

**NH POLICE STANDARDS & TRAINING
FITNESS TESTING PROCEDURE**

WE WILL REQUIRE CANDIDATES MEET AT LEAST THE 35TH PERCENTILE NORMS UPON ENTRY (MEANING THEY ARE AS FIT AS AT LEAST THE LOWER 35TH PERCENTILE OF THE POPULATION OF THAT SEX AND AGE) AND UPON GRADUATION, TO HAVE PROGRESSED TO AT LEAST THE 50TH PERCENTILE (I.E. BEING AS FIT AS HALF THE POPULATION OF THE SEX AND AGE.)

TEST BATTERY

The tests the Council has chosen from Dr. Cooper's battery are as follows. They will be administered by the Police Academy's fitness staff to each candidate upon entry. **Candidates must pass ALL 5 EVNETS in order to gain admission to the Academy.**

1. **One-Repetition Bench Press.** This is a test of adequate muscular strength, or the amount of tension a muscle can exhibit in one maximal contraction. Since the bench press goes through the full range of motion, it correlates well with total body strength criterion. The equipment required is either a barbell bench and a barbell set, or a Universal D.V.R., with adequate weight capacity. The person in charge estimates the weight that a individual can pres in one maximum effort, by loading the weights to either about one-half the estimated maximum weight, or for males, two-thirds of their body weight; or for females, one-half of their body weight. The individual is then instructed to press this weight once, for an easy warm-up. You then increase the loading by increments of ten pounds or more (five pounds or more as the individual gets closer to his/her maximum). Tell the person to lift each individual weight once, then load the next increment. The first three or four reps serve as warm-up lifts to prevent muscle injury and prepare the candidate for a maximal lift on the fifth or sixth efforts. The score is then maximum pounds lifted in on e repetition. (If Universal equipment if used, record the numbers on the right.) Entry will be at the 35th and exit at the 50th percentile.

ONE-REPETITION BENCH PRESS

	MALES	FEMALES
AGE	ENTRY	ENTRY
18-29	.96	.58
30-39	.86	.52
40-49	.78	.48
50-59	.70	.43
60+	.65	.41

(MULTIPY X BODY WEIGHT)

2. **Sit-and-Reach Test.** This event measures flexibility, and is included because of the widespread problems in today's society with low back pain and joint soreness that are related to sedentary lifestyles. It is also important for law enforcement officers in handcuffing and searching suspects. The trunk flexion test measures hip and back flexibility as demonstrated by the elasticity of the muscles of the back of the legs and trunk. The text requires a box, and a yardstick with a 15" mark at the edge. The subject warms up slowly by practicing the test, sitting on the floor or mat with legs extended at right angles to a taped line on the box. The heels touch near the edge of the box, and are about 8" apart. The yardstick is placed between his/her legs and rests on the box, with the 15" mark on the edge of the box. The subject slowly reaches forward with both hands as far as possible, and holds the position momentarily. The distance reached on the yardstick by the fingertips in inches in the best of three trials, is the flexibility score. Entry will be at the 35th and exit at the 50th percentile.

FLEXIBILTY TEST

	MALES	FEMALES
AGE	ENTRY	ENTRY
18-29	16.0	19.0
30-39	15.0	17.8
40-49	14.0	17.0
50-59	12.5	16.0
60+	12.0	15.2

(INCHES SIT AND REACH)

3. **Push-Ups.** These test muscular endurance, or the ability to contract the muscles repeatedly over a period of time, which indicates efficiency in movement and the capacity to do work. It focuses on the shoulder girdle (deltoids, pectorals, and triceps) which is important in defensive tactics, handcuffing, and rescue operations. Candidates must keep their legs and back straight and knees off the floor until their chest touches to within 3", then push to the "up" position again. The total number of push-ups with correct form are recorded as the score. **There is no time limit on this test.** Females are allowed to use the modified female push-up position. Entry will be at the 35th and exit at the 50th percentile.

PUSH-UPS

	MALES	FEMALES
AGE	ENTRY	ENTRY
18-29	27	22
30-39	21	17
40-49	16	11
50-59	11	10
60+	9	4

4. Sit-Ups. This event measures the muscular endurance of the abdominal area, which is important in the prevention of injuries while doing police work. The candidate lies on his/her back, knees bent, heels flat on the floor, with a partner holding the feet down, then does as many sit-ups in correct form as possible in one minute. In the “up” position, candidates must touch their elbows to their knees, and both shoulders should touch the floor in the “down” position. The score is the number of correct sit-ups **in one minute**. Entry will be at the 35th and exit at the 50th percentile.

SIT-UPS

	MALES	FEMALES
AGE	ENTRY	ENTRY
18-29	37	31
30-39	33	24
40-49	28	19
50-59	22	12
60+	18	5

(IN 60 SECONDS)

5. 1.5 mile timed run. This is a test of the aerobic power that is so important to police officers when responding physically in an emergency situation. This test requires a nearly exhaustive effort, or at least at the level of the higher intensities at which the individual has been training. It takes place on an indoor or outdoor track (seventeen and one-fourth (17 ¼) laps of a 440-yard track is 1.5 miles) or other suitable, relatively level running area, and is measured with a stopwatch. Participants should not eat for at least two hours before the test. The individual should do some stretching and warm-up exercises prior to the test, and allow adequate time for cool-down by walking or jogging at a slow pace following the test. Candidates will enter the academy at the 35th and exit after 12 weeks at the 50th percentile.

1.5 MILE TIMED RUN

	MALES	FEMALES
AGE	ENTRY	ENTRY
18-29	13:06	15.48
30-39	13:53	16:23
40-49	14:47	16:59
50-59	15:53	18:09
60+	16:58	18:54