

Rawlins Police Department Physical Fitness Assessment

Introduction:

The Physical Fitness Assessment portion of the testing involves four basic tests. Each test has been proven to have a scientific validity. The four tests that each individual will perform consists of the one minute sit-up test, the one minute push-up test, the twelve minute run, and the steel ring shoot. Three of the four tests are listed above are also requirements for the entry level of fitness at the Wyoming Law Enforcement Academy. The required performance to pass each test is based on gender and age. You will be asked to perform at the recommended level of fitness (40th percentile) during the course of the testing. The standards are based upon norms from a national population sample.

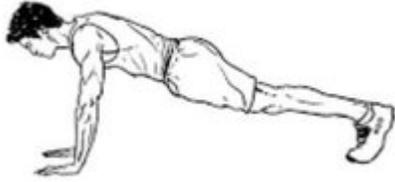
Physical Fitness Performance Requirements Chart- Entry Level 40th Percentile

MALE							
AGE →	20-29	30-34	35-39	40-44	45-49	50-54	55-59
↓ TEST							
1 Minute Sit-up	38	34	31	29	26	24	21
1 Minute Push-up	29	24	21	18	15	13	11
12 Minute Walk/Run	1.45	1.39	1.36	1.33	1.29	1.25	1.20

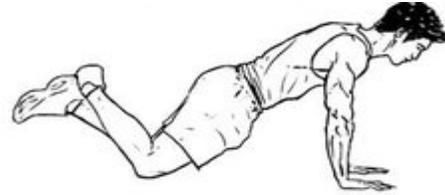
FEMALE							
AGE →	20-29	30-34	35-39	40-44	45-49	50-54	55-59
↓ TEST							
1 Minute Sit-up	32	25	22	20	17	14	10
1 Minute Push-up	23	19	16	13	12	11	8
12 Minute Walk/Run	1.25	1.21	1.17	1.13	1.09	1.06	1.02

One Minute Push-Up Test:

The one minute push-up test requires each individual to push their own weight off the floor and is used to evaluate upper body endurance and strength relative to their body weight. Low levels of muscular endurance indicates inefficiency in movement and a low capacity to perform work. The score is measured by the number of push-ups performed in one minute. See diagram below for protocol.



Male Protocol



Female Protocol

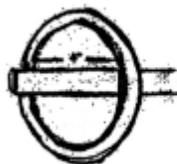
One Minute Sit-up Test:

The one minute sit-up test is designed to measure the endurance of the abdominal muscles. It is an important area for performing police tasks that may involve use of force. The abdominal muscles are also important to maintain good posture and to minimize lower back problems. The score is measured in the amount of bent leg sit-ups performance in one minute. The elbows must touch the knees during the sit-up test and the palm of the hands must remain at the ears. See diagram below for protocol.



Steel Ring Shoot:

The steel ring shoot portion of the testing is a measurement of gun control. Each individual must “dry fire” a revolver through a 4 inch steel ring as many times as possible within one minute. During this process, the muzzle of the forearm must not touch the steel ring. This test was established by the Rawlins Police Department. See diagram below for illustration.



Twelve Minute Run:

The twelve minute run a timed event designed to measure the heart and vascular system's capability to transport oxygen. It is an important area for performing police task involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is calculated by the amount of ground covered within the allotted twelve minutes and 1.5 seconds. (An extra 15 seconds is added to the allotted time for high altitude consideration).

Rawlins Police Department Physical Fitness Assessment Distance Chart

Outdoors- RHS Stadium Track		Indoors- Recreation Center			
<u>Laps</u>	<u>Miles</u>	<u>Laps</u>	<u>Miles</u>	<u>Laps</u>	<u>Miles</u>
4	1.000	10 ½	1.00	19 ¾	1.85
4 ¼	1.063	10 ¾	1.01	20	1.87
4 ½	1.125	11	1.03	20 ¼	1.90
4 ¾	1.178	11 ¼	1.05	20 ½	1.92
5	1.25	11 ½	1.08	20 ¾	1.94
5 ¼	1.310	11 ¾	1.10	21	1.97
5 ½	1.370	12	1.12	21 ¼	1.99
5 ¾	1.430	12 ¼	1.15	21 ½	2.01
6	1.500	12 ½	1.17	21 ¾	2.04
6 ¼	1.560	12 ¾	1.19	22	2.06
6 ½	1.620	13	1.22	22 ¼	2.09
6 ¾	1.680	13 ¼	1.24	22 ½	2.11
7	1.750	13 ½	1.26	22 ¾	2.14
7 ¼	1.800	13 ¾	1.29	23	2.16
7 ½	1.860	14	1.31	23 ¼	2.18
7 ¾	1.920	14 ¼	1.33	23 ½	2.20
8	2.000	14 ½	1.36	23 ¾	2.23
8 ¼	2.063	14 ¾	1.38	24	2.26
8 ½	2.125	15	1.40		
8 ¾	2.178	15 ¼	1.43		
9	2.250	15 ½	1.45		
		15 ¾	1.47		
		16	1.50		
		16 ¼	1.52		
		16 ½	1.55		
		16 ¾	1.57		
		17	1.59		
		17 ¼	1.62		
		17 ½	1.64		
		17 ¾	1.65		
		18	1.69		
		18 ¼	1.71		
		18 ½	1.73		
		18 ¾	1.76		
		19	1.78		
		19 ¼	1.80		
		19 ½	1.83		