



Swatara Township Police



are looking for a few good men and women to join its ranks...

PHYSICAL FITNESS ASSESSMENT



Applicants for the position of "Police Officer" must demonstrate a fitness level that will allow them to perform essential job functions. Applicants must perform each of the following exercises in accordance with the indicated standards.

If an applicant fails one event, he/she fails the entire test and will not advance further in the selection process.

The exercises must be performed in the following order and to standard:

1. **300 Meter Run** - Applicant will run 300 meters (328 yards) on a level surface within **65.5 seconds**.
2. **Push-ups** - Applicant will place their hands on the ground, approximately shoulder width apart. Applicant's feet may be up to 12 inches apart. The body must be in a straight line from the shoulder to the ankles, and must remain that way throughout the exercise. The applicant begins in the "up" position, with elbows locked. The applicant will lower his/her body by bending at the elbows until the upper arm is parallel to the ground. The applicant returns to the "up" position, locking the elbows. The applicant may only rest in the "up" position. The test administrator will count aloud each correct push-up. **21 correct push-ups must be performed to pass this test.**
3. **1 Minute Sit-Ups** - Applicant will lie on the floor with the knees bent to approximately a 90 degree angle, the fingers interlaced behind head, with feet held together or slightly apart. The applicant will raise his/her upper body, touching the elbows to the knees without pulling on the neck or raising the hips off the floor. The body is then lowered so the shoulder blades touch the floor. Resting is permitted only in the "up" position. The test administrator will count aloud each correct sit-up. **Applicants will have 1 minute to complete 29 correct sit-ups.**
4. **1.5 Mile Run** - Applicant will run 1.5 miles on a level course within **14:45 minutes/seconds**.

This test utilizes the National Law Enforcement Test Battery, which has been recognized as valid and safe. This battery of physical tests is based on the Cooper Fitness Institute standards and is used by several hundred law enforcement agencies nationwide. The events chosen have undergone court scrutiny and are accepted as being job related and construct valid.