

Coppell Police Department Physical Readiness Standards

The Physical Readiness Test consists of a measured vertical jump, timed agility run, one-minute sit-up test, 300 meter run, push up test, and 1.5 mile run. To pass the Physical Readiness Test, each applicant must meet all of the following standards:

Vertical Jump	14 inches
Illinois Agility Run	19.5 seconds
One-Minute Sit-Ups	30
Push Ups	23
300 Meter Run	68 seconds
1.5 Mile Run	16 Minutes and 57 seconds

Vertical Jump – Participant stands under the apparatus and reaches up as high as possible to mark his/her standing reach. Participant steps back with either foot, steps forward then jumps as high as possible OR the participant may jump with both feet and not take a step to reach the highest point, which is scored in inches. The best of three (3) trials will be recorded.

Illinois Agility Run – This is a 180 foot agility sprint involving directional changes and a serpentine course. A walk through will be allowed and two attempts are allowed with the lowest time being scored. (see information below)

One-Minute Sit-Ups – Each participant will start lying on their back, knees bent, and heels flat on the floor. Fingertips must stay behind the ears. A partner will hold the participant's feet down as the participants performs as many correct sit-ups as possible in one minute. The participant must touch or extend past their knees with their elbows, then return the shoulders to ground before starting the next sit-up. The participant may rest momentarily in the 'up' position. The participant cannot raise their buttocks from the ground. The total number of correct sit-ups in one minute is scored.

300 Meter Run – Participants will run a 300 meter marked course as fast as possible. The use of a 400 meter track will be used.

Push Ups – Each participant starts in the front leaning rest position. Hands are slightly more than shoulder width apart; feet are 12 inches apart or less. Participants will lower self until the upper arms are parallel to the ground, then pushes up again. Participants must keep their back straight throughout the exercise. There is no time limit. The score is the correct number of push ups completed.

1.5 Mile Run – Participants will run 6 laps around a standard 400 meter track for time.

The Physical Readiness Test will be administered in the following order:

<u>TIME</u>	<u>EVENT</u>
5 minutes	1. Briefing
10 minutes	2. Warm Up
	3. Vertical Jump
	4. Illinois Agility Run
5 minutes	
	Briefing on Test
	5. Sit Up
	Briefing on Test
	6. 300 meter run
10 minutes	Rest and briefing on the test
	7. Push up
30 minutes	Rest and briefing on tests
	8. Warm up
	9. 1.5 mile run
	10. Cool down
	11. Stretch and hydrate to recover

