

Lincoln Police Department



PHYSICAL FITNESS TESTING INFORMATION

The Physical Ability Test battery consists of five events. The test uses an “overall” scoring system which allows a lower score in one event to be offset by a higher score in another event. In order to pass, you must achieve a minimum overall average of 30% (150% total). The 30% standard for each event is included below, bracketed by age and gender, for your reference. Full standards are available at

<https://ncc.nebraska.gov/sites/ncc.nebraska.gov/files/doc/CooperInstituteTestingNorms.pdf>

	Male Standards				Female Standards			
	20 - 29 years	30 - 39 years	40 - 49 years	50 - 59 years	20 - 29 years	30 - 39 years	40 - 49 years	50 - 59 years
vertical jump	18"	18"	14.5"	13"	13.5"	11.1"	9"	n/a
one minute push-ups	26	20	15	10	13	9	7	n/a
300 meter sprint	62 sec	63 sec	77 sec	87 sec	75 sec	82 sec	106 sec	n/a
one minute sit-ups	35	32	27	21	30	22	17	12
1.5 mile run	13:08	13:48	14:33	16:16	15:56	16:46	18:26	20:17

What does the Physical Ability Test consist of?

The five events comprising the Physical Ability Test have been mandated by the Nebraska Police Standards Advisory Council and will be performed in the order listed. The purpose of the test is to ensure that applicants are physically capable of performing the essential job tasks necessary for certification by the Nebraska Law Enforcement Training Center. You must pass this test to advance in the Lincoln Police Department’s hiring process.

Vertical Jump – Measures explosive power

- Stand directly below the measuring apparatus and mark your standard overhead reach.
- Jump as high as possible, touching the measuring apparatus with one hand at the top of your jump. Both feet must remain completely still prior to jumping.
- Your score will be recorded as the best of three attempts.

Push-ups – Measures dynamic strength

- 1 minute time limit.
- Start in the up position.
- Hands should be placed approximately below the shoulders and the body should form a straight line through the entire movement.
- When told to begin, perform as many push-ups as possible.

- In the down position, your chest must touch a 3-inch-high sponge held on the ground by a proctor.
- In the up position, your elbows must be fully extended.
- Resting is permitted in the up position only, and the body must be held in a straight line while resting.
- If any part of your body other than your hands and feet touches the ground, your attempt will be over.
- If you allow your lower body to sag or raise your hips into a pike position while resting, your attempt will be over.

300-meter sprint – Measures anaerobic power

- Line up at the starting line.
- After being told to begin, run 300 meters at maximum effort. The time will start on your first movement.
- Your entire body must cross the finish line.

Sit-ups – Measures dynamic strength

- 1 minute time limit.
- Lay on your back with your knees bent. Your feet will be held by a proctor or another applicant.
- Cup your ears with your hands. Your hands must remain on your ears during the test, but you may not grab your ears.
- Start in the up position.
- When told to begin, perform as many sit-ups as possible.
- In the up position, your elbows must touch or go beyond your knees/lower thighs.
- In the down position, your shoulder blades must contact the ground.
- Resting is permitted in the up position only. You must keep your hands on your ears while resting.

1.5-mile run – Measures cardiorespiratory fitness

- Line up at the starting line.
- When told to begin, run 1.5 miles. Walking, running, and jogging are all permitted during the test.
- Your entire body must cross the finish line.

General Training Tips

1. You should consult a doctor or other health care provider before beginning a new fitness/training program.
2. **PRACTICE:** At some point prior to your test date, practice each of the events to find out where you need the most work. Ideally, practice all five events in sequence, as this will give you the most realistic assessment.
3. **DON'T SKIP THE WARMUP:** Warming up is an important part of exercise and reduces your chances of injury. Make sure you do some type of light activity for a few minutes to get your blood flowing and your body moving before you start your actual workout. Jumping right into strenuous exercise with cold muscles can reduce the benefits of your workout and lead to injury.
4. **DON'T OVER DO IT:** Be careful not to overexert yourself, especially the day before your test. If you come to testing sore from your last workout, you will not perform as well as you might have hoped. It is best to only perform light exercises or stretching the day before your test. Remember that recovery is an important part of exercise.
5. **START SLOW:** When you first begin any type of training, it is important to start slowly and gradually increase your workouts to reduce your chances of injury.
6. **EXCEED THE MINIMUM:** While training for the Physical Ability Test, try to exceed the 30% standards so that you can be more confident of your ability to pass on the day of testing.
7. **KNOW WHEN TO SAY WHEN:** You know your body better than anyone else. Recognize your limits. If you experience any unusual pain while working out, this can be a warning sign that something is wrong. Sometimes pain can be caused by performing an exercise incorrectly, so be sure to check your form. If pain continues, stop the exercise. Injuring yourself in training will only hurt you on test day.
8. **HYDRATE:** Be sure to replenish your body's fluids during and after exercise.
9. **DRESS APPROPRIATELY:** Athletic shoes and non-restrictive clothes are recommended and can make your workouts more productive while reducing your chances of injury.

Sample Training Program

The following information are examples of exercises that can be used to help you prepare for the Physical Ability Test. They are by no means the only exercises that can help with your preparation. This program was not designed by a fitness professional and is provided as an example only. If possible, you should consult with a fitness trainer for a more customized training program.

Vertical Jump (exercises from livestrong.com)

Exercise 1: Jump Squats

Stand up straight, feet shoulder-width apart, and bend your knees slightly. Contract your stomach muscles, align your knees and ankles, and stick your butt out behind you. Swing your arms behind you and lower your hips toward the ground. Stop when your hamstrings are parallel to the floor. Push through your heels and swing your arms overhead while jumping as high as possible. Land softly on the middle of your feet, then slowly shift your weight onto your heels. Complete eight to 15 repetitions, stopping when your lower body fatigues.

Exercise 2: Jumping Lunges

Stand up straight, feet shoulder-width apart. Extend your left foot behind you and lift onto your toes. Position your right knee above your right ankle and maintain alignment throughout the lunges. Improper alignment, including pushing your knee past your toes, stresses the knee and may cause injury. Lower your hips to the ground, forming a 90-degree angle with your right leg. Stop before your left knee touches the ground. Push through your right heel, jump up and switch the position of your feet. Do a lunge with your left leg, jump and switch feet to complete the first rep. Focus on form rather than speed. Increase your height and velocity after you master correct form. Complete eight to 15 repetitions.

Progressive Sit-Up/Push-Up Program

For each set, continuously do push-ups or sit-ups for the time indicated. Try to complete the workout at least three days a week.

Weeks 1-4	<u>3 sets of sit-ups</u>	1 set for 30 seconds (rest 1 minute)
		1 set for 20 seconds (rest 1 minute)
		1 set for 10 seconds (rest 1 minute)
	<u>3 sets of push-ups</u>	1 set for 30 seconds (rest 1 minute)
		1 set for 20 seconds (rest 1 minute)
		1 set for 10 seconds

Weeks 5-8	<u>3 sets of push-ups</u>	1 set for 45 seconds (rest 1 minute)
		1 set for 30 seconds (rest 1 minute)
		1 set for 20 seconds (rest 1 minute)
	<u>3 sets of sit-ups</u>	1 set for 45 seconds (rest 1 minute)
		1 set for 30 seconds (rest 1 minute)
		1 set for 20 seconds

Progressive 300-meter Sprint Program

You will need a 300-meter running course (3/4 of the way around a standard track). Jog the course twice before sprinting, then sprint the course twice with a 2 minute rest between sprints. Try to complete each sprint in the time listed. Try to complete the workout once per week.

Week 1: 77 seconds

Week 2: 75 seconds

Week 3: 73 seconds

Week 4: 71 seconds

Week 5: 69 seconds

Week 6: 67 seconds

Week 7: 65 seconds

Week 8: 63 seconds

1.5-mile Run Training (Program from runnersworld.com)

The walk-to-run training plan below has been a fan favorite of Runner's World readers because it is designed to get you to the point where you can run 30 minutes (about 2 miles) at a slow, relaxed pace. It's a simple, progressive walk-to-run program that begins with more walking than running, and gradually evolves into more running than walking.

Here are five key points to consider before you begin the 8-Week Walk-to-Run Program:

1. If you are over 40, not accustomed to any exercise, or more than 20 pounds overweight, consult with your physician. Unless you have a known health risk, your doctor will probably encourage you to begin a run-walk program, but it's always wise to check. You can always start by just walking more before you progress into running.
2. Schedule your workouts. You won't find time for them unless you make time for them. Put them in your phone, calendar, on the front of your refrigerator, or wherever else you keep your schedule.

3. Don't start any of your running days cold. Try doing a bit of a warmup to get loose or walk a little bit before starting your official clock.
4. Expect bad days. Everyone has them, but they pass quickly, and the next workout is often better than the previous one. So stick with the program.
5. Don't rush. In the fitness world, rushing leads to injuries and discouragement. Be patient, and go slow. The goal is to reach 30 minutes of continuous running, not to set any records getting there.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Run/Walk Run 1 min Walk 2 min Repeat 10x	Walk Walk easy 30 min	Run/Walk Run 1 min Walk 2 min Repeat 10x	Walk Walk easy 30 min	Run/Walk Run 1 min Walk 2 min Repeat 10x	Run/Walk Run 1 min Walk 2 min Repeat 10x	REST
2	Run/Walk Run 2 min Walk 1 min Repeat 10x	Walk Walk easy 30 min	Run/Walk Run 3 min Walk 1 min Repeat 7x Run 2 min	Walk Walk easy 30 min	Run/Walk Run 4 min Walk 1 min Repeat 6x	Run/Walk Run 4 min Walk 1 min Repeat 6x	REST
3	Run/Walk Run 5 min Walk 1 min Repeat 5x	Walk Walk easy 30 min	Run/Walk Run 5 min Walk 1 min Repeat 5x	Walk Walk easy 30 min	Run/Walk Run 6 min Walk 1 min Repeat 4x Run 2 min	Run/Walk Run 6 min Walk 1 min Repeat 4x Run 2 min	REST
4	Run/Walk Run 8 min Walk 1 min Repeat 3x Run 3 min	Walk Walk easy 30 min	Run/Walk Run 9 min Walk 1 min Repeat 3x	Walk Walk easy 30 min	Run/Walk Run 10 min Walk 1 min Repeat 2x Run 8 min	Run/Walk Run 11 min Walk 1 min Repeat 2x Run 6 min	REST
5	Run/Walk Run 12 min Walk 1 min Repeat 2x Run 4 min	Walk Walk easy 30 min	Run/Walk Run 13 min Walk 1 min Repeat 2x Run 2 min	Walk Walk easy 30 min	Run/Walk Run 14 min Walk 1 min Repeat 2x	Run/Walk Run 15 min Walk 1 min Run 14 min	REST
6	Run/Walk Run 16 min Walk 1 min Run 13 min	Walk Walk easy 30 min	Run/Walk Run 17 min Walk 1 min Run 12 min	Walk Walk easy 30 min	Run/Walk Run 18 min Walk 1 min Run 11 min	Run/Walk Run 19 min Walk 1 min Run 10 min	REST

7	Run/Walk Run 20 min Walk 1 min Run 9 min	Run/Walk Run 20 min Walk 1 min Run 9 min	Run/Walk Run 22 min Walk 1 min Run 7 min	Walk Walk easy 30 min	Run/Walk Run 24 min Walk 1 min Run 5 min	Run/Walk Run 26 min Walk 1 min Run 3 min	REST
8	Run/Walk Run 27 min Walk 1 min Run 2 min	Run/Walk Run 20 min Walk 1 min Run 9 min	Run/Walk Run 28 min Walk 1 min Run 1 min	Walk Walk easy 30 min	Run/Walk Run 29 min Walk 1 min	Run Run 30 min	REST

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