



FREDERICK POLICE DEPARTMENT

Entry Level Physical Fitness Standards & Guide



What is Physical Fitness?

Physical fitness is the ability to carry out daily tasks with vigor and alertness without undue fatigue and with ample energy to engage in leisure time pursuits and to meet the above average physical stresses encountered in emergency situations. Those physical fitness areas that have been determined to be necessary for the Frederick Police Department are:

1. Aerobic power or jumping/explosive power
2. Dynamic strength (lower body)
3. Anaerobic power
4. Dynamic strength (upper body)
5. Cardio- respiratory fitness

Why is Physical Fitness Important?

Physical fitness is important because the five physical fitness areas determine an individual's capability to do strenuous job task. Physical fitness is important to minimize health risk for health problems such as heart disease, stroke and obesity - all of which can affect job performance capabilities.

What Are the Physical Fitness Tests?

1. One Minute Sit-up Test
2. 300 Meter Run
3. One Minute Push-up Test
4. 1.5 Mile Run

We strongly recommend that before you begin this program and especially if any of the following apply to you that you get a check- up/clearance from your doctor:

- You've been diagnosed with heart problems, high blood pressure or other medical conditions
- You've been sedentary for over a year
- You're pregnant
- You have Diabetes
- You have chest pain, or experience dizziness or fainting spells
- You're recovering from an injury or illness

Obviously, if you have a diagnosed condition or illness, you always want to talk to your doctor before beginning an exercise program.

What Can I do to Help Prepare Me for the Test?

One-Minute Sit-up:

The first step is to see how many correct sit-ups you can do in a minute. For successive weeks keep adding 2 more repetitions per week.

** Correct sit-ups are measured by having knees bent at 90 degrees, feet flat on the floor, hands clasped behind the head, elbows must touch the knees (up position), top of shoulder blades touch the floor (down position) and rest in only permitted in the up position.*

WEEK	SETS	REPETITIONS	FREQUENCY
1	1	Total Number	3/week
2	2	Total Number + 2	3/week
3-10	3	Total Number + 2 for each week	3/week

One-Minute Push-up:

The first step is to see how many push-ups you can do. For successive weeks keep adding 2 more repetitions per week. If you cannot do a regular push-up at first, do the modified push up for several weeks following the same routine, then advance to the regular push-up.

**Correct push-ups are measured by keeping the hips, legs, and torso at a level plane, hands shoulder-width apart, feet no more than six inches (6) apart, lowering the chest to 3" from the floor, and returning to the up position (arms fully extended). Rest is only permitted in the up position. Modified push-ups will not count.*

WEEK	SETS	REPETITIONS	FREQUENCY
1	1	Total Number	3/week
2	2	Total Number + 2	3/week
3-10	3	Total Number + 2 extra per week	3/week

1.5-Mile Run:

The schedule below is a proven progressive routine to gradually increase running endurance. If one can advance the schedule on a weekly basis, then proceed to the next level. If one 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

300-Meter Run:

To prepare for this test one will need to do interval training. The schedule below is a proven progressive routine. If one can advance the schedule on a weekly basis, then proceed to the next level. IF one can do the distance in less time, then it should be done. One should jog the distance twice before each training session before attempting the training pace.

WEEK	TRAINING DISTANCE	# OF TIMES YOU SPRINT REPETITIONS	Time for the Sprint TRAINING TIME	Rest period between sprints	FREQUENCY
1	300 meters	2	77 seconds	2 min.	1/week
2	300 meters	2	75 seconds	2 min.	1/week
3	300 meters	2	73 seconds	2 min.	1/week
4	300 meters	2	71 seconds	2 min.	1/week
5	300 meters	2	69 seconds	2 min.	1/week
6	300 meters	2	67 seconds	2 min.	1/week
7	300 meters	2	65 seconds	2 min.	1/week
8	300 meters	2	64 seconds	2 min.	1/week
9	300 meters	2	63 seconds	2 min.	1/week
10	300 meters	2	62 seconds	2 min.	1/week
11	300 meters	2	61 seconds	2 min.	1/week
12	300 meters	2	60 seconds	2 min.	1/week