

PRINCE WILLIAM COUNTY POLICE DEPARTMENT APPLICANT PHYSICAL FITNESS TEST ELEMENTS



The Prince William County Police Department requires all police officer applicants to successfully complete a Physical Fitness Test as part of the application process. Prince William County Police Department personnel will administer this test only after you have provided a completed medical examination form that includes a recent blood pressure measurement.

WEIGHT: You will be weighed before starting the test. This will be used for determining minimum acceptable standards for testing elements, as noted below.

STEP TEST: The first requirement for successful completion of the physical fitness test will be the successful completion of a 3-minute step test. The 3-minute step test is a preliminary cardiovascular screening technique that measures the heart rate in the recovery period following 3 minutes of stepping up and down on a 12-inch bench/step. The rate of stepping is 24 steps per minute, which must be maintained for the full 3 minutes. A 60-second heart rate will be taken beginning 5 seconds after the final step. The following rates are the minimum accepted rates:

Males: less than 148 beats per minute

Females: less than 172 beats per minute

The following elements comprise the Physical Fitness Test:

= **1.5-MILE RUN:** Complete a 1.5-mile run within 16 minutes and 32 seconds

= **BENCH PRESS:** Bench press at least 44% of body weight (as measured above)

= **PUSH-UP:** Complete at least 14 push-ups (chest to fist/sponge) in 1 minute (back remains flat)

= **SIT-UP:** Complete at least 20 sit-ups in 1 minute

= **300 METER (3/8 MILE) SPRINT*:** Complete 300 meter run within 84 seconds

= **VERTICAL JUMP*:** Jump at least 12 inches from a standing position

* (Note: 300 meter run and vertical jump standards are not required for entry-level passing)

NOTICE

Please refrain from drinking coffee, soda, and energy drinks on the morning of the physical training test. These drinks contain a high content of caffeine and sodium that may elevate blood pressure and increase the risk of dehydration. Properly hydrate with water during the 24 hour time frame prior to the assessment. Avoid consuming too much water immediately before the assessment as this will cause nausea and bloating. It is recommended that you eat a light to moderate meal consisting of foods such as whole grain breads and cereals, rice, pasta, potatoes, and other vegetables an hour or two before your scheduled assessment

