

Test Events

300 Meter and 1.5 Mile Run

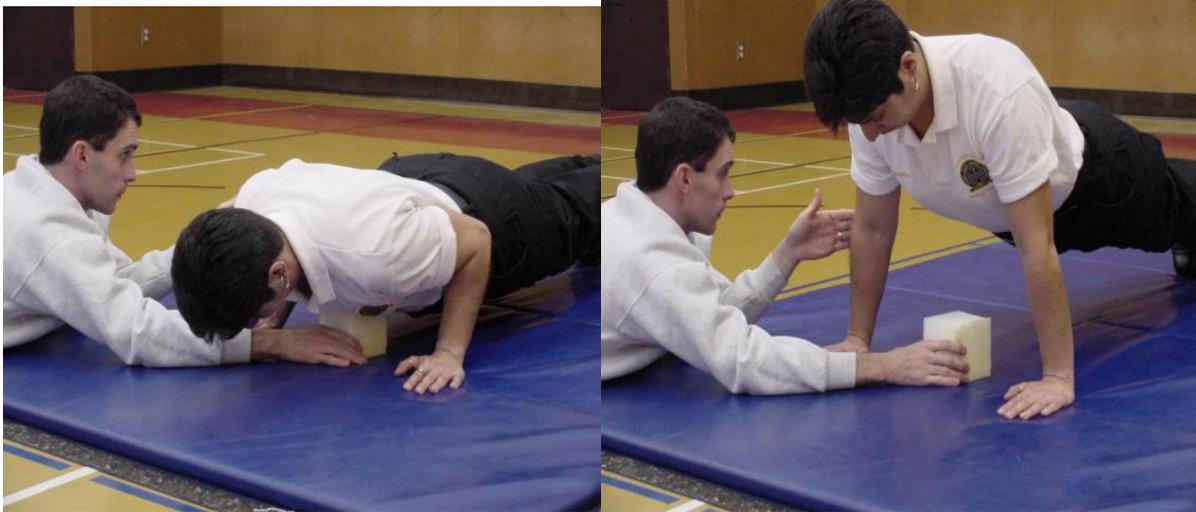
This test is a measure of cardio-respiratory endurance or the aerobic capacity used in extended control and prolonged defensive tactics training. This is important for performing tasks involving stamina and endurance, e.g., prolonged performance techniques in 4-8 hour use of force training sessions and minimizing the risk of cardiovascular health problems.

The run is conducted on the C.J.T.C. track or a designated and measured course at regional academies.

Push-up

This test is used to measure the muscular strength/endurance of the upper body, particularly the shoulders, chest, and triceps (back of upper arm) used in high intensity defensive tactics training and application. This is a critical component of use of force involving pushing, grabbing, and breaking one's fall to the ground, as well as getting back up off the ground.

The push-up is conducted with the participant starting in the up position. A rater lies facing the participant with a four-inch cube placed under the participant's chest. The count begins when the participant's arms are bent in a 90-degree bend at the elbow measured from the outside of the arm, upper arms are horizontal to the mat and finishes when the participant returns to the up position with the elbows fully extended. A correct pushup is performed when the participant's back is flat (NO arch or bow), the feet are together (one foot can be placed on the heel of the other or up to 1 foot apart), and the hands are shoulder width apart. Rest can only be done in the up position.



Sit-up

This test is used to measure the muscular strength, endurance, and flexibility of the abdominal muscles. These torso muscles are some of the most used muscles in the body. They bend and twist the torso and generate power used in many of the control tactics taught at the academy. These muscles are also important for maintaining good posture and minimizing lower back problems.

The sit-up is conducted with the participant lying on their back with knees bent to a 90-degree angle and the heels of their feet on the perimeter of a padded floor mat. A Spotter straddles the participant's feet holding the knees tightly, and a Counter kneels behind the participant with a hand placed beneath the participant's head.



The participant has a choice of two positions for their hands on the head:

1) Position 1: hands behind the head and the fingers laced. The fingers **MUST** stay laced behind the head for the repetition to count.

2) Position 2: hands are cupped over the ears along side the head. Again, the hands MUST stay cupped over the ears for the repetition to count.



One full repetition starts with the back on the mat. The participant then comes forward all the way to touch their knees with their elbow. Then come back down to the mat so that their head touches the counter's hand. Rest can only be done in the up position.

Once in position, the participant has one minute to do as many correct sit-ups as they can do.

How to Prepare for the Fitness Ability Test

Before beginning a physical exercise program it is strongly recommended that the individual be cleared by a doctor to undertake such a program. Individuals 40 years of age or older should not begin a program until they have been cleared by a doctor.

The following program is progressive to allow the body time to adapt and build up. Applicants can do a self-evaluation as noted below to determine where their fitness levels are and begin a regimen to help them safely meet the standards.

Delayed muscle soreness (24-48 hours post exercise) may occur as a result of any new exercise program. This soreness should only be mild in nature and should dissipate prior to the next scheduled exercise session.

If significant or severe soreness exists, the subject exercised too hard and therefore should not perform any exercise (other than stretching) that stresses the affected area until all soreness has disappeared completely.

Remember, this program is designed to build a person up, not tear him/her down. Subjects should pay close attention to their body for any indication of injury or over-use.

1. Conditioning Program for the Push-up Test

Determine exercise level by measuring how many pushups the subject can complete in 60 seconds.

When performing pushups, be sure the subject continues until muscular failure occurs in the straight-knee position and then continues until failure occurs in the bent-knee position.

If the total number is 15 or less, begin at level A.

If the subject's total number is greater than 15, begin at level B.

Subject should work toward reaching level C below.

Level A—1 set 3 times a week for 1 week

Level B—2 sets 3 times a week for 2 weeks

Level C—3 sets 3 times a week until testing

2. Conditioning Program for the One-Minute Sit-up Test

Determine exercise level by measuring how many sit-ups the subject can complete in 60 seconds.

If the subject's total number is 15 or less, begin at level A.

If the subject's total number is greater than 15, begin at level B.

Subject should work toward reaching level C below.

Level A—1 set 3 times a week for 1 week

Level B—2 sets 3 times a week for 2 weeks

Level C—3 sets 3 times a week until testing

When training for sit-ups, be sure the subject continues until muscular failure occurs and then continues with his/her hands by the hips until muscular failure occurs again.

3. Conditioning for the 1.5 Mile Run

Listed below is a very gradual training schedule that will allow the subject to work at maximum effort in the 1.5 mile run.

Generally, it is recommended that the subject reach a training distance that is twice the testing level.

Subjects should continue to increase speed and decrease time for completion of a 3-mile jog 3 times per week with a maximal speed 1.5 mile run 1 day per week.

If the subject is able to adapt and advance more quickly than the schedule recommends, he/she should do so. However, be sure that the exercise program does not cause any undue muscle soreness or strain.

WEEK	ACTIVITY	DISTANCE	TIME (MIN.)	FREQUENCY
1	walk	1 mile	20-17	5/week
2	walk	1.5 miles	29-25	5/week
3	walk	2 miles	35-32	5/week
4	walk	2 miles	30-28	5/week
5	walk/jog	2 miles	27	5/week
6	walk/jog	2 miles	26	5/week
7	walk/jog	2 miles	25	5/week
8	walk/jog	2 miles	24	4/week
9	jog	2 miles	23	4/week
10	jog	2 miles	22	4/week
11	jog	2 miles	21	4/week
12	jog	2 miles	20	4/week
13	jog	2.25 miles	22-23	4/week
14	jog	2.5 miles	24-25	4/week
15	jog	2.75 miles	26-27	3-4/week
16	jog	3 miles	28-30	3-4/week