

Ogden City Police Policy Manual Excerpts from Policy 14-Physical Fitness

IMPORTANT NOTICE: Please note the physical fitness requirements in this notice will be administered and must be passed in order to continue on with the testing process. These standards require training to be met. If you need assistance understanding or meeting these requirements, please contact Lt. Clint Christensen (801-629-8605).

V. VALIDATED TEST STANDARDS

The following test standards and the Job Task Simulation Test (JTST) have been scientifically validated as job related by Thomas & Means and Associates through a study conducted for URMMA in 1998 and 1999. There are four physical fitness components to the test that will be given in one day as a battery of tests and that will be administered in accordance with the established testing procedures, protocols, and outcomes:

- A. 1.5 Mile Run. This measures aerobic power of cardiovascular endurance (the ability to sustain exertion over time.) The test consists of running/walking as fast as possible the distance of 1.5 miles.
- B. Minimum Pushup. This measures the muscular endurance of the upper body. The test consists of doing as many pushups as possible, from the front lean and rest position with no time limit.
- C. One Minute Sit-up. This measures the abdominal or trunk muscular endurance. The test consists of lying on the ground and doing as many bent leg sit-ups as possible in one minute.
- D. Vertical Jump. This measures leg power. The test consists of jumping beside a wall or other measuring device and marking how high the member can jump from a standing position.

Each test is scored separately, and members must meet the standard on each and every test. The tests are given all in the same day, during the same fitness assessment and in accordance with the established testing procedures, protocols, and outcomes.