).
3. The trainee will jump vertically with a full arm extension and strike/hit the highest slat possible.
4. Recover for 1-2 minutes
5. The best of three trials is utilized

**Procedure for the 1-Minute Sit Up**

1. The trainee begins lying on his/her back. The knees should be bent with the feet flat on the floor. The hands should be crossed over the chest and hands placed on shoulders.
2. Another trainee should hold the feet to the floor.
3. In the up position, the trainee should touch the elbows to the knees.
4. In the down position, the shoulder blades should briefly touch the floor prior to returning to the up position.
5. The trainee may not thrust hips up to gain momentum moving to the up position.
6. Resting is only permitted in the up position.
7. Recover for 5 minutes.
8. The total number of correct sit-ups completed in 1 minute is recorded as the score.

**Procedure for 300-Meter Run**

1. The trainee should run the 300 meters on a track or flat even surface. If a track is not available, a flat surface may be measured and coned off for the participants to simulate a 300-meter run.
2. Trainees should properly warm up and may perform dynamic stretches prior to the test.
3. Trainees should be required to complete a 10 minute walk/cool down and hydrate after completing the run.

### **Procedure for the 1-Minute Push-up**

1. The hands are placed slightly wider apart than the shoulder blades, with the fingers pointing forward.
2. Starting from the up/high plank position (elbows-extend), the trainee must keep the back straight at all times, and then bend the elbows, lowering the entire body until the tops of upper arms, shoulders, and lower back are aligned and parallel to the ground. The trainee should bend his/her arm to a ninety degree angle at the elbow. The trainee then returns to the up or high plank position. This is one repetition.
3. Resting is only permitted in the up/high plank position. Both hands must remain in the starting position, and in contact with the floor, during the entire event.
4. Recover for 5 minutes
5. The total number of correct push-ups completed in 1 minute is recorded as the score.

### **Procedure for 1.5 Mile Run**

1. Trainees should not eat a heavy meal or smoke for at least 2-3 hours prior to the test. Trainees should warm up and stretch thoroughly prior to the test.
2. Trainees should run at their own pace. Trainees should be notified prior to the run they may have a tendency to run too fast early in the run and become fatigued.
3. The trainees should run the 1.5 miles on a (440 yard) track. If a track is not available, then a flat surface must be measured and coned off.
4. If using a 440 yard track trainees should be informed of lap times as they pass the start finish line.
5. Trainees should be mandated to complete a 5 minute walk/cool down after completing the run.

**New Jersey PTC Academy Physical Fitness Testing Standard**

Academy \_\_\_\_\_ Date: \_\_\_\_\_

**CANDIDATE INFORMATION**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Class Type: (Circle) BCPO SLEO II BCI BCSCO BCCCO BCJCO

**RESULTS**

Vertical Jump (15 Inches, 3 attempts) Score: \_\_\_\_\_ (Circle)  
Pass Fail

Score: \_\_\_\_\_

Score: \_\_\_\_\_

Sit-ups (28 repetitions) Score: \_\_\_\_\_ Pass Fail

300 Meter Run (70.1 seconds or less) Score: \_\_\_\_\_ Pass Fail

Push-up (24 repetitions) Score: \_\_\_\_\_ Pass Fail

1.5 Mile Run (15:55 minutes or less) Score: \_\_\_\_\_ Pass Fail