



LATERAL POLICE OFFICER

Physical Abilities Testing Information

As part of the hiring process, candidates take a physical fitness test conducted through the Exercise Science Center. The fitness assessment is aimed at quantifying the various components of fitness. Areas to be addressed include:

- Cardio Respiratory Endurance
- Body Composition
- Pulmonary Function
- Flexibility
- Muscular Strength

Cardio-Respiratory Endurance

A six-minute submaximal exercise bicycle test is performed to assess the candidates exercise performance capacity.

Pulmonary Assessment

This assessment determines the size of the subject's lungs (FVC), and the size of the subject's airways (FEV1.0).

Body Composition

This assessment is performed using the skin fold caliper technique.

Flexibility

Identify the range of motion of the shoulders, lower and upper back, groin, hamstrings, and lateral movement of the spine.

Muscular Strength

Examines the strength of the major muscle groups; exercises include the bench press, shoulder press, pull down, squat, and grip strength. The assessment will involve a 5-repetitions maximum, isokinetically on a computerized system using fluid hydraulics. Candidates will get the opportunity to see actual computer generated strength curves.

A report card format will be provided. A score of 2.00 or greater is a passing score.