



Physical Fitness Test for Kyle Police Officer Applicants

Applicants should consider not eating a heavy meal or smoke for at least 3 hours prior to the Physical Fitness Test. Applicants should warm up and stretch thoroughly prior to the test.

Sequencing of Physical Fitness Assessments

1. Perform the One Minute Sit-up assessment, and then recover for a minimum of 5 minutes.
2. Perform the 300 Meter Run, and then recover for a minimum of 5 minutes.
3. Perform the One Minute Push-up assessment, and then recover for a minimum of 5 minutes.
4. Perform the 1.5 Mile Run assessments, and then perform active cool down for a minimum of 5 minutes.

***Recovery between each fitness assessment should be active (i.e. slow walking, gentle stretching)

Protocol for Muscular Endurance Assessment Sit-Ups and Push-Ups

- Muscular endurance is defined as the ability to contract the muscle repeatedly over a specific period of time without undue fatigue.
- 30 or greater correct sit-ups within 1 minute
- 25 or greater correct push-ups within 1 minute.

Protocol for Anaerobic Power Assessment 300 Meter Run

- Measure of anaerobic power.
- The object in the 300 Meter run is to cover the distance in 66.0 seconds or less.

Protocol for Cardio/Respiratory Fitness Assessment 1.5 Mile Run

- The 1.5 mile run measures cardio/respiratory fitness.
- The object in the 1.5 mile run is to cover the distance in 15:54 minutes or less.