



# **POLICE OFFICER RECRUITMENT**

## **PHYSICAL FITNESS EXAMINATION**

### **DESCRIPTION OF EXERCISES**

**VERTICAL JUMP** The vertical jump begins by the candidate standing with one side toward the wall, heels together, and reach upward as high as possible. Using a rocking, one-step approach (“step-feet together-jump”), the candidate will jump as high as possible, reaching upward at the same time. Candidates must complete the vertical jump at a distance of at least 14 inches. The best of three trials will be used as the candidate’s final score.

**AGILITY RUN** The agility run is a measure of coordinated movement and speed. It is important for performing tasks requiring quick movements around obstacles. The candidate will start in the prone position to the left of the first cone with the tips of his/her fingers behind the starting line. When the instructor says “GO” the candidate will stand up and sprint to the forward line, place one foot over the line, and sprint back to the starting line. Candidates then place one foot over the line, and sprint back to the starting line. The candidate will then make a left turn around the first cone, then zig-zag in a figure eight fashion around the four cones and zig-zag back to the start line. The candidate will turn left around the first cone, and sprint to the forward line and back one more time. If the candidate knocks over a cone, misses a turn, or fails to touch the line when turning, the instructor will stop them and the candidate will return to the end of the line for a restart. The candidate will have two attempts for this event and must complete the run within 19.5 seconds.

**SIT-UPS** The sit-up begins while lying on the back with legs bent at the knees at a 90 degree angle, heels flat on the floor. Hands must be interlocked behind the head, with elbows out to the sides. A partner will be required to hold the feet down firmly. The candidate shall raise his/her upper body in a roll up motion to an upright position, allowing his/her elbows to touch the knees and then return to a lying position until the shoulder blades touch the floor. One repetition will be counted using this procedure. The neck must remain in a neutral position; no jerking is allowed. If the hands break apart, the sit-up will not count. Candidates will have one minute to complete 30 sit-ups. Resting is allowable only in the “up” position.

**PUSH-UPS** The push-up begins when the candidate lowers the body until the upper arms are parallel to the floor, then push up again. The candidate must keep the back straight at all times, and in each extension up, the elbows should lock. One repetition will be counted using this procedure. Resting is allowable only in the “up” position. If any part of the candidate’s body, other than hands and feet touch the mat, the candidate will fail this exam. There is no time limit; however, candidates need to complete 23 push-ups.

**300 METER RUN** The 300 meter run should be performed in running shoes and appropriate clothing. The test begins at the designated starting line and concludes after the candidate crosses the designated finish line. The candidate must complete this run in 68 seconds or less.

**1.5 MILE RUN/WALK** The 1.5 mile run/walk should be performed in running shoes and appropriate clothing. The candidate may run or walk to complete this event. Candidates will call out their bib color and number after each completed running lap. The test begins at the designated starting line and concludes after the candidate crosses the designated finish line. The candidate must complete the 1.5 mile run/walk in 16 minutes and 57 seconds, or less.

**In order to pass the physical fitness examination, applicants must meet the single standard fitness norms for all exercise events listed below. These norms are currently required by Nevada POST.**

<b>Exercise Event</b>	<b>Fitness Norm</b>
Vertical Jump	14 inches
Agility Run	19.5 seconds
Sit Ups	30
Push Ups	23
300 Meter Run	68 seconds
1.5 Mile Run/Walk	16 minutes and 57 seconds

Revised 2/23/12