



## DPS Training Academy Fitness Test Standards TESTING STANDARDS



### **Push-ups to failure**

The subject must begin with their hands placed about shoulder-width apart, fingers pointing forward, and their feet together. A test administrator will place a fist or 3-inch foam block under the subject's sternum at or above the nipple line. Starting from the up position with elbows extended, the subject must lower their body to the floor until their chest touches the fist or 3-inch foam block. The subject then returns to the up position with their elbows locked. This is one repetition. If only the clothing touches the fist or foam block, the repetition will not be counted. Repositioning of the hands or feet is not allowed at any time during this test. When the subject moves their hands or feet or cannot push themselves back to the up position, the test will be over. Resting is allowed during this exercise in the up position only. While resting, the subject must remain in the up position with their arms fully extended and their back straight. The subject will get one warning to keep their back straight during the test. If the subject fails to keep their back straight or repositions their hands or feet during a period of rest, the test will be over. Pushups performed without the back straight or the elbows locked out will not be counted. Once you're done, give your name and number of repetitions to the score keeper.

(For entry PT test only) The academy standard for the minimum number of pushups in the entry PT test is 10. This is the minimum number of pushups that must be performed to remain in the academy. This is the 10<sup>th</sup> percentile on the Cooper Fitness norms. This means that 90% of the population can perform more pushups.

The minimum number of pushups to graduate the academy is 32. You must perform at least 32 pushups by your third PT test. This is the 50<sup>th</sup> percentile on the Cooper Fitness norms.

To achieve the DPS Training Academy Excellence in Fitness Award, you must complete at least 45 pushups, which is the 80<sup>th</sup> percentile.

### **One-minute Sit-ups**

The subject starts in the down position by lying on their back, knees bent, heels flat on the floor, with their fingers laced and held behind their neck. A partner holds the subject's feet down firmly. The subject can choose whether their partner uses their hands or their knees to hold the subject's feet down, but the partner cannot put their hands on the back of the subject's calves for support. The subject then performs as many correct sit-ups as possible in one minute.



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In the up position, the subject must cross the plane of the knee with their elbows. The plane of the knee is defined as an imaginary line that goes vertically from the floor to the ceiling through the centerline of the subject's knees. The subject then returns to the down position until their shoulder blades touch the floor. Resting is allowed in the up position only. During this exercise, the subject's chin should be held towards their chest, their elbows must be parallel to the sides of their body, and their hips must remain on the floor. Partner holding the feet should use caution to avoid head-butting the subject testing.

Subject will get one warning each about keeping their hips on the ground, failing to cross the plane of the knee with their elbows, failing to touch their shoulder blades to the floor, or failing to keep their fingers laced behind their head. On the second offense the test will be finished, regardless of time or number of repetitions. Otherwise the test ends when the time is up, or the subject is no longer able to raise themselves so the elbows can cross the plane of the knee.

**(For entry PT test only)** The academy standard for the minimum number of sit-ups in the **entry PT test** is 17. This is the minimum number of sit-ups that must be performed to remain in the academy. This is the 10<sup>th</sup> percentile on the Cooper Fitness norms. This means that 90% of the population can perform more sit-ups.

The minimum number of sit-ups to graduate the academy is 32. You must perform at least 32 sit-ups by your third PT test. This is the 50<sup>th</sup> percentile on the Cooper Fitness norms.

To achieve the DPS Training Academy Excellence in Fitness Award, you must complete at least 40 sit-ups, which is the 80<sup>th</sup> percentile.

### **1.5 Mile Run**

This is a timed run over a measured course. Once you start, do not stop until you have completed the event. This is a quarter mile track so you must complete 6 laps. Each time you cross the start/finish line yell out your name and the lap you just completed. I will be calling out times as you cross the finish line. It is your responsibility to remember your time and give it to the timekeeper.

**(For entry PT test only)** The academy standard for the 1.5 mile run for the **entry PT test** is a maximum of 17:00 minutes. You must complete this course within 17:00 minutes to remain in the academy. This is the 10<sup>th</sup> percentile in the Cooper Fitness norms. This means that 90% of the population can run faster.

The maximum acceptable time to graduate the academy is 14:29. You must run this course within 14:29 by your third PT test. This is the 50<sup>th</sup> percentile in the Cooper Fitness norms.

To achieve the DPS Training Academy Excellence in Fitness Award, you must complete the run within 12:42, which is the 80<sup>th</sup> percentile.