# FACTS ABOUT THE U.S.PARK POLICE

## PHYSICAL EFFICIENCY BATTERY (PEB)

## PHYSICAL FITNESS TEST

# HISTORY

The United States Park Police, in recognizing the importance of physical fitness status for job performance, has established physical fitness standards for applicants and incumbent officers. We have determined what areas of physical fitness are important for doing the job of officer, United States Park Police as well as what level of fitness is necessary to perform the strenuous and essential functions of the job. You will be expected to meet the physical fitness test standards when entering our agency maintaining the position of police officer.

# WHAT IS PHYSICAL FITNESS?

Physical fitness is having the physical readiness to perform the strenuous and critical physical tasks of the job. The physical fitness areas that have been determined to be the underlying factors for your capabilities to do the job consist of five (5) specific and different areas.

1. **Aerobic power or cardiovascular endurance.** This is having an efficient heart and cardiovascular system so that you can perform physical tasks over a sustained period of time. It is an important area for performing job tasks such as foot pursuits and long-term use of force situations.

2. **Upper body absolute strength.** This is having the upper body strength to make maximal efforts against a resistance. This is important for performing physical tasks that require lifting, carrying and pushing.

3. **Agility.** This is having the ability to make quick movements with sprinting. This is important for making movements and changes of direction around obstacles during pursuits.

4. **Lower back and leg flexibility.** This is having the range of motion to bend and twist and getting in and out of tight spaces and automobiles.

5. **Body Composition.** This relates to overall health and physical fitness, and is a component in the performance of all measures of physical fitness.

**Note:** At this time, applicants are not evaluated for body composition. Subsequent to selection, body composition is evaluated as part of ongoing Physical Efficiency Battery (PEB) administration.

## WHY IS PHYSICAL FITNESS IMPORTANT?

First, physical fitness is important because the five physical fitness areas determine an individual's capability to do strenuous job tasks. Physical fitness is a bona fide occupational qualification (BFOQ).

Secondly, physical fitness is important to minimize health risks for health problems such as heart disease, stroke and obesity - all of which can affect job performance capabilities.

## HOW WILL PHYSICAL FITNESS BE MEASURED?

There are four (4) physical fitness tests that will be given in one day as a battery of tests.

1. **SIT AND REACH TEST** - This measures flexibility and consists of sitting on the ground with leg outstretched and stretching out over a yardstick or testing box as far as possible. This test is measured in inches.

2. **1 Repetition Maximum (RM) BENCH PRESS** - This measures the absolute strength of the upper body. The test consists of a horizontal or vertical chest press, pushing as much weight as you can one time. This test is measured in pounds (lbs.)

3. **AGILITY RUN (The Illinois Agility Test)** - This measures agility. The test consists of sprinting and dodging around obstacles over a 60 yard course as fast as possible. This test is measured in tenths of seconds.

4. **1.5 MILE RUN** - This measures aerobic power or cardiovascular endurance (the ability to have stamina over time). The test consists of running/walking as fast as possible the distance of 1.5 miles. This test is measured in seconds.

# WHAT TEST STANDARDS MUST I MEET?

You will be given the tests in the previously related sequence. There will be rest periods between each event.

Each test is scored separately and you must meet the standard on each and every test. The standards are as follows.

| Sit and Reach Standards | | | | | | |
|---|---|---|---|---|---|---|
| **Efficiency** | 20-29 Yrs | | 30-39 yrs | | 40-50+ Yrs | |
| **Score** | Trunk Flex | | Trunk Flex | | Trunk Flex | |
| | (Inches) | | (Inches) | | (Inches) | |
| | Male | Female | Male | Female | Male | Female |
| 100 | 25 | 26 | 24 | 25 | 23 | 24 |
| 95 | 24 | 25 | 23 | 24 | 22 | 23 |
| 90 | 23 | 24 | 22 | 23 | 21 | 22 |
| 85 | 21 | 22 | 20 | 21 | 19 | 20 |
| 80 | 19 | 20 | 18 | 19 | 17 | 18 |
| 75 | 15 | 16 | 14 | 15 | 13 | 14 |
| 70 | 11 | 12 | 10 | 11 | 9 | 10 |
| 65 | 7 | 8 | 6 | 7 | 5 | 6 |
| 60 | 3 | 4 | 2 | 3 | 1 | |

**SIT AND REACH TEST** - This measures flexibility and consists of sitting on the ground with leg outstretched and stretching out over a yardstick or testing box as far as possible. This test is measured in inches.

| Bench Press Standards | | | | | | |
|---|---|---|---|---|---|---|
| **Efficiency** | **20-29 Yrs** | | **30-39 Yrs** | | **40-50+ Yrs** | |
| **Score** | % Body Weight Pushed | | % Body Weight Pushed | | % Body Weight Pushed | |
| | Male | Female | Male | Female | Male | Female |
| 100 | 135.0 | 87.8 | 130.0 | 84.5 | 125.0 | 81.3 |
| 95 | 125.0 | 81.3 | 120.0 | 78.0 | 115.0 | 74.8 |
| 90 | 115.0 | 74.8 | 110.0 | 71.5 | 105.0 | 68.3 |
| 85 | 105.0 | 68.3 | 100.0 | 65.0 | 85.0 | 61.8 |
| 80 | 85.0 | 61.8 | 90.0 | 58.5 | 85.0 | 55.3 |
| 75 | 85.0 | 55.3 | 80.0 | 52.0 | 75.0 | 48.8 |
| 70 | 75.0 | 48.8 | 70.0 | 45.5 | 65.0 | 42.3 |
| 65 | 65.0 | 42.3 | 60.0 | 39.0 | 55.0 | 35.8 |
| 60 | 65.0 | 35.8 | 50.0 | 32.5 | 45.0 | 29.3 |
| 55 | 45.0 | 29.3 | 40.0 | 26.0 | 35.0 | 22.8 |
| 50 | 35.0 | 22.8 | 30.0 | 19.5 | 25.0 | 16.3 |

**1 Repetition Maximum (RM) BENCH PRESS** - This measures the absolute strength of the upper body. The test consists of a horizontal or vertical chest press, pushing as much weight as you can one time. This test is measured in pounds (lbs.)

| Agility Standards | | | | | | |
|---|---|---|---|---|---|---|
| **Efficiency** | **20-29 Yrs** | | **30-39 Yrs** | | **40-50+ Yrs** | |
| **Score** | Agility Time | | Agility Time | | Agility Time | |
| | (Seconds) | | (Seconds) | | (Seconds) | |
| | Male | Female | Male | Female | Male | Female |
| 100 | 15.90 | 17.80 | 16.40 | 18.90 | 17.35 | 20.55 |
| 95 | 16.35 | 18.35 | 16.85 | 19.45 | 17.80 | 21.10 |
| 90 | 16.80 | 18.90 | 17.30 | 20.00 | 18.25 | 21.65 |
| 85 | 17.25 | 19.45 | 17.75 | 20.55 | 18.70 | 22.20 |
| 80 | 17.70 | 20.00 | 18.20 | 21.10 | 19.15 | 22.75 |
| 75 | 18.15 | 20.55 | 18.65 | 21.65 | 19.60 | 23.30 |
| 70 | 18.60 | 21.10 | 19.10 | 22.20 | 20.05 | 23.85 |
| 65 | 19.05 | 21.65 | 19.55 | 22.75 | 20.50 | 24.40 |
| 60 | 19.50 | 22.20 | 20.00 | 23.30 | 20.95 | 24.95 |
| 55 | 19.95 | 22.75 | 20.45 | 23.85 | 21.40 | 25.50 |
| 50 | 20.40 | 23.30 | 20.90 | 24.40 | 21.85 | 26.05 |

**AGILITY RUN (The Illinois Agility Test)** - This measures agility. The test consists of sprinting and dodging around obstacles over a 60 yard course as fast as possible. This test is measured in tenths of seconds.

| 1.5 Mile Run Standards | | | | | | |
|---|---|---|---|---|---|---|
| **Efficiency Score** | 20-29 Yrs | | 30-39 Yrs | | 40-50+ Yrs | |
| | 1.5 Mile Run (Minutes) | | 1.5 Mile Run (Minutes) | | 1.5 Mile Run (Minutes) | |
| | Male | Female | Male | Female | Male | Female |
| 100 | 9:00 | 10:48 | 10:00 | 12:00 | 11:00 | 13:12 |
| 95 | 9:55 | 11:53 | 10:55 | 13:05 | 11:55 | 14:17 |
| 90 | 10:50 | 12:58 | 11:50 | 14:10 | 12:50 | 15:22 |
| 85 | 11:45 | 14:03 | 12:45 | 15:15 | 13:45 | 16:27 |
| 80 | 12:40 | 15:08 | 13:40 | 16:20 | 14:40 | 17:32 |
| 75 | 13:35 | 16:13 | 14:35 | 17:25 | 15:35 | 18:37 |
| 70 | 14:30 | 17:18 | 15:30 | 18:30 | 16:30 | 19:42 |
| 65 | 15:25 | 18:23 | 16:25 | 19:35 | 17:25 | 20:47 |
| 60 | 16:20 | 19:28 | 17:20 | 20:40 | 18:20 | 21:52 |
| 55 | 17:15 | 20:33 | 18:15 | 21:45 | 19:15 | 22:57 |
| 50 | 18:10 | 21:38 | 19:10 | 22:50 | 20:10 | 24:02 |

**1.5 MILE RUN** - This measures aerobic power or cardiovascular endurance (the ability to have stamina over time). The test consists of running/walking as fast as possible the distance of 1.5 miles. This test is measured in seconds.

## HOW DO I PREPARE FOR THE TESTS?

You will have to train to meet the standards. Each test has a different training routine.

### 1.5 MILE RUN

To prepare for this test, you need to gradually increase your running endurance. The schedule below is a proven progressive routine. If you can advance the schedule on a weekly basis, then proceed to the next level. If you can do the distance in less time, then do so.

| WEEK | ACTIVITY | DISTANCE | TIME | FREQUENCY |
|---|---|---|---|---|
| 1 | Walk | 1 mile | 17-20 min. | 5/week |
| 2 | Walk | 1.5 mile | 25-29 min. | 5/week |
| 3 | Walk | 2 miles | 32-35 min. | 5/week |
| 4 | Walk | 2 miles | 28-30 min. | 5/week |
| 5 | Walk/jog | 2 miles | 27 min. | 5/week |
| 6 | Walk/jog | 2 miles | 26 min. | 5/week |
| 7 | Walk/jog | 2 miles | 25 min. | 5/week |
| 8 | Walk/jog | 2 miles | 24 min. | 5/week |
| 9 | Jog | 2 miles | 23 min. | 4/week |
| 10 | Jog | 2 miles | 22 min. | 4/week |
| 11 | Jog | 2 miles | 21 min. | 4/week |
| 12 | Jog | 2 miles | 20 min. | 4/week |

**1 RM (Repetition Maximum) BENCH PRESS**

To prepare for this test you will need access to weights or weight machine.

The **first step** is to determine the maximum weight you can push up one time.

The **second step** is to determine 60% of that weight.

This will be a weight you can do 8-10 repetitions. Use the schedule below: If you can advance the weights do so.

REPS = the number of times you do the exercise (number of lifts of the weight)
SETS = the number of times you do the series of reps.

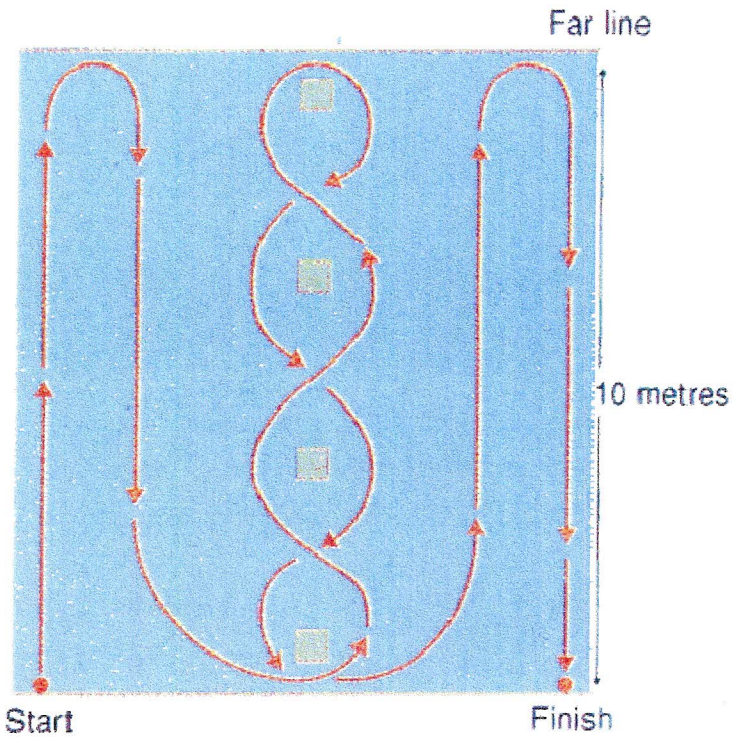
| Week | Weight | Sets | Reps | Frequency |
|---|---|---|---|---|
| 1 | 60% of 1RM | 1 | 8-10 | 3/week |
| 2 | 60% of 1RM | 2 | 8-10 | 3/week |
| 3 | 60% of 1RM | 3 | 8-10 | 3/week |
| 4 | 60% of 1RM | 3 | 8-10 | 3/week |
| 5 | 60% of 1RM plus 5 lbs | 3 | 8-10 | 3/week |
| 6 | 60% of 1RM plus 5 lbs | 3 | 8-10 | 3/week |
| 7 | 60% of 1RM plus 10 lbs | 3 | 8-10 | 3/week |
| 8 | 60% of 1RM plus 10 lbs | 3 | 8-10 | 3/week |
| 9 | 60% of 1RM plus 10-20 lbs | 3 | 8-10 | 3/week |
| 10 | 60% of 1RM plus 10-20 lbs | 3 | 8-10 | 3/week |

## AGILITY RUN

To prepare for this test you will need to practice sprinting around obstacles:

1. Set up a course by spacing at least four (4) obstacles (chairs, cardboard boxes etc.) 10 feet apart for a total distance of at least 30 feet.

2. At least two days a week do two (2) sets of sprinting around the obstacles four times non stop.



## SIT AND REACH

To prepare for this test you will need to perform sitting stretching exercises as follows:

1. Sit stretch. Sit on ground with legs straight. Slowly extend forward at the waist and extend fingertips toward the toes (keeping legs straight). Hold for 20 seconds and exhale.

2. Towel stretch. Sit on ground with legs straight. Wrap a towel around the feet holding each end with each hand. Lean forward and pull gently on the towel extending the torso toward the toes. Hold for 20 seconds while exhaling.

Do these exercises for 10 repetitions daily.

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## BODY COMPOSITION

To prepare for this test you will need to train for the previous tests and eat a sensible diet following the USDA Nutrition Guidelines:

http://www.health.gov/DietaryGuidelines/