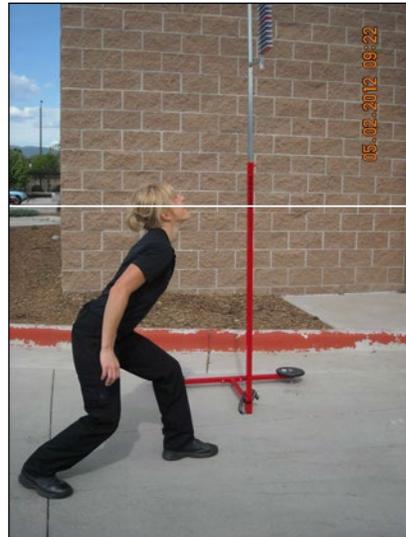


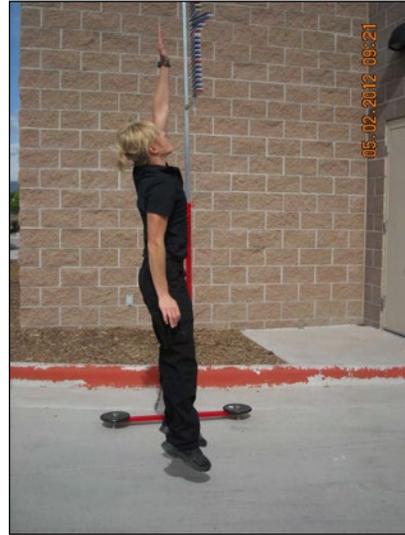
SEQUENCE FOR FITNESS TESTS

Vertical Jump (17 inches using the Vertec)

The first event is the vertical jump, which is a measure of lower body explosive power. It is an important area for pursuit tasks that require jumping and vaulting.

Stand under the testing apparatus and reach up as high as you can with one arm while placing your bicep next to your ear. The apparatus will be lowered to your fingertips. There are two methods that can be used for this test. First, you may take one step back with either foot, keeping the lead foot in place, then step forward and jump, reaching as high as possible, and hit the tabs. Second method is to jump from both feet without taking a step, reaching as high as possible, and hit the tabs. You will have three attempts to jump as high as possible. You must reach the standard of 17 inches or higher to pass. When you reach the standard, you have successfully completed this event.

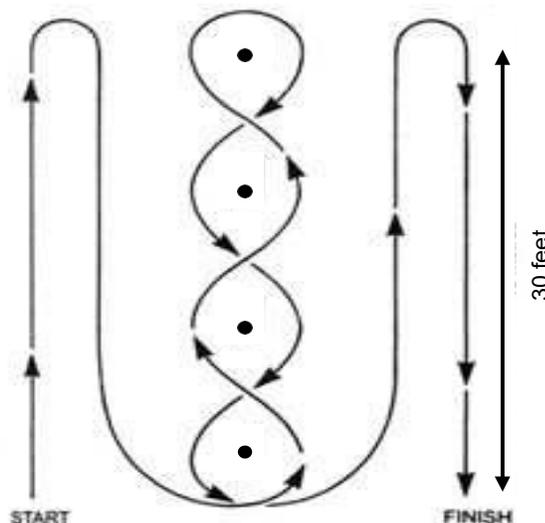




Illinois Agility Run (19.5 seconds)

The second event is the Illinois agility run, a measure of coordinated movement and speed. It is an important area for performing tasks requiring quick movements around obstacles.

Start in the prone position to the left of the first cone with the tips of your fingers behind the starting line. When the instructor says “Go”, stand up and sprint to the forward line place one foot over the line and sprint back to the starting line. Make a left turn around the first cone, then zig-zag (serpentine) in a figure eight fashion around the four cones and zig-zag back to the start line. Turn left around the first cone, and sprint to the forward line and back one more time, crossing the start/finish line under the standard time of 19.5 seconds or less. The clock stops when your body crosses the finish line. If you knock over a cone, miss a turn, or fail to cross any line when turning, the instructor will stop you and return you to the end of the line for a restart. You will be allowed two attempts, if needed, to pass the standard.



One minute Sit-up test (35 sit-ups in one minute)

The third event is the one minute sit-up, which measures the muscular endurance of the abdominal muscles, an important area for many physical tasks and injury prevention.

Lie on your back, with your knees bent at approximately a 90-degree angle. Your feet may be together or apart, but the heels must stay in contact with the surface. Your partner will hold your ankles. The tips of your fingers must stay behind the ears, although you may interlock your fingers behind your head if desired. When the instructor says “Go” lift your upper body (*head and torso*) by bending at the waist and move your elbows to, or past, your knees. Return to the starting position, with your shoulder blades touching the surface. That will constitute one repetition. If you arch your back, lift your buttocks from the mat, move your fingertips forward of your ears, fail to touch the knees, stop to rest in the down position, or fail to touch your shoulders to the mat, you will receive a warning. For any subsequent violation, the repetition will not count. You will have one minute to complete as many sit-ups as possible. If you reach the standard prior to one minute, you may stop. You need to complete 35 sit-ups within the one minute to pass.”



300 Meter run (64 seconds)

The fourth test is the 300 meter run, a test of anaerobic capacity. This is an important area for performing a short intense burst of effort such as in pursuit tasks. The score is the time it takes to complete the course.”

On the command “Go” run as fast as possible to the end of the course. You must complete the run without any help. You must complete the course in 64 seconds or less.

Maximum push-up test (16 push-ups)

The fifth event is the push up, a measure of the muscular endurance of the upper body (chest, shoulders, and triceps). This is an important area for many tasks involving use of force, lifting, carrying and pushing.

Looking straight ahead, assume the front-leaning rest position by placing your hands on the surface just outside a straight line down from the shoulders. The back, buttocks, and legs must be in a generally straight line from the head to the heels. The feet may be either together or up to twelve inches apart. When the instructor says “Go”, lower your body by bending the elbows until the tops of the upper arms, shoulders, and upper back are aligned and parallel to the ground. Return to the starting (up) position by soft-locking your elbows. This constitutes one repetition. You may rest in the up position. If you do not keep your body relatively straight, arch your back, or lock out your elbows, you will receive a warning. For any subsequent violation, the repetition will not count. There is no time limit. Do as many correct repetitions as possible. You need to complete 16 or more push-ups to pass this test.



1.5 mile run (15 minutes 48 seconds, performed on the outdoor course)

The sixth event is the 1.5 mile run, a measure of cardiovascular endurance or aerobic power. This area is important for running pursuits and use-of-force situations lasting more than two minutes.

You will line up behind the starting line. At the command “Go”, start running at a sub-maximal pace. Your goal is to complete the 1.5 miles in as fast a time as you can. You must be under 15 minutes 48 seconds to pass. As you complete each lap, your time and number of laps to go will be announced. You may walk, but try to keep running for the entire distance. You may run alongside another runner for help with the pace, but you may not physically assist or be assisted by another runner.