

**PHYSICAL ABILITY TEST – ENTRANCE REQUIREMENTS**

<b>35TH PERCENTILE COOPER AEROBIC INSTITUTE STANDARD</b>				
<b>MALES</b>				
<b>AGE GROUP</b>	<b>MIMIMUM BENCH PRESS % OF BODY WEIGHT</b>	<b>MIMIMUM PUSH-UPS NO TIME LIMIT</b>	<b>MINIMUM SIT-UPS (1 MIN) 1 MINUTE TIME</b>	<b>MINIMUM 1.5 MILE RUN</b>
18-29	0.96%	27	37	12:53
30-39	0.86%	21	33	13:25
40-49	0.78%	16	28	14:10
50-59	0.70%	11	22	15:53
60+	0.65%	9	18	17:49

<b>35TH PERCENTILE COOPER AEROBIC INSTITUTE STANDARD</b>				
<b>FEMALES</b>				
<b>AGE GROUP</b>	<b>MIMIMUM BENCH PRESS % OF BODY WEIGHT</b>	<b>MIMIMUM PUSH-UPS NO TIME LIMIT</b> <small>Modified Full Body</small>	<b>MINIMUM SIT-UPS (1 MIN) 1 MINUTE TIME</b>	<b>MINIMUM 1.5 MILE RUN</b>
18-29	0.58%	22    14	31	15:14
30-39	0.52%	17    10	24	15:58
40-49	0.48%	11    8	19	16:46
50-59	0.43%	10    --	12	18:37
60+	0.41%	4    --	5	20:52

The battery of tests which comprise this portion of the entrance requirements are those required by New Hampshire Police Standards and Training Council for entrance to the Recruit Academy. They do not assess the candidate's ability to perform specific job tasks, but do assess his or her capacity to perform specific job tasks once the candidate has had the chance to learn them (in an Academy classroom or in Field Training).

One of the more important questions that this battery of tests addresses is: Does the candidate's present level of cardiovascular functioning, neuromuscular control (ability) and upper body strength suggest that he or she has the necessary physical attributes to begin learning and developing skills in those job performances that have neuromuscular control, cardiovascular, and upper body strength components.

During this portion of the testing process, the candidate will be given an opportunity to pass the one-repetition bench press, the push-up, sit-up and the 1.5 mile run at the level indicated for their age and gender classification as outlined in the chart above. The Hudson Police Department requires that all candidates pass all facets of this physical ability test.

1. One-Repetition Bench Press: This is a test of adequate muscular strength or the amount of tension that a muscle can exhibit in one maximum contraction. Since the bench press goes through the full range

of motion, it correlates well with total body strength criterion. The equipment required is both a barbell bench and barbell set, or a Universal D.V.R., with adequate weight capacity. The candidate shall warm up by lifting a weight they feel comfortable with. The fitness coordinator shall place the minimum passing weight on the bar and the candidate will then complete one bench press with the required weight. During this event there will always be two spotters available for safety purposes to assist.

2. Push-Ups: This is a test of 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 ground at all times and from the "up" position, lower themselves to the ground until their chest touches within 3", then push to the "up" position again. The total number of pushups with correct form in one minute is recorded as the score. Females are allowed to use the modified female push-up position. This event is not timed. Candidates should perform as many push-ups as they can until muscle failure is reached.
3. 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, arms up and fingers interlaced behind the head, knees bent, heels flat on the floor, with a partner holding the feet down. The candidate performs 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 must touch the floor in the "down" position. The score is the number of correct sit-ups in one minute.
4. 1.5 Mile Timed Run: This is a test of aerobic power that is so important to police officers when responding physically to an emergency situation. This test requires nearly an exhaustive effort or at least, at the level of the higher intensities at which the individual has been training. It takes place at an outdoor track or other suitable relatively level running area, and is measured with a stopwatch. Candidates should not eat for at least two hours before the test and allow adequate time to cool-down by walking or jogging at a slow pace following the test.