Physical Fitness Assessment

The Madison Police Department Tests candidates on three specific Fitness Tests in the Pre-Hire process.

They are:

1. Sit-ups: Twenty-five (25) sit-ups in one (1) minute.
3. One and one-half (1-1/2) mile Run. No more than sixteen minutes, fifty-seven seconds (16:57) running and/or walking on an indoor track.

Minimums standards are established by the Police and Fire Commission that must be met. Superior performance in all these areas will be considered as an overall factor in our competitive process.

The standards for each of the tests are as follows. Each test will be demonstrated to candidates prior to testing excluding the 1.5 mile run. Candidates should warm up prior to testing according to their own warm up routines.

SIT-UP TEST

• This is a 1 minute sit-up test, which measures muscular endurance of the abdominal musculature.
• The test will count the number of correct sit-ups completed in the 1 minute duration.
• The positioning for the sit-up test is as follows:
  – To start the test you will be lying on the ground with your knees bent, feet flat on the floor and hands interlaced and held behind the head.
  – The neck should remain in a neutral position without pulling or yanking on the head with the hands.
  – A partner will hold your feet down firmly with only his or her hands.
  – The up position is obtained when the elbows touch the knees.
  – The down position is obtained when the shoulder blades touch the floor.
• During the test if it is necessary to rest, you may only rest in the up position while maintaining the hands behind the head.
• Breathing during the test should remain as normal as possible by exhaling on the way up and inhaling on the way down. At no time should you hold your breath.
• A correct sit-up will be counted each time the up position is met while maintaining proper form.
• If at any time the form described above is broken by raising the buttocks, unlocking the hands, not going all the way up, pulling on the head or any other item outside of the form described previously, the incorrect sit-up will not be counted. If the continual incorrect form is deemed unsafe to your health, the test may be terminated.
PUSH-UP TEST

- The Push-up test is used to measure muscular endurance of the upper body, specifically the anterior deltoid, pectoralis major and triceps.
- The test will count the number of correct push-ups completed.
- The positioning for the full push-up test is as follows:
  - Prior to beginning the test, you will lie on the ground face down, feet together, hands slightly wider than shoulder width apart and fingers pointed forward.
  - The body will form a straight line from the ankles, through the knees, hips, back and shoulders to the head.
  - To start the test you will be in the up planked position where the body forms a straight line from the head to the ankles with the head in a natural position, arms at soft extension and feet together or slightly apart.
  - A test administrator or partner will place a 3 inch sponge or foam in the middle of the sternum to verify the down position has been obtained.
- During the test if it is necessary to rest, you may only rest in the up position while maintaining the up planked position where the body forms a straight line from the head to the ankles with the head in a neutral position, arms at soft extension and feet together.
- Breathing during the test should remain as normal as possible by exhaling on the way up and inhaling on the way down. At no time should you hold your breath.
- A correct push-up will be counted each time the planked body is lowered from the up position to the down position where the chest touches the sponge or foam, and returns to the up position with the arms at soft extension while maintaining proper form.
- If at any time the form described above is broken by raising or piking the buttocks, sagging the mid section of the body, arching the back, lifting a hand or foot, not going all the way down or up, lifting the neck or any other item outside of the form described previously the incorrect push-ups will not be counted. If the continual incorrect form is deemed unsafe to your health, the test may be terminated.

1.5 MILE RUN TEST

- The 1.5 mile run test, which provides an estimate of cardio respiratory fitness level.
- Candidates must complete the 1.5 mile run in less than 16 minutes and 57 seconds (16:57).
- To start the test you will gather at the start line. At the signal, begin to run as fast as possible until you complete the course or the correct number of laps. For large numbers of candidates the stop watch begins when the last runner crosses the start line.
- As you cross the finish line, your time will be recorded in minutes and seconds.
- If at any time participants run astray of the described course or utilize any external assistance or participate in procedures not listed, the test will be terminated and results will not be recorded. If you feel any distress during or after the test, inform a test administrator and do not continue the test.
PREPARING FOR THE MADISON POLICE DEPARTMENT PHYSICAL FITNESS ASSESSMENT

Sit-Ups

Week 1  Using the Madison Police Department Protocol time yourself and determine how many sit-ups you can do in 1 minute.
         Use the set number and do 3 repetitions of that number 3 times a week.
Week 2  Increase the number of sit-ups in a repetition by 5. Complete 3 repetitions 3 times a week.
Week 3  Increase the number of sit-ups in a repetition by 5. Complete 3 repetitions 3 times a week.
Week 4  Alternate abs exercises. Use 3 different abs exercises for a total of 3 repetitions 3 times a week.
         Crunches, side crunches, rocky sit-ups, front plank, side planks, flutter kicks, sit-ups with arms across chest.
Week 5  Using the Madison Police Department Protocol time yourself and determine how many you can do in 1 minute.
         Use the set number and do 3 repetitions of that number 3 times a week.
Week 6  Complete 1 minute of sit-ups or continue until failure, 2 repetitions 3 times a week.
Week 7  25 sit-ups using the Madison Police Department Protocol 3 repetitions 3 times a week.
Week 8  Complete 1 minute of sit-ups or continue until failure, 2 repetitions 3 times a week.

It is common when testing that you will not achieve the same number of sit-ups as in training. This could be from using improper form or from being exhausted by previous physical testing. Be ready to do more than the minimum number of required sit-ups on testing day in case some of your repetitions are not counted for improper form.

Push-Ups

Week 1  Using the Madison Police Department Protocol time yourself and determine how many you can do in 1 minute.
         Use the completed number and do 3 repetitions of that number 3 times a week.
         At any time you cannot meet your set number, drop to your knees and continue to do push-ups until the number is completed or time expires.
Week 2  Increase the number of push-ups from Week 1 by 5 per repetition. Complete 3 repetitions 3 times a week.
Week 3  Complete as many push-ups as you can in 30 seconds without stopping, 3 repetitions 3 times a week.
        If at any time you cannot continue, drop to your knees until time expires.
Week 4  Complete as many push-ups as you can in 45 seconds without stopping, 3 repetitions 3 times a week.
        If at any time you cannot continue, drop to your knees until time expires.
Week 5  Complete alternate upper body exercises. Choose 2 to 3 exercises and try to complete 20 to 25 of each exercise 3 times a week.

Exercises include, close-hand (diamond) push-ups, wide arm push-ups, elevated push-ups (place feet on chair/stairs), bench press, smith machine, etc.

If at any time you cannot continue, drop to your knees until you complete the number in your set of push-ups.

Week 6  Complete as many push-ups as you can in 1 minute. Complete 2 repetitions 3 times a week.

If at any time you cannot continue, drop to your knees until time expires.

Week 7  Complete as many push-ups as you can in 1 minute 10 seconds. Complete 2 repetitions 3 times a week.

If at any time you cannot continue, drop to your knees until time expires.

Week 8  Complete as many push-ups as you can in 1 minute, 20 seconds. Complete 2 repetitions 3 times a week.

If at any time you cannot continue, drop to your knees until time expires.

Other exercises that can prepare you to increase your number of push-ups are the bench press, dumbbell press, wide-arm and diamond push-ups.

It is common when testing that you will not achieve the same number of push-ups as in training. This could be from doing improper form or from being exhausted from previous physical testing. Be ready to do more than the minimum number of required push-ups on testing day in case some of your repetitions are not counted for improper form.

**1.5 Mile Run**

If you are not a runner, you need to start preparing yourself now. It takes 8 to 12 weeks to prepare yourself to complete the run. If you are already a runner and feel that you can make the 16:57 minimum standard, continue to use your training methods.

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
<th>Time</th>
<th>Distance</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>Brisk Walk/Jog</td>
<td>20 min</td>
<td>N/A</td>
<td>3x week</td>
</tr>
<tr>
<td>Two</td>
<td>Brisk Walk/Jog</td>
<td>25 min</td>
<td>N/A</td>
<td>3x week</td>
</tr>
<tr>
<td>Three</td>
<td>Brisk Walk/Jog</td>
<td>30 min</td>
<td>N/A</td>
<td>3x week</td>
</tr>
<tr>
<td>Four</td>
<td>Jog/Run</td>
<td>15 min</td>
<td>1 mi</td>
<td>3x week</td>
</tr>
<tr>
<td>Five</td>
<td>Jog/Run</td>
<td>17 min</td>
<td>1.5 mi</td>
<td>3x week</td>
</tr>
<tr>
<td>Six</td>
<td>Jog/Run</td>
<td>15 min</td>
<td>1.5 mi</td>
<td>3x week</td>
</tr>
<tr>
<td>Seven</td>
<td>Jog/Run</td>
<td>20</td>
<td>2 mi</td>
<td>3x week</td>
</tr>
<tr>
<td>Eight</td>
<td>Sprint for Walk for</td>
<td>1 min</td>
<td>Continue for 10 reps</td>
<td>3x week</td>
</tr>
<tr>
<td>Nine</td>
<td>Run</td>
<td>16:57</td>
<td>1.5 mi</td>
<td>3x week</td>
</tr>
<tr>
<td>Ten</td>
<td>Run</td>
<td>18 min</td>
<td>2 mi</td>
<td>3x week</td>
</tr>
<tr>
<td>Eleven</td>
<td>Run</td>
<td>20 min</td>
<td>N/A</td>
<td>3x week</td>
</tr>
<tr>
<td>Twelve</td>
<td>Run</td>
<td>&lt;16:57</td>
<td>1.5 mi</td>
<td>3x week</td>
</tr>
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</table>
FITNESS INFORMATION

All healthy adults aged 18-65 need moderate intensity aerobic physical activity for a minimum of 30 minutes on 5 or more days each week for a total of 150 minutes a week. If you cannot dedicate 5 days a week you could do 25 minutes of vigorous physical activity for 3 days or more a week for a total of 75 minutes a week. Sports such as basketball, soccer, baseball, etc. are good physical activities but do not provide enough of a work out to prepare you for the physical assessment. These activities are fine for days that you are not conducting fitness training but should not be substituted for fitness training.

In order to burn one pound of body fat, an individual must burn 3,500 more calories than they consume. If weight loss is a goal, an individual should create a 500 calorie/day deficit by consuming 250 fewer calories and expending 250 additional calories through exercise. At this rate it will take 1 week to lose one pound of body weight. Consider the nutritional value that is labeled on foods and beverages. Recommended sites that can help you with nutritional information include www.eatright.org and www.choosemyplate.gov. Choosemyplate.gov has a super tracker that can calculate the amount of calories you consume in one day and the amount of calories burned through physical activity.

FITNESS AS IT PERTAINS TO LAW ENFORCEMENT

The nature of police work can contribute to a lack of both physical fitness and overall wellness. Most law enforcement professionals spend their days behind the wheel of a patrol car or at a desk completing paperwork. Law enforcement professionals work irregular shifts with unpredictable meal times. Because fast food is convenient and inexpensive, this can lead to poor dietary habits while on duty. Additionally, there are many potential sources of stress, including but not limited to potentially dangerous situations such as dealing with citizens who are upset or violent, and making the switch from inactivity to vigorous activity in a rapid manner. It is highly recommended to create both good eating habits and workout routines prior to becoming a Law Enforcement Officer and continue those habits throughout your career. This will help Officers to reach full retirement and reduce the number of injuries over their career.