



# Preparation Guide for Police Recruit Physical Fitness Assessment



**CIVIL SERVICE OFFICE - CITY OF DAYTON, OHIO**

Email: [jobs@daytonohio.gov](mailto:jobs@daytonohio.gov)  
Website: [jobs.daytonohio.gov](http://jobs.daytonohio.gov)

Tel: 937.333.2300  
371 West 2nd Street, Suite 231  
Dayton, Ohio 45402

## Outline of the Physical Fitness Assessment

The City of Dayton Civil Service Office will administer a Physical Fitness Assessment (PFA) as part of the selection process for the position of Police Recruit. The PFA evaluates physical ability to perform the fitness standards as mandated by the Ohio Peace Officer Training Commission (OPOTC). The assessment is designed to test each candidate’s endurance capacity, agility, upper body and abdominal body strength. An instructional video which outlines and provides demonstrations for each event on the PFA can be found on the OPOTC website: <http://www.ohioattorneygeneral.gov/Media/Videos/Physical-Fitness-and-Conditioning>

Candidates must score at or above the 30<sup>th</sup> percentile of the Cooper Fitness Standards on the PFA. A finish time above or count below the set standard on any single event will be considered a failing score and the applicant will be removed from the selection process. This physical fitness component will be PASS/FAIL. Candidates will be expected to meet the physical capability standards for each event, at time of testing, in order to remain in the selection process.

The PFA is required prior to entry into the academy. Candidates will be scheduled for the PFA **after** they have successfully passed the background investigation and polygraph.

Civil Service staff will administer three (3) events for the Physical Fitness Assessment:

- **Sit Up (1 minute)**
- **Full Body Push Up (1 minute)**
- **1.5 Mile Run (timed)**

| Physical Fitness benchmarks required for PFA            |                         |                         |                         |                         |
|---|-------------------------|-------------------------|-------------------------|-------------------------|
| 30 <sup>th</sup> percentile of Cooper Fitness Standards |                         |                         |                         |                         |
| Event   | Male<br>(Age 20 – 29)   | Male<br>(Age 30 – 39)   | Male<br>(Age 40 – 49)   | Male<br>(Age 50 – 59)   |
| <b>Sit Ups</b>  | 35                      | 32                      | 27                      | 21                      |
| <b>Push Ups</b>   | 26                      | 20                      | 15                      | 10                      |
| <b>1.5 Mile Run</b>                                     | 13:08                   | 13:48                   | 14:33                   | 16:16                   |
|   |                         |                         |                         |                         |
|   | Female<br>(Age 20 – 29) | Female<br>(Age 30 – 39) | Female<br>(Age 40 – 49) | Female<br>(Age 50 – 59) |
| <b>Sit Ups</b>  | 30                      | 22                      | 17                      | 12                      |
| <b>Push Ups</b>   | 13                      | 9                       | 7                       | 2                       |
| <b>1.5 Mile Run</b>                                     | 15:56                   | 16:46                   | 18:26                   | 20:17                   |

Candidates should dress appropriately (i.e., t-shirt, sweatshirt, shorts, sweats and comfortable running shoes) and drink water after exercise.

# Sit Ups

This test measures the abdominal and trunk muscular endurance. It tests the body’s ability to support the trunk and back muscles during work tasks that involve defensive tactics, moving equipment, and lifting heavy objects and people. Laying on the ground, you will be given 1 minute to complete the amount of bent-leg sit-ups as required for your age and gender group.



- To perform an acceptable sit-up, lie on your back with your knees bent at a 90 degree angle and your feet and heels flat on the ground.
- Your hands must be interlaced behind your head. **DO NOT HOLD THE NECK.**
- On the “Start” signal, lift your upper body bending at the waist, sit up and touch your elbows to your knees or upper legs and return to the lying position before starting the next sit-up.
- Do not raise your buttocks from the ground or arch your back.
- When returning to the down position, your shoulder blades must touch the ground.
- Resting in the down position is not allowed. Rest within the 1 minute time is only allowed in the up position, while maintaining the hands behind the head.
- Your official count is the number of correct sit-ups completed in 1 minute.

## Preparation for Sit Ups Sample 8-week training schedule

Prior to beginning any exercise, you should do 3-5 minutes of preparatory stretching and calisthenics to warm up the muscles.

Rest at least 30 seconds between sets.

The first step is to see how many sit ups you can do in one minute. That will become your initial training repetition guide or **ITRD**.

For successive weeks keep adding 2 more repetitions per week.

| WEEK | SETS | REPETITIONS               | FREQUENCY      |
|------|------|---------------------------|----------------|
| 1    | 1    | ITRD                      | 3 TIMES / WEEK |
| 2    | 2    | ITRD DIVIDED BY 2         | 3 TIMES / WEEK |
| 3    | 3    | ITRD DIVIDED BY 2         | 3 TIMES / WEEK |
| 4    | 3    | ITRD DIVIDED BY 2 plus 2  | 3 TIMES / WEEK |
| 5    | 3    | ITRD DIVIDED BY 2 plus 4  | 3 TIMES / WEEK |
| 6    | 3    | ITRD DIVIDED BY 2 plus 6  | 3 TIMES / WEEK |
| 7    | 3    | ITRD DIVIDED BY 2 plus 8  | 3 TIMES / WEEK |
| 8    | 3    | ITRD DIVIDED BY 2 plus 10 | 3 TIMES / WEEK |

## Push Ups

This test measures the muscular endurance of the upper body, as well as the body’s ability to exhibit dynamic strength (power movements over a period of time). It correlates to work tasks involving defensive tactics, and lifting and carrying. You will be given 1 minute to complete the amount of push-ups as required for your age and gender group. The total number of correct push-ups completed will be counted.



- To perform an acceptable push-up, start in the up, planked position with your arms extended and your neck, back, hips, and knees straight so that only your hands and toes are touching the ground.
- Your hands should be slightly wider than shoulder width apart, feet together, fingers pointed forward. Your body must form a straight line from your head to your ankles.
- With your back and knees kept straight, lower yourself to a position in which your chest is approximately 3 inches from the ground and then push up until your arms are extended.
- On the “Start” signal, lower your body bending your elbows until your upper arms (triceps) are parallel to the ground. Return to the starting position by straightening your arms.
- The lower part of your body (hips, knees, etc.) should not make contact with the ground at any time. Do not arch your back, sag your midsection, or remove a hand or foot from the ground for any reason.
- Rest is allowed in the up planked position only. During the rest, both hands and feet must touch the ground at all times.
- The number of correctly performed push-ups completed in 1 minute will be counted.

### Preparation for Push Ups Sample 8-week training schedule

Prior to beginning any exercise, the participant should do 3-5 minutes of preparatory stretching and calisthenics to warm up the muscles. Rest at least 30 seconds between sets.

The first step is to see how many push-ups you can do in one minute. That will become your initial training repetition dose or **ITRD**.

If you cannot do a regular push-up at first, do the modified push-up (with knees bent and on the ground) for several weeks following the same routine, then advance to the regular push-up. For successive weeks keep adding 2 more repetitions per week.

| WEEK | SETS | REPETITIONS               | FREQUENCY      |
|------|------|---------------------------|----------------|
| 1    | 1    | ITRD                      | 3 TIMES / WEEK |
| 2    | 2    | ITRD DIVIDED BY 2         | 3 TIMES / WEEK |
| 3    | 3    | ITRD DIVIDED BY 2         | 3 TIMES / WEEK |
| 4    | 3    | ITRD DIVIDED BY 2 plus 2  | 3 TIMES / WEEK |
| 5    | 3    | ITRD DIVIDED BY 2 plus 4  | 3 TIMES / WEEK |
| 6    | 3    | ITRD DIVIDED BY 2 plus 6  | 3 TIMES / WEEK |
| 7    | 3    | ITRD DIVIDED BY 2 plus 8  | 3 TIMES / WEEK |
| 8    | 3    | ITRD DIVIDED BY 2 plus 10 | 2 TIMES / WEEK |

# 1.5 Mile Run

This tests the body’s cardiorespiratory endurance. It correlates to work tasks involving running/foot pursuits, long term use of force, stress management, and weight control. This event consists of running, jogging, walking, or any combination thereof as fast as possible the distance of 1.5 miles.

On the “Start” signal, the clock will start and your time will begin. Running outside of the designated boundaries or attempting any type of shortcut will result in failure on this event. You must complete the run in the time allotted for your age and gender group.

## Preparation for 1.5 Mile Run Sample 8-week training schedule

Below is a schedule that would enable you to perform a maximum effort for the 1.5 Mile Run. If you have been inactive, following the schedule below would assist you to meet the entrance requirement for the 1.5 Mile Run. If you have already been training, pick an appropriate starting point. For example, if you currently can walk or jog 2 miles in 26 minutes, start this schedule at week 6. If you can do the distance in less time, then that should be encouraged.

Prior to beginning any exercise, you should do 3-5 minutes of preparatory stretching and calisthenics to warm up the muscles.

| WEEK | ACTIVITY | DISTANCE  | TIME          | FREQUENCY |
|------|----------|-----------|---------------|-----------|
| 1    | WALK     | 1 MILE    | 20:00 - 17:00 | 5 / WEEK  |
| 2    | WALK     | 1.5 MILES | 29:00 - 25:00 | 5 / WEEK  |
| 3    | WALK     | 2.0 MILES | 35:00 - 32:00 | 5 / WEEK  |
| 4    | WALK/JOG | 2.0 MILES | 30:00 - 28:00 | 5 / WEEK  |
| 5    | WALK/JOG | 2.0 MILES | 27:00         | 5 / WEEK  |
| 6    | WALK/JOG | 2.0 MILES | 26:00         | 5 / WEEK  |
| 7    | WALK/JOG | 2.0 MILES | 25:00         | 5 / WEEK  |
| 8    | WALK/JOG | 2.0 MILES | 24:00         | 4 / WEEK  |

