

Iowa Department of Public Safety

Physical Fitness Assessment Preparation Plan for Academy Applicants

Fitness Requirements for Peace Officer Applicants

The Physical Fitness assessment for peace officer applicants consists of three (3) basic tests. The tests will be given in sequence with a rest period between each test. The assessment consists of a minute of sit-ups, a minute of push-ups, and a 1.5-mile run. Time and repetitions vary depending on the age and the sex of applicants.

Applicants must score at least a one (1) in all three (3) areas tested and must have a combined score of at least six (6) points. The application process is very competitive, and only the top qualified applicants will be selected to attend the Department of Public Safety's Basic Academy. The applicant's physical fitness score plays an important role in their overall ranking. Applicants scoring at the minimum passing score on the physical fitness assessment are less likely to have a high enough overall ranking score to be selected for the DPS Basic Academy.

Applicants will want to begin preparing for the physical fitness assessment 8 weeks before test date. If you currently are not following a fitness program, you should check with your doctor before you begin training. If you have access to a school track that would be ideal for workouts, however they can be done anywhere with a little creativity.

Before the start of your Week One training, take the physical fitness assessment to see where you are. Remember, even if you can pass all areas, it is important to achieve your best possible score in order to be competitive in the process.

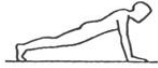
Physical fitness will be measured as follows:



1.5 MILE RUN

This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area of performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.

1.5 MILE RUN		MALES	FEMAL ES	MALE S	FEMALE S	MALE S	FEMALE S	MALE S	FEMALE S	MALE S	FEMALE S
SCORE	AGE	20-29	20-29	30-39	30-39	40-49	40-49	50-59	50-59	60+	60+
4 points		9:09	11:43	9:30	12:51	10:16	13:22	11:18	14:55	12:20	14:55
3 points		10:16	12:51	10:47	13:43	11:44	14:31	12:51	15:57	13:53	16:20
2 points		11:41	14:24	12:20	15:08	13:14	15:57	14:24	16:58	15:29	17:46
1 point		12:51	15:26	13:36	15:57	14:29	16:58	15:26	17:54	16:43	18:44
0 points		<12:51	<15:26	<13:36	<15:57	<14:29	<16:58	<15:26	<17:54	<16:43	<18:44



ONE MINUTE PUSH-UP TEST

See DPS Careers website for proper instruction and form

This test requires applicants to push their own weight off the floor. This measures the amount of force the upper body can generate and is an important area of performing police tasks requiring upper body strength. The score is calculated by the number of push-ups performed in one minute. The chest must come down and touch a fist placed under the applicant's chest, then the arms must go to full extension to complete a push up. Women will not be allowed to complete this test with their knees on the ground unless they are in excess of 49 years of age.

PUSH-UPS - 1 Minute	SCORE	AGE	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES
			20-29	20-29	30-39	30-39	40-49	40-49	50-59	50-59	60+	60+
4 points			62	42	52	40	40	20	39	*	28	*
3 points			47	28	39	23	30	15	25	*	23	*
2 points			37	21	30	15	24	13	19	*	18	*
1 point			29	15	24	11	18	9	13	12**	10	5**
0 points			<29	<15	<24	<11	<18	<9	<13	*	<10	*
* Standards Unavailable						**Females in excess of 49 years of age may do pushups on their knees.						



ONE MINUTE SIT-UP TEST

See DPS Careers website for proper instruction and form

This is a measure of the muscular endurance of the abdominal muscles. It is an important area of performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is in number of bent leg sit ups performed in 1 minute. Hands must remain on or about the head. While in the up position, elbows should touch the knees or upper portion of the thigh. When in the down position, the back must come down so that shoulder blades touch the floor. Legs may be held for assistance.

SIT-UPS - 1 Minute	SCORE	AGE	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES
			20-29	20-29	30-39	30-39	40-49	40-49	50-59	50-59	60+	60+
4 points			55	51	51	42	47	37	43	30	39	28
3 points			47	44	43	35	39	29	35	24	30	17
2 points			42	38	39	29	34	24	28	20	22	11
1 point			38	32	35	25	29	20	24	14	19	5
0 points			<38	<32	<35	<25	<29	<20	<24	<14	<19	<5

WARM UP AND COOL DOWN

A warm up and cool down should be conducted before and after each training session to reduce the risk of injury.

Warm-up

Before doing any exercise, it is important to elevate your body temperature to avoid injury. Warm-up by walking and/or jogging slowly. Perform a warm-up set(s) of the exercise you are about to do by completing a few repetitions and then resting for a short period. Conduct dynamic stretches after body is warm rather than static stretching. A good warm up should be 10 -15 minutes.

Cool down

After high intensity training, a cool down shall be conducted to slowly lower the heart rate. Begin by walking for 5-10 minutes and then conducting a full body stretching routine. During cool down stretching conduct sit and reach preparation work. Performing sitting type of stretching exercises daily will increase this area. Sit on the ground with legs straight. Slowly bend forward at the waist and extend fingertips toward the toes (keep legs straight). Hold for 10 seconds. Repeat 5 times. Towel stretch. Sit on ground with legs straight. Wrap a towel around feet, holding each end of the towel with one hand. Lean forward and pull gently on the towel, extending the torso toward toes. Hold for 10 seconds. Repeat 5 times.

EIGHT (8) WEEK TRAINING PLAN

Week 1 (Example):

Monday, Wednesday, and Friday: Cardio Tabata and field work.

- **Mon: Track work:** 8 sets of 20:10 (sprint for 20 seconds and jog for 10 seconds. Sprint 20 jog 10...etc) after the 8th set rest for 3 to 5 minutes then begin field work.
- **Field work:** Goal line: 12 push-ups – sprint to 50 yard line and do 12 straight legged sit ups – sprint to the other goal line and do 12 push-ups narrow – back to the 50 and do 12 straight legged sit ups – back to the original goal line and 12 push-ups. Complete as many revolutions in 12 minutes.
- **Wed: Track work:** Same as above just increase the 8 sets to 10 sets.
- **Field work:** Goal line: 30 jump ropes; sprint to 50 yard line – 30 sit ups; sprint to goal line – 12 push-ups- back to the 50 – 30 sit-ups; back to the original goal line for 30 jump ropes. Complete as many revolutions in 12 minutes.
- **Friday:** Track work: Same as above just change the 10 sets to 12 sets for track work.
- **Field/Track work:** Run 800 meters (2 laps) – 400 meters (1 lap) backwards – 800 meters – finish with 400 meter backward sprint for best time.

- **Tuesday:** Cross-training: utilizing 2 separate routines with a 3 to 5 minute rest interval between routines; and
- **Thursday:** Cross-training: utilizing 2 separate routines with a 3 to 5 minute rest between routines

**** Tuesday cross training** may be all upper bodywork and Thursday may be all lower bodywork or a combination of core body exercises. Whenever cross-training takes place, the exercises will be different**

Week 2 (Example):

Tuesday and Thursday: Cardio Tabata and Field work

- **Tuesday: Track work:** 10 sets of 30:60 routine (30 seconds sprinting and 60 second jog) Followed by a 3 to 5 minute rest period then move to the field.
- **Field work:** Continues to change every time you get this portion of the workout. Refer to week 1 example.
- **Thursday: Track work:** Increase the sets to 12 on the 30:60 routine on the track.
- **Field work:** Continues to change

Monday, Wednesday, and Friday: Cross-Training routines.

Week 3 (Example):

Monday, Wednesday, and Friday: Cardio Tabata and field work

- **Monday** - 8 sets of 60:120 rest for 3 to 5 minutes and move to the field.
- **Wednesday** – 10 sets of 60:120 and so on...
- **Friday** – 12 sets of 60:120 and so on...
- **Tuesday and Thursday:** Cross-training

Week 4 (Example):

Tuesday and Thursday: Cardio Tabata and field work

- **Tuesday** – 10 sets of 90:180 and so on.
- **Thursday** – 12 sets of 90:180 and so on.

****Do not forget to perform field exercises after 3 to 5 minutes recovery period****

Monday, Wednesday, and Friday: Cross-Training

Week 5 (Example):

Monday, Wednesday, and Friday – Cardio Tabata and field work

- Here we perform 6 laps of 400 meter sprint work based on 85% of the last recorded mile and half time. After each 400 meter sprint you will rest for that equal amount of time before engaging in the next 400 meter sprint.
- Example: If I have to sprint the 400 meters in 1:30, I rest for 1:30 before I take off on my 2nd sprint of the 400 meters and so on...for 6 laps. Then you rest for 5 minutes and move to the field for field work.

Tuesday and Thursday – cross training

Week 6 (Example):

- **Tuesday** - Timed 1.5 mile run as fast as possible (6 laps around track)
- **Thursday** - 2.5 mile run as fast as possible
- ****Do not forget to perform field exercises after 3 to 5 minutes recovery period****

Monday, Wednesday, and Friday: cross training

Week 7 (Example):

- **Monday** – 2 400m sprints, 2 800m sprints, 2 1600m sprints after each sprint walk equal distance before starting the next sprint.
- **Wednesday**- 3 mile run as fast as possible
- **Friday** - Timed 1.5 mile run as fast as possible focus on improving time from previous week.
- ****Do not forget to perform field exercises after 3 to 5 minutes recovery period****

Tuesday and Thursday – cross training

Week 8 (Example):

- **Tuesday** – 2 mile run as fast as possible
- **Thursday** - 3 mile run as fast as possible
- ****Do not forget to perform field exercises after 3 to 5 minutes recovery period****

Monday, Wednesday, and Friday: cross training

****It is critical that this type of workout be performed with intensity and strict timing****

Cross Training:

Cross Training consists of multiple exercises (3 to 4) performed either for TIME or within a time ZONE. For example: The participant will engage in the following 3 exercises and complete as many revolutions in 12 minutes: 12 – push-ups; move to 12 – pull-ups, move to 12 – dips, back to the push-ups for 12 reps, the 12 – pull-ups, and 12 dips. Complete as many revolutions as he/she can within 12 minutes. So **intensity** is the key. **NO RESTING**. Recover for 5 minutes and move to the 2nd cross-training routine: 12 sit-ups, move to jump rope for 12 reps; move to V-ups (sit-ups that are performed with straight legs and arms meeting together at the top) for 12 reps, continue to move through the 3 exercises for 12 minutes.

****Other routines would include 21-15-9 (each of the three exercises will start with 21 reps followed by 15 reps followed by 9 reps) for time, or Increase reps and time for any routine; there are literally 100s of exercises that can be performed utilizing Cross-Training. Example 21 push-ups, 21 pull-ups, 21 dips; then 15 push-ups, 15 pull-ups, and 15 dips; then 9 push-ups, 9 pull-ups, and 9 dips.**

Cross-Training exercises: push-ups (narrow, wide, incline, decline, T-bar, hand release), dips (bar, bleacher, chair) pull-ups, chin ups, sit-ups, v-ups, flutter kick, super mans, bicycle crunch, air squat, lunge, hip bucks, jump rope, jumping jacks, mountain climbers, burpees, broad jump, leg lift, plank reach, step-up on bleacher, wiper, if you have a kettle bell use it. This is a sample of exercises that can be used if you are unsure how to perform any of these you can YouTube or google search.

Cross Training Examples

10 minutes complete as many reps as possible:

10 push-ups

10 dips

10 burpees

10 minutes complete as many reps as possible:

10 sit ups

10 air squats

10 v-ups

21-15-9

21 hand release push-ups, 21 jumping jacks, 21 burpees

Then 15 of the above then 9

21-15-9

21 leg lifts, 21 walking lunges, 21 supermans

Then 15 of the above then 9

10 minutes complete *as many reps as possible*:

10 t-bar push-ups

10 mountain climbers

10 burpees

10 minutes complete as many reps as possible:

10 wipers

10 star jumps

10 jumping jacks

For 10 minutes rotate through the following.

30 seconds hold plank

30 seconds of mt. climbers

30 seconds hollow rock hold

For 10 minutes rotate through the following:

30 seconds of push-ups

30 seconds of dips

30 seconds of pull-ups

Every Minute on the Minute perform the following for 10 minutes:

10 push ups

10 burpees

10 dips

Remainder of the minute is rest time until next minute starts

Every Minute on the Minute perform the following for 10 minutes:

10 sit ups

10 air squats

10 lunges (5 each leg)