

**CITY OF KENOSHA
POLICE DEPARTMENT
“Health - Fitness” Test Battery**

There are four “Health – Fitness” events that make up the test battery of the City of Kenosha Police Department’s applicant testing procedure. Those tests are:

**Sit Up Event
1.5 mile Run
Maximum Bench Press
300 Meter Run**

Each test must be completed to an Absolute Standard. Those absolute standards are:

<u>EVENT</u>	<u>ABSOLUTE STANDARD</u>
Sit up Event	29 sit-ups in one minute
1.5-mile Run	16 minutes 28 seconds
Maximum Bench-Press	64 % of applicants body weight
300-Meter Run	71 seconds

These tests are validated through research conducted at various municipal agencies within the United States. The testing carries the assumption that physical fitness is an UNDERLYING AND PREDICTABLE factor for officer’s performing essential physical tasks. Physical fitness has been demonstrated to be an occupational qualification. Job analysis accounts for physical fitness being an underlying factor determining the physiological readiness to perform the essential tasks of the job.

You must pass each test (absolute standards set by the Police & Fire Commission), in order to pass the entire battery.

The Sit Up Event

PREPARING FOR THE TEST: Determine how many bent leg sit-ups you can do in 1-minute. At least 3 times a week do 3 sets (a set equals the number sit-ups you can do in 1 minute followed by a short rest).

PROCEDURE: This test is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force. Start by lying on your back, knees bent and heels flat on the floor, with the fingers laced and held behind the head. A partner holds the feet down firmly. A full sit up is counted when the individual curls up and the elbows come in contact with the knees. A sit up will only be counted when it is completed correctly.

ABSOLUTE STANDARD: Each applicant must complete 29 sit-ups in 1 minute to successfully complete this test.

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1.5 Mile Run

PREPARING FOR THE TEST: This activity involves distance, time and frequency. Beginners may want to start with a 1 mile walk 5 times a week advancing to a quick walk and then to a walk jog, and in a manner of time work your way up to a 2-mile jog within 20 minutes, 4 times a week.

PROCEDURE: This is a timed run to measure the heart and vascular systems capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. Participants are instructed to run 1.5 miles within a specified time period.

ABSOLUTE STANDARD: Each applicant must complete the 1.5-mile run within 16 minutes and 28 seconds.

The Bench Press Event

PREPARING FOR THE TEST: If you have access to weights, determine the maximum weight you can bench press one time. Take 60% of that poundage. This will be the training weight. You should be able to do 8-10 repetitions of that weight. Do 3 sets of 8-10 repetitions adding 2 ½ to 5 pounds every week or when the repetitions become easy. If you don't have weight equipment, the push up exercise can be used to develop these muscles. Determine how many push-ups you can do in one minute. At least 3 times a week, do 3 sets of as many push-ups as you can do in one minute.

PROCEDURE: This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. It is an important area for performing police tasks requiring upper body strength. You will warm-up with less than your maximum bench press. The weight will then be increased in five to ten pound increments until your absolute standard is reached.

ABSOLUTE STANDARD: Each applicant must bench press 64 % of his or her body weight.

The 300 Meter Run

PREPARING FOR THE TEST: The following is a training program specifically designed to meet the goal of training for a 300 meter run. It is intended for those who have been doing some anaerobic training:

- Training distance = 110-220 yards
- Training time = Time an all-out effort, then start training at 80% of that time.(for example, if the all out effort is 20 seconds, divide by .80 to get your starting training time of 25 seconds)
- Repetitions = 10-15
- Rest time = 1-2 minutes
- Frequency = 1 or 2 times per week.

Progress to higher levels by increasing distance and repetitions and by decreasing training times.

PROCEDURE: This test is a measure of anaerobic power. Warm up and stretching should proceed

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testing. The testing involves completing 300 meters within a specific time period.

ABSOLUTE STANDARD: Applicants must complete the 300-meter run within 71 seconds.

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