

Mt. Lebanon Police Department
555 Washington Road
Pittsburgh, PA 15228

ENTRY LEVEL PHYSICAL FITNESS TEST BATTERY

- The Physical Fitness Test Battery consists of four exercise events, immediately preceded by a warm-up session with intermittent rest periods to ensure the safety of the applicants.
- The Physical Fitness Test Battery is designed to measure the cumulative effect on each applicant. Therefore, failure of any one of the events constitute a failure of the entire Test Battery and will exclude the applicant from further processing.
- The Physical Fitness Test Battery and Standards are detailed below along with an explanation of each event protocol.

	Male Standards by Age					Female Standards by Age				
	18-29	30-39	40-49	50-59	60+	18-29	30-39	40-49	50-59	60+
300 Meter Run (Time)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
Bench Press (% body weight)	0.93	0.83	0.76	0.68	0.63	0.56	0.51	0.47	0.42	0.4
Sit Ups (1 Min Reps)	35	32	27	21	17	30	22	17	12	4
1.5 Mile Run (Time)	13:15	13:44	14:34	15:50	15:50	15:46	16:42	17:29	19:10	19:10

1. **300 Meter Run:** This is a test of anaerobic power. This is an important factor in exerting a short burst of energy. Example: Pursuing a fleeing suspect.

The applicant must complete a 300-meter course in or under the required time. The finish line will be set at the 300-meter mark or 328 yards away from the starting line. The event is measured in seconds.

2. **Bench Press (Free Weights):** This is a test of absolute upper body strength. This is an important part of any dynamic physical exertion scenario. Example: Gaining physical control of a suspect.

The applicant will be weighed on a scale. The measurement is in pounds. The applicant's weight will then be multiplied by their age and gender adjusted percentile ratio (see chart above), then the appropriate gender specific, free weight conversion formula will be applied. Please refer to the "30th Percentile Entry Level Standards Bench Press Conversion Charts" under the free weights category found at this link:

<https://mpoetc.psp.pa.gov/training/Pages/Physical-Fitness.aspx>

The result is the standard weight. If the exact standard weight cannot be placed on the bar, the total weight will be rounded down to a weight that is closest to the standard weight that the applicant must press (lift).

The applicant will take a position on the bench with their eyes aligned under the bar. They will take a grip on the bar slightly wider than their shoulders. The applicant will maintain a natural arch of the back with their feet flat on the floor.

Two (2) spotters will be positioned, one at each end of the bar. The spotters will lower the bar until applicant's elbows reach 90 degrees. The bar will be positioned to the mid-line of the applicant's chest, but not resting on the chest. The applicant will be instructed to breathe out on the exertion, then press the weight up to a "soft lock" of the elbows one (1) time. During the pressing phase, the spotters will not physically assist the participant in lifting the weight. After an attempt, the spotters will rack the bar.

Applicants will have up to six (6) attempts to successfully press the standard weight. During the lift, the applicants may not arch their buttocks off the bench or move their feet. If they do, the attempt does not count.

3. **Sit-ups:** This is a test of abdominal muscular endurance. This is an important factor in a use of force scenario and minimizing lower back problems. Example: Gaining physical control of a suspect.

The applicant starts by lying on their back, knees bent at approximately a 90° angle, feet flat on ground, and hands behind the head. Fingers must be interlocked. The applicant's hands may not be on the top of the head or on the neck. The feet are held in place while the applicant performs the required number of sit-ups. To be counted as a repetition, the applicant must curl their upper body until their elbows contact their knees, and then return down until their shoulder blades contact the floor mat. Breathing should remain normal throughout the exercise.

During the exercise, the applicant's buttocks shall remain flat on the ground to avoid "kipping" of the hips and their fingers must remain interlocked. All resting must be done in the "up" position, otherwise the test is terminated.

The required number of repetitions must be completed within one (1) minute or less.

4. **1.5 Mile Run:** This is a test of aerobic capacity or VO2 max. This is the foundation for almost all physical tasks. Example: Use of force scenarios and administering CPR.

The applicant must complete the 1.5-mile course at or under the required time for their age and gender. On a 440-yard running track, six laps must be completed. The applicant may not be physically assisted by another runner or exit the running surface prior to completing the course.