

Arizona Peace Officer Standards and Training

Basic Curriculum Lesson Plan

LESSON TITLE: PHYSICAL FITNESS - SEC 4 ADDENDUM B 8.3

Fitness Test

300-meter Run

Purpose

This is a test of anaerobic capacity, which is important for performing short intense bursts of effort such as pursuits.

Equipment

Stopwatch

Track or marked course

Procedures

- Proper warm up (especially hamstrings, quads and hip flexors)
- Check environmental stress factors
- Check course for hazards
- Have emergency procedures in place (Fire, EMT, cell phone or police radio)
- Subject runs 300 meters as fast as possible
- Break class into waves of 6-8 runners
- Instruct on proper cool-down

Dialogue

The 300-meter run measures your anaerobic power. You must complete the run without any assistance. You will line up behind the start line and on the mark of "Go" you will run approximately three-quarters of a lap; counter clockwise, as quickly as you can. There is a cone at the apex of the second curve; that is the finish line. Upon crossing the finish line you will be given your time in seconds. Remember your time and give it to the staff member recording the data. Your goal is to run the distance as quickly as possible.

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Agility Run

Purpose

This is a measure of coordinated movement and speed. It is an important area for performing tasks requiring quick movements around obstacles.

Equipment

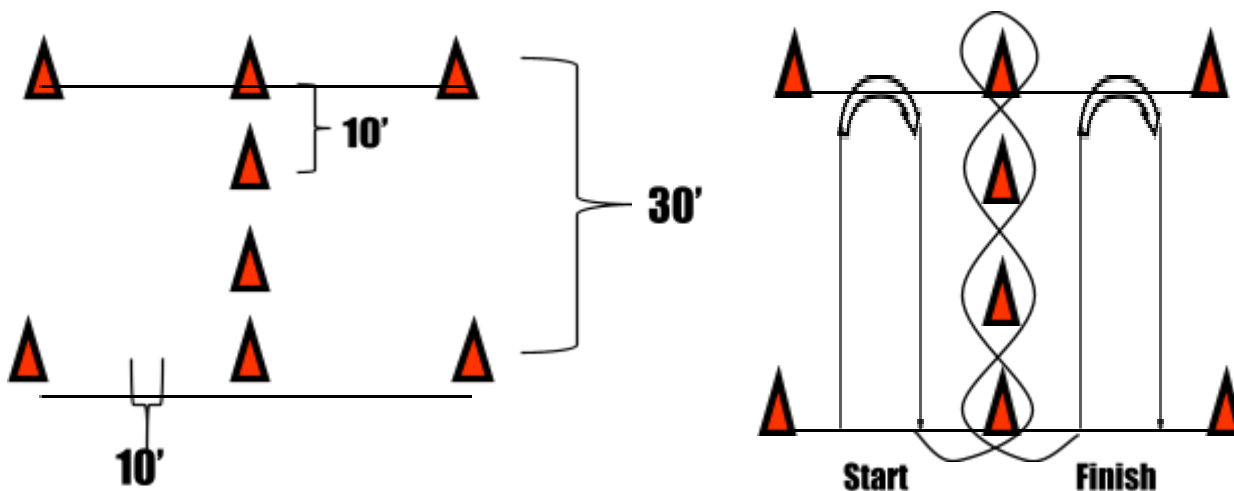
Stopwatch
Four traffic cones (eight optional)

Procedures

- Set traffic cones as illustrated below
- Use the upper parade deck; cement blocks are 5' square
- Subject is prone with hands on the start line
- On the mark, subject gets up and sprints 30' to the end of the lane and back.
- Subject turns around the first cone and serpentine through four cones, up and back
- Subject then repeats the 30' sprint up and back.
- Score in seconds and tenths

Dialogue

The agility run measures your ability to quickly change direction during a sprint. You will begin in a prone position with your hands on the start line. On the mark of "Go" you will quickly get to your feet and sprint 30' to the end of the far cone. Your foot must touch or go past the line; return to the start line and turn around the first middle cone. Serpentine the four middle cones up and back; then repeat the sprint to the far cone and back to the finish line. Your goal is to finish as quickly as possible without knocking over the cones.



Sit and Reach

Purpose

This measures the flexibility of the lower back and hamstrings. Flexibility increases the range of motion of the joint and promotes more power in the muscle fiber.

Equipment

Sit and reach box

Procedures

- Have the subject warm up with light stretching
- Remove shoes
- Subject will sit with soles of feet flat against the box
- Legs fully extended with knees in a soft lock
- Place one hand over the back of the other hand so that fingers are flush
- Take a deep breath, while exhaling slowly bend from the waist, extending the arms, pushing the measuring device with the tips of the fingers.
- At the end of the stretch, hold for one to two seconds. Record measurement to the nearest half inch
- Three trials are permitted, with the best score being recorded.
- Do not bounce or jerk towards the box.
- Keep head, neck, and back in a neutral position.

Dialogue

The sit and reach measure the flexibility in your lower back and hamstrings. After your warm up, remove your shoes and sit with your legs flat on the floor, heels and toes flat against the box, approximately 8 inches apart. Place one hand over the other with your fingers flush. Take a deep breath, during the exhale, bend at the waist and reach as far as you can. Do not bounce or jerk. This movement should be slow and smooth. Once you've reached the point of resistance (not pain), hold for 1-2 seconds. You will have three tries at this event; your best score will be recorded. Watch this demonstration. Are there any questions?

NOTE: Point out common mistakes such as bouncing, jerking, bending the knees, holding the breath, fingers not flush, or releasing too soon.

Vertical Jump

Purpose

This is a measure of jumping or explosive power. It is an important area for pursuit tasks that require jumping and vaulting.

Equipment

Vertec Vertical Jump Stand
Tape measure (at least 120 inches)
Black non-slip mats

Procedures

- Set up vertical jump stand according to manufacturer's instructions (see Addendum C)
- Use the lower parade deck; place the non-skid mat under each apparatus.
- Each red vane is six inches; blue vane is one inch; each vane is ½-inch difference
- Set the vertical jump stand accordingly (i.e. 96 inches, 102 inches, 108 inches, etc)
- Place a tape measure vertically on a wall (tape is usually kept in the bullet trap)
- Subject stands with one side against the wall and reaches as high as possible; mark the standing reach in inches
- Subject places at least one foot on a mark just below the vertical jump apparatus
- Prior to jump, one foot must remain stationary on the floor (not a running start)
- Subject jumps and **gently** slaps at the vanes
- Record the highest of 3 jumps to the nearest ½ inch

Dialogue

The vertical jump measures jumping or explosive power. It is an important area for pursuit tasks that require jumping and vaulting. First we will record your standing reach. Stand with right side against the tape measure and reach as high as possible. The scorer will record your standing reach. Next, approach the vertical jump stand and place one or both feet on the mat underneath the vanes. Jump as high as possible and lightly slap the vanes of the stand. Do not grab the vanes! You will have three attempts with your best attempt counting as your score.

Maximum Push-up Test

Purpose

This test measures the muscular endurance of the upper body muscles of the shoulders, chest, and back of the upper arms. This is important for use of force involving pushing motion.

Equipment

None

Procedures

- Start in up position; hands slightly wider than shoulder width; elbows in a soft lock extension; fingers pointing forward
- Feet are together or up to 12" apart
- Partner places fist under the chest (pair females with females)
- Ensure that the body is solid (flat) from head, neck, back and legs
- Subject lowers body to touch fist or when humerus is parallel to the ground and returns to the up position
- Subject may rest in the up position but body must remain flat
- Count the number of correct push ups until fatigue is reached, no time limit

Dialogue

The push-up measures the muscular endurance of the upper body (chest, shoulders, and triceps). Place your hands on the ground wherever they are comfortable, approximately shoulder-width apart. Your feet may be together or up to 12 inches apart. Do not use a wall to brace your feet. Your body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the test. Your partner will place his or her fist on the ground directly below your chest. On the mark of "Go" lower your body by bending your elbows until your chest touches the fist of your partner. You will then return to the start position by straightening your arms into a soft-lock extension. This counts as one repetition. There is no time limit, do as many correct push-ups as possible. You may rest in the up position. Watch this demonstration . . . are there any questions?

One Minute Sit-up Test

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing tasks that may involve the use of force and is an important area of maintaining good posture and minimizing lower back problems. The score is in the number of sit-ups completed in sixty seconds. This test should be performed on a mat or carpeted surface.

Equipment

Mat
Stopwatch

Procedures

- Start in the down position
- Knees bent at 90 degrees, feet flat on the floor (together or up to 12" apart)
- Hands behind the head
- Flex trunk to the up position until elbows touch the knees; counts as one repetition
- Return to down position until shoulder blades touch the mat; repeat
- Partner holds the feet firmly and counts every correct sit up completed within one minute
- Subject may rest in the up position
- Caution against lifting buttocks off the ground
- Give signals at 30 seconds left and ten seconds left.

Dialogue

The sit-up measures the muscular endurance of the abdominal muscles. Lie on your back, with your knees bent at a 90-degree angle. Your feet may be together or apart, but your heels must stay in contact with the mat. Your partner will hold your feet down but cannot kneel on them. The tips of your fingers must stay behind the backs of your ears. If you interlock your fingers, do not pull on your head or neck while moving to the up position. On the mark of "Go" lift your upper body by bending at the waist. Touch your elbow to your knees and return to the start position by touching your shoulder blades to the mat. This counts as one repetition. Do not arch your back or lift your buttocks off the mat. If you fail to keep your fingertips behind your ears, touch your elbows to your knees, touch your shoulder blades to the mat, arch your back or lift your buttocks, you will receive a warning. After one warning, that repetition will not count. You will have one minute to do as many sit-ups as possible. Partners holding the feet will count silently to themselves; verbally announce the repetitions at every ten increments (i.e. 10, 20, 30). Watch this demonstration . . . are there any questions?

1.5-mile Run

Purpose

This run is a measure of cardiovascular endurance or aerobic power.

Equipment

440-yard track or marked level course

Stopwatch

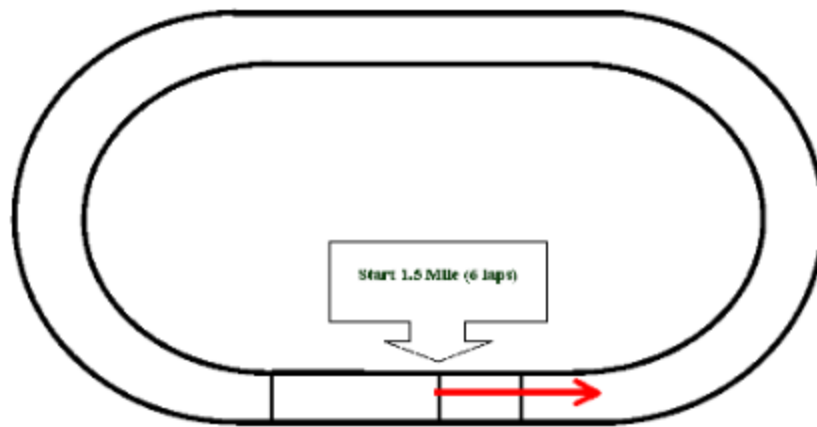
Procedures

- Proper warm up
- Check environmental stress factors
- Check course for hazards
- Have emergency procedures in place (EMS staging, cell phone or police radio)
- Subject runs 1.5 miles as fast as possible
- Have a visual of subject at all times
- Give splits and record times in minutes and seconds
- Instruct on proper cool-down (3-5 minutes)

Dialogue

The 1.5-mile run measures your cardiovascular endurance and the endurance of your leg muscles. You must complete the run without any assistance. You will line up behind the start line and on the mark of "Go" you will run six laps, counter clockwise around the track. Run at your own pace; your goal is to finish as quickly as possible. Each time you cross the finish line you must indicate verbally or by holding up the appropriate amount of fingers, the lap you just finished. You will be given a split time for each lap. On the completion of your sixth lap remember the time given to you as you cross the finish line. Give this time to the staff member recording the data. Be sure to cool down and stretch after the run. Are there any questions?

440 TRACK



Bench Press (optional)

Purpose

This test measures the amount of force the upper body can generate. Upper body strength is important for performing tasks such as use of force.

Equipment

Free weight bench with rack
Barbell and weights
Scale

Procedures

- Subject lays flat on bench
- Start with approx. half to $\frac{3}{4}$ body weight
- Use three spotters; spotter at the head will control the test
- Place a positive grip on the bar, shoulder width apart
- Spotters lower the bar to the down position between the nipple and the chin
- Subject must allow spotters to lower the bar, arms should be relaxed, not loaded
- Upon lowering, pause; subject presses the bar to a soft lock extension. Spotters rack the bar and add more weight
- The back should remain straight on the bench with a natural lumbar arch
- Feet remain flat on the floor
- Use first few lifts as warm-ups; progress to the one rep maximum (5-6 presses)
- Caution on valsalva maneuver and arching of the back

Dialogue

This event measures upper body muscular strength (chest, shoulder and triceps). Your goal is to safely lift as much weight as possible in one repetition. Lie with your shoulders and buttocks on the bench and your feet flat on the floor. Grip the bar slightly more than shoulder width apart; you must use a positive grip. The spotters will lower the bar to your chest; you will not assist in any way. On the head spotter's mark of "Go" or "press" you will extend your arms to a soft lock, pressing the bar back to the head spotter. The spotters will rack the bar for you and add more weight. During the lift, do not arch your back or hold your breath. Exhale while lifting and inhale while lowering. The first few attempts will be a warm-up as you build to your maximum. You should warm up prior to this test with a pec, triceps and shoulder stretch and/or push-ups. Be sure to weigh yourself and give that data to the staff. Watch this demonstration . . . are there any questions?

POPAT

Purpose

The POPAT measures agility, balance, speed and power. This is important in many areas and simulates many job tasks such as sprinting, jumping, vaulting and dragging.

Equipment

Marked POPAT 99' agility course
165 dummy and four cones
Two 6' fences, one chain link, one solid
440 track or marked course of 500 yards
Stopwatches
Clipboard and data collection forms

Procedures

- Proper warm-up
- Instructions of each test to the participants
- Break up into 4 groups
- Instruct participant to continue to stretch and stay warmed up throughout the test

Dialogue - Introduction

The Peace Officer Physical Aptitude Test is a measure of agility, speed, balance and power. The test simulates a various array of job-tasks faced by police officers. It is an AZPOST requirement to obtain a minimum of 384 points for graduation. You will be divided into four groups and will start at different stations. As your group moves from station to station it is imperative that you continue to stretch and stay warmed-up. You will not be told whether or not you have passed each test until all the stations have been completed and the staff has totaled the points. You may find that you may not do as well in one area but can make up points in other areas. Complete each test as quickly as possible to receive the best score.

Testing Order

Group 1	Chain Link	Solid Wall	Dummy	99-yard	500 yard*
Group 2	Solid Wall	Chain Link	99-yard	Dummy	500 yard*
Group 3	Dummy	99-yard	Chain Link	Solid Wall	500 yard*
Group 4	99-yard	Dummy	Solid Wall	Chain Link	500 yard*

**The 500-yard can be done in waves or all at once.*

Chain Link Fence

Dialogue

This test will determine your ability to scale a six-foot chain link fence. You will begin at the 5-yard mark and when I say, "Go" you will run to the fence, scale the fence, and run 25 yards to the finish line. Use any method to scale the fence; you may use the crossbar but you cannot use the side supports. If you cannot scale the fence on the first attempt, keep trying until you succeed. Your time will be recorded to the tenth of a second. Watch this demonstration.

Solid Wall

Dialog

This test will determine your ability to scale a six-foot solid wall. You will begin at the 5-yard mark and when I say, "Go" you will run to the fence, scale the fence, and run 25 yards to the finish line. Use any method to scale the fence, but you cannot use the side supports. If you cannot scale the fence on the first attempt, keep trying until you succeed.

A tactical consideration for climbing a solid wall without knowing what is on the other side is utilizing a "spider climb" method. This involves hooking your foot and rolling your body over the fence as opposed to jumping up and using your upper body to boost you over. The latter method is faster but exposes too much of your body to a potential threat. The "spider climb" is also ideal for those with a shorter vertical jump. Your time will be recorded to the tenth of a second. Watch this demonstration.

Dummy Drag

Dialogue

This test simulates dragging someone who is physically incapacitated. The test requires that you lift and drag a life-like dummy that is lying face up on the floor. The dummy must be dragged 32 feet. When lifting or dragging the dummy, please do not pull by the arms, the head or the straps. To properly lift the dummy use your legs, not your back, to lift the shoulders off the ground. Wrap your arms around the chest and hug the dummy as high up as possible. When you are set, begin to drag the dummy backward to the other side. **DO NOT JERK THE DUMMY UP WHEN LIFTING IT.** The time will begin when the feet of the dummy pass the first cones. The time will stop when the feet clear the second cones. There will be two safety officers to keep you from straying off course but they cannot assist you until the dummy's feet have cleared the finish. Turn the dummy around and lay it back on the ground for the next person. If you fall during the drag, get up as quickly as you can and continue to drag the dummy. The safety officers will only assist you if you are in distress or injured. Your time will be recorded to the tenth of a second.

99-yard Obstacle Course

Dialogue

This test simulates a short-distance foot pursuit that could occur in the parking lot of an office complex. The test requires you to make frequent changes in direction while running as fast as possible. We will walk the course: there are three parking curbs, you must step over the curbs to avoid injury. On the 34-inch vault you must place two hands on the vault, you may not hurdle the vault. During the test, you must stay within the confines of the lanes and the cones. The 90 and 45 degree angles simulate running in between cars and buildings.

500 Yard Run

Dialogue

This test simulates a long distance foot pursuit and requires that you run 500 yards. The course is one lap plus 60 yards. This is not a full-out sprint, yet it is not a jog. Your time will be yelled out as you cross the finish line; remember your time as we will collect that data after completion of the test. (Instructor: record their time in seconds i.e. one minute and seventeen seconds is converted to 77 seconds)

440 TRACK

