

SUBJECT: PHYSICAL PERFORMANCE STANDARDS

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EFFECTIVE DATE: 04/01/99

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**I. PURPOSE**

The purpose of this general order is to establish an entry standard uniform physical performance procedure that is an underlying factor for performing essential and/or critical physical functions required of a police officer. These are absolute standards that are based on the Fitforce Program and the Cooper Institute for Aerobics Research. This order applies to all applicants applying for the position of police officer with the Dumas Police Department as part of the hiring process.

**1-Minute Sit-Up****PURPOSE**

To measure the muscular endurance of the abdominal muscles. This is important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems.

**PROCEDURE**

Participant will lie on his or her back, knees bent at a 90-degree angle, heels flat on the floor. Feet may be apart or together, but they must stay in contact with the mat or ground. Hands should be held behind the head "fingers must stay interlocked", with elbows out to the sides. A partner may hold down the feet if needed. On command, the participant will lift the upper body by bending at the waist. Participant will touch his/her elbows to the knees, and return to the starting position. When returning to the starting position, the shoulders must touch the mat or ground. Participant must not arch the back or lift the buttocks from the mat or ground. Participant must complete a minimum of 25 sit ups. Score is the number of correct sit-ups within one minute.

**Maximum pushup****PURPOSE**

To measure the muscular endurance of the upper body muscles in the shoulder, chest, and back of the upper arms (the extensors). This is important for use of force involving pushing motion.

## PROCEDURE

Participant will place their hands on the ground wherever they are comfortable, approximately shoulder width apart. The feet may be together, or up to 12 inches apart. The body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the exercise. On command, the participant will lower their body by bending the elbows until the upper arms are parallel to the ground. The participant's partner will say when he/she has gone low enough. Participant will then return to the starting position by straightening the arms. Participant may rest in the up position. There is no time limit, but participant will be required to complete a minimum of 29 correct push-ups. Score is based on the number of correct repetitions.

## **1.5-Mile Run**

### PURPOSE

This run is a measure of cardiovascular endurance or aerobic power, and the endurance of the leg muscles.

### PROCEDURE

Participants should practice in pacing prior to the test, to avoid running too fast early in the run and becoming fatigued early. The run must be completed without any help. At the start, participants will line up and on command, the clock will start and participants will begin running at their own pace. The goal is to finish the 1.5 miles in as fast a time as he/she can. You may walk, but walking will make it difficult to meet the standard. Participant must complete the run within the maximum time of 16:28.

## **300-Meter Run**

### PURPOSE

This is a test of anaerobic capacity, which is important for performing short intense bursts of effort such as pursuits.

### PROCEDURES

Participants should warm up for one minute prior to the run. Participants will cover the distance as fast as possible which must be within the maximum time of 71.0 seconds. Participants score is the time to the nearest second it takes to complete the course.

## **Repetition Maximum Leg Press**

### PURPOSE

This test for the maximum weight that can be pushed from the leg press position. It measures that amount of force the lower body can generate. Lower body strength is important for performing tasks such as running up and down stairs.

**PROCEDURES**

The goal is to lift as much weight as possible in one repetition. Participants will use the following guidelines. Participant will begin with one-half of his/her body weight, lifting it six times to warm up. The weights will be increased in 10 pound or more increments to the maximum. The initial three or four lifts serve as warm-ups to prevent muscle injury and prepare the participant for the final lift. The score is the highest weight lifted in one repetition. A second score is also recorded by dividing the weight lifted by body weight for a ratio score.

**EXAMPLE ABSOLUTE STANDARDS (Single Cutpoints)**

| <b>Test Battery</b>     | <b>Federal</b> | <b>State</b> | <b>Municipal</b> |
|-------------------------|----------------|--------------|------------------|
| 1 Minute Sit ups (#)    | 38-42          | 30-38        | 29-35            |
| Maximum Push ups (#)    | 34-36          | 21-35        | 25-28            |
| 1.5 Mile run (min/sec)  | 13:35-14:31    | 14:05-15:31  | 14:36-16:28      |
| 300 Meter Run (seconds) | 64.3-72.0      | 56.0-65.4    | 63.0-71.0        |

All participants will be required to successfully complete the 1.5 mile run, and at least three of the four remaining tasks. In order to advance further in the hiring process successful completion of the Physical Performance Test is **MANDATORY**.

Participants who are not successful will be allowed to re-attempt the Physical Performance Test 30 calendar days from the original test date. The re-attempt at the test will be conducted at the discretion of the Dumas Police Department. If the applicant is unsuccessful at completing the Physical Performance Test the second time, he/she will not be able to re-attempt the test for 6 months from the second attempt test date. If the applicant is unsuccessful the third time, he/she will be able for re-test every six months after their last attempt at the Physical Performance Test. All testing will be done at the discretion of the Dumas Police Department.

DATE OF ISSUE: 04/01/99

APPROVED AS TO CONTENT:

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