

The Nevada Peace Officers' Standards and Training Physical Fitness Test

All Nevada peace officers must take the POST Physical Fitness Test (PPFT), regardless of their age, within 16 weeks of their initial date of hire as a Nevada peace officer or as part of a certified academy. *Performance on the PPFT is strongly linked to the officer's fitness level and his ability to do fitness-related tasks.* The PPFT is a validated physical readiness test and measures the underlying and predictive physical fitness factors necessary to perform the essential and critical physical job tasks of Nevada peace officers.

The PPFT consists of six events (five for category III) and must be administered in order. The events are:

- **Vertical Jump**
- **Agility Run**
- **Sit-ups** (Category I and II only)
- **Push-ups**
- **300 Meter Sprint**
- **1.5 Mile Run**

Overview

The PPFT assesses muscular endurance and cardio respiratory fitness. The lowest passing PPFT standards reflect the minimum acceptable fitness level for all peace officers regardless of agency. Maintaining good physical fitness is the professional responsibility of every peace officer.

Certified academies, agencies, and offices may set performance goals that are above the minimum PPFT standards in accordance with their own policies. Individual officers are also encouraged to set for themselves a series of successively higher PPFT performance goals. They should always strive to improve themselves physically and never be content with meeting minimum standards. Competition on the PPFT among officers can also be used to motivate them to improve their fitness levels.

Testing is not a substitute for a regular, balanced exercise program. Diagnostic testing is important in monitoring training progress but, when done too often, may decrease motivation and waste time.

The test period is defined as the period of time, which elapses from starting to finishing all of the events. It must not take more than 3.5 hours for category I and II and 3 hours for category III. Officers must do all events in the same test period.

TEST ADMINISTRATION

The PPFT must be administered properly and to standard in order to accurately evaluate an officer's physical fitness and to be fair to all involved.

Individual officers are not authorized to administer the PPFT to themselves for the purpose of satisfying an agency's record PPFT requirement.

REQUIRED EQUIPMENT

The on site test administrator must have a copy of the PPFT instructions.

- **Vertical Jump.** Yardstick on wall or similar wall mounted vertical jump measuring device. A Vertec™, a commercially manufactured vertical jump measurer.
- **The Illinois Agility Run.** A marked course of 30 feet, with four cones spaced 10 feet apart in a line and a stop watch for timing.
- **Sit-ups.** (Category I and II only) Mats and a stopwatch for timing.
- **Push-ups.** Mats (optional).
- **300 meter run.** A marked level course of 300 meters (328 yards or 984 feet) and a stopwatch for timing.
- **1.5 mile run.** Marked level course, on a 440 yard track the test is 6 laps, on a 400 meter track the test is 6 laps plus 14 yards (42 feet). A stopwatch for timing and numbered vest or some other way to identify participants.

Scorers should have a clipboard and an ink pen to record the results on the participants' scorecards.

Two stopwatches are needed for each timed event (one for backup). They must be able to measure time in minutes, seconds, and tenths of seconds.

Participants should wear clothing that is appropriate for physical training (PT) such as shorts, T-shirts, socks, and running shoes (not tennis shoes). They should not wear basketball shoes or other types of court shoes. Participants may not take any part of the PPFT in bare feet.

Anything that gives a participant an unfair advantage is not permitted during the PPFT. Wearing devices such as weight belts or elastic bandages may or may not provide an advantage. **However, for standardization, such additional equipment is not authorized unless prescribed by medical personnel or approved by the test administrator.** Cold weather gear, hats, and gloves may be worn when approved by the test administrator.

SUPERVISION

Test Administrator

Test Administrators must be certified by POST to administer the PPFT. The test administrator does the following:

- Select and train the scorers
- Ensure that necessary equipment is on hand
- Read the test instructions, and have the events demonstrated
- Supervise the scoring of events, and ensure that they are done correctly
- Rule on questions and scoring discrepancies, if any, for a particular event

Test administrators must strictly control those factors that influence test performance. They must ensure that events, scoring, clothing, and equipment are uniform. Test administrators should plan testing which permits each participant to perform to his maximal level. They should also ensure the following:

- Safety is the first consideration
- Participants are not tested when injured, fatigued or ill
- Participants do not have tiring duties just before taking the PPFT
- Weather and environmental conditions do not inhibit performance

SUPPORT PERSONNEL

Safety and control people should be at the test site, depending on local policy and conditions. Medical personnel may also be there. However, they do not have to be on site to have the PPFT conducted. At a minimum, the test administrator should have a plan, known to all test personnel, for getting medical help if needed.

TEST FAILURES

A participant who fails a single event, fails the PPFT in its' entirety and must retest on all events. Participants who stop to rest in an authorized rest position continue to receive credit for correct repetitions performed after their rest. Participants who rest in an unauthorized rest position will have their performance in that event immediately terminated.

TEST SEQUENCE

The test sequence is the vertical jump, Illinois agility run, sit-ups (category I and II only), push-ups, 300 meter sprint and the 1.5 mile run. **The order of events cannot be changed. There are no exceptions to this sequence.**

Participants should be allowed no less than 3 minutes rest after the vertical jump, 10 minutes after the agility run, 5 minutes rest after the sit-ups, 10 minutes after the push-ups and 15 minutes after the 300-meter sprint, to recover between each event. The test administrator determines the time to be allotted between events, as it will depend on the total number of officers who are participating in the PPFT. If many officers are to be tested, staggered starting times should be planned to allow the proper intervals between events. Under no circumstances is the PPFT valid if participants cannot begin and end all events in 3.5 hours or less (3 hours for category III).

TEST PROCEDURES

All test participants are assembled in a common area and briefed by the test administrator about the purpose and organization of the test. The administrator then explains the scorecard, scoring standards, and sequence of events.

The instructions printed here in large type must be read to the participants: **“THE LAW ENFORCEMENT PROFESSION REQUIRES A LEVEL OF PHYSICAL READINESS TO PERFORM ESSENTIAL PHYSICAL JOB FUNCTIONS. NEVADA POST HAS CONDUCTED A VALIDATION STUDY TO DETERMINE THE MINIMUM LEVEL OF FITNESS REQUIRED TO PERFORM THOSE ESSENTIAL FUNCTIONS FOR PEACE OFFICERS IN THE STATE. TODAY YOU WILL COMPLETE A BATTERY OF PHYSICAL FITNESS TESTS THAT MEASURE THE FACTORS UNDERLYING YOUR ABILITY TO PERFORM THE ESSENTIAL AND CRITICAL PHYSICAL TASKS REQUIRED.**

“AT THIS POINT YOU SHOULD HAVE FILLED OUT THE HEADING ON YOUR SCORE SHEET. WE WILL COLLECT THEM AS YOU COMPLETE THE SIT-UPS (or however the test administrator wants to control the score sheets). YOU WILL COMPLETE THE VERTICAL JUMP, ILLINOIS AGILITY RUN, SIT UPS (category I and II only), PUSH-UPS, 300 METER RUN, AND 1.5 MILE RUN. IF AT ANY TIME YOU DON’T FEEL WELL, OR BECOME INJURED

TELL ONE OF THE FITNESS COORDINATORS. DO YOU HAVE ANY QUESTIONS?"

THE POST PHYSICAL FITNESS TEST

The following paragraphs describe the equipment, facilities, personnel, instructions, administration, timing techniques, and scorers' duties for the POST Physical Fitness Test.

A fitness coordinator should be assigned to warm up the participants prior to the PPFT. Participants should be encouraged to "stay loose" during the test and warm up individually prior to each event.

The basic procedures for the PPFT are outlined here, some procedures can be adjusted based on group size and other circumstances. In order to be fair, all scripts that are **bolded and in "quotation marks"** will be read when ever the PPFT is administered. The vertical jump and agility run are both demonstrated so that participants can go directly from the vertical jump to the agility run to reduce waiting time.

VERTICAL JUMP

Equipment

A commercial device to measure the vertical jump or a homemade device using a yardstick affixed to a wall and chalk can be used as long as it accurately measures the participants' performance. If a Vertec™ or a wall and chalk are used there is no requirement to record the maximum reach on the score sheet.

Instructions

If using the wall with measuring device. The test administrator must read the following:

"THE VERTICAL JUMP TEST MEASURES THE DYNAMIC STRENGTH AND MUSCLE POWER IN THE LEGS. YOU WILL STAND WITH ONE SIDE TO THE WALL, HEELS TOGETHER. RAISE YOUR ARM CLOSEST TO THE WALL OVERHEAD AND YOUR MAXIMUM STANDING REACH WILL BE RECORDED (or marked if using chalk). THEN, USING A ROCKING, ONE-STEP APPROACH; JUMP AS HIGH AS YOU CAN WHILE REACHING UPWARDS. YOU MAY ALSO STAND FLAT FOOTED AND JUMP WITHOUT STEPPING.

YOUR VERTICAL JUMP IS MEASURED AS THE DISTANCE IN INCHES BETWEEN YOUR MAXIMUM STANDING REACH AND THE HEIGHT YOUR HAND AT YOUR FINGER TIPS REACHES DURING THE JUMP. YOU HAVE THREE TRIES AT THIS EVENT, WITH YOUR BEST EFFORT COUNTING AS YOUR FINAL SCORE. WATCH THIS DEMONSTRATION. After the demonstration, **“ARE THERE ANY QUESTIONS?”**

Points to Demonstrate for the Vertical Jump Event

- Stand next to the wall or measuring device and raise your hand above your head and wait until the scorer records your vertical reach. Look straight ahead and not at your hand.
- From this position, take one step back and away from the wall. This should be your starting position.
- To complete the jump, from your starting position, take a step toward the wall, at the same time start swinging your arms back, when you complete your step, swing your arms forward and up while performing a jump. Look up to the point you want to jump.
- Standing flat footed, jump reaching as high as possible.

If using a Vertec™, **“STAND UNDER THE TEST APPARATUS, AND REACH UP AS HIGH AS YOU CAN WITH ONE ARM WHILE PLACING YOUR BICEP NEXT TO YOUR EAR. THE APPARATUS WILL BE LOWERED TO YOUR FINGERTIPS. TAKE ONE STEP BACK WITH EITHER FOOT. THEN STEP FORWARD, AND JUMP, REACHING AS HIGH AS POSSIBLE AND HIT THE TABS. OR YOU MAY JUMP FROM BOTH FEET WITHOUT TAKING A STEP. YOUR SCORE IS THE HIGHEST TAB YOU REACH AND WILL BE RECORDED TO THE HALF-INCH. YOU WILL HAVE THREE ATTEMPTS FOR THIS EVENT, WATCH THIS DEMONSTRATION. ARE THERE ANY QUESTIONS?”**

Administration

After reading the instructions and the jump is demonstrated move the group to the Illinois agility run and read the instructions and have it demonstrated, the test administrator answers questions. Then he moves the groups to the vertical jump testing station(s). The test administrator directs the first participant to begin.

Scorers' Duties

The scorer must be in position to record the maximum standing reach for each participant and to observe and record the maximum effort of each participant.

Illinois Agility Run

Equipment

One stopwatch is needed along with one clipboard and pen per scorer. A minimum of 4 cones are needed to layout the course. The course is 30 feet long and the cones are evenly spaced 10 feet apart in a straight line, the start line and forward line should be marked with tape or chalk so it can be seen by the participant.

Personnel

One time keeper and one scorer per participant.

Instructions

“THE SECOND EVENT IS THE ILLINOIS AGILITY RUN, A MEASURE OF COORDINATED MOVEMENT AND SPEED. IT IS IMPORTANT FOR PERFORMING TASKS REQUIRING QUICK MOVEMENTS AROUND OBSTACLES.”

“WATCH THIS DEMONSTRATION. START IN THE PRONE POSITION TO THE LEFT OF THE FIRST CONE WITH THE TIPS OF YOUR FINGERS BEHIND THE STARTING LINE. WHEN THE INSTRUCTOR SAYS, “GO”, STAND UP AND SPRINT TO THE FORWARD LINE (POINT TO LINE 30 FEET

AWAY), PLACE ONE FOOT OVER THE LINE, AND SPRINT BACK TO THE STARTING LINE. MAKE A LEFT TURN AROUND THE FIRST CONE, THEN ZIG-ZAG IN A FIGURE EIGHT FASHION AROUND THE FOUR CONES AND ZIG-ZAG BACK TO THE START LINE. TURN LEFT AROUND THE FIRST CONE, AND SPRINT TO THE FORWARD LINE AND BACK ONE MORE TIME. THE CLOCK STOPS WHEN ANY PART OF YOUR BODY CROSSES THE FINISH LINE. IF YOU KNOCK OVER A CONE, MISS A TURN, OR FAIL TO TOUCH THE LINE WHEN TURNING, THE INSTRUCTOR WILL STOP YOU AND RETURN YOU TO END OF THE LINE FOR A RESTART. YOU WILL HAVE TWO TRIALS FOR THIS EVENT. YOUR SCORE IS THE TIME IT TAKES TO COMPLETE THE RUN, AND WILL BE RECORDED TO THE TENTH OF A SECOND. ARE THERE ANY QUESTIONS?"

Points to Demonstrate for the Illinois Agility Run

- Subject lies on the ground with fingertips behind the start line.
- At the "GO" , subject gets up, sprints to the other line (30 feet away) places one foot over the line then sprints back to the start line.
- Subject makes left turn around the first cone then zig zags in a figure eight fashion around the four cones and back to the start line.
- Subject then sprints up and back as described in the beginning.
- Allow one slow walk through and two trials.
- Allow five (5) minutes between trails and encourage participant to stay loose.
- Score is the best (lowest) time to the tenth of a second

Scorers' Duties

The scorer must be in position to observe the participant to ensure that they step on the end line and performs the test correctly and stops the participant if they do not. The time keeper must be at the finish line and accurately measure the time when any part of the body passes the finish line.

SIT-UPS
(Omit for Category III)

Equipment

A stopwatch is needed along with one clipboard and pen for each scorer.

Personnel

There must be one scorer at each station. The test administrator may not be the event scorer.

Instructions

The test administrator must read the following: **“THE THIRD EVENT IS THE ONE-MINUTE SIT-UP, A MEASURE OF THE MUSCULAR ENDURANCE OF THE ABDOMINAL MUSCLES, IMPORTANT FOR MANY PHYSICAL TASKS AND INJURY PREVENTION.**

“LIE ON YOUR BACK, WITH YOUR KNEES BENT AT APPROXIMATELY A 90 DEGREE ANGLE, AND YOUR HEELS ON THE GROUND. YOUR FEET MAY BE TOGETHER OR APART, BUT THE HEELS MUST STAY IN CONTACT WITH THE GROUND. YOUR PARTNER WILL HOLD YOUR ANKLES. THE TIPS OF YOUR FINGERS MUST STAY BEHIND THE BACK OF YOUR EARS THROUGHOUT THE EVENT. WHEN THE INSTRUCTOR SAYS “GO”, LIFT YOUR UPPER BODY (HEAD AND TORSO) BY BENDING AT THE WAIST AND TOUCH YOUR ELBOWS TO THE KNEECAPS. RETURN TO THE STARTING POSITION, WITH YOUR SHOULDER BLADES TOUCHING THE SURFACE. THAT WILL CONSTITUTE ONE REPETITION. IF YOU ARCH YOUR BACK, LIFT YOUR

BUTTOCKS FROM THE MAT, MOVE YOUR FINGER TIPS FORWARD OF THE BACK OF YOUR EARS, FAIL TO BREAK THE VERTICAL PLANE AND TOUCH THE KNEES, STOP TO REST IN THE DOWN POSITION, OR FAIL TO TOUCH YOUR SHOULDERS TO THE MAT, YOU WILL RECEIVE A WARNING. FOR ANY SUBSEQUENT VIOLATION, THE REPETITION WILL NOT COUNT. YOU WILL HAVE ONE MINUTE TO DO AS MANY SIT-UPS AS POSSIBLE. THE INSTRUCTOR WILL ANNOUNCE 45, 30, 15 SECONDS, AND COUNT OUT THE LAST TEN SECONDS. YOUR SCORE IS THE NUMBER OF CORRECT SIT-UPS. WATCH THIS DEMONSTRATION...ARE THERE ANY QUESTIONS?"

Points to Demonstrate for the Sit-up Event

- The subject starts by lying on his back, knees bent, and heels on the floor. Fingertips stay behind the ears.
- The holder will hold the feet using just their hands, they can not kneel or sit on the feet (this reduces the chance of injury to the participant)
- To minimize stress to the neck, it is recommended that the participant keep his chin curled downward and touching the top of his chest throughout the performance of the sit-up event.
- If a mat is used, the entire body, including the feet and head, must be on the mat.
- In the up position, the individual should have the face breaking an invisible plane perpendicular to the surface and elbows touch or pass the knees, then return to the starting position (shoulder blades touching the surface) before starting the next sit up.
- During the sit-up event the finger tips must remain behind the ears
- If either foot breaks contact with the ground during a repetition, that repetition will not count.
- The participant may wiggle to attain the up position. This gives no advantage
- If the participant raises their buttocks while performing the sit-up, the repetition will not count
- The up position is the only rest position, if the participant stays in the down position with no attempt to complete a repetition the event will be terminated
- The participant may not use their hands or arms to help raise them to the rest position, if they do the event is terminated

Timing Techniques

The test administrator is the timer. He calls out the time at 45, 30 and 15 seconds and every second for the last 10 seconds of the one minute. He ends the event after one minute by the command "Halt!" or "Stop".

Scorers' Duties

The scorer may either kneel or sit about three feet from the participants hip. The scorer's head should be about even with the participants shoulder when the latter is in the vertical (up) position. Each scorer decides for himself whether to sit or kneel down when scoring. He may not lie down or stand while scoring. The scorer counts aloud the number of correctly performed sit-ups and repeats the number of the last correctly performed repetition if an incorrect one is done. The repetition is complete in the down position. Scorers tell the participants what they are doing wrong as it occurs during the event. A critique of his performance is given to each participant after the event. When the participant completes the event, the scorer records the number of correctly performed sit-ups, and initials the scorecard.

When checking for correct body position, the scorer must be sure that at a 90-degree angle is formed at each knee by the participant's upper and lower leg. The angle to be measured is not the one formed by the lower leg and the ground. If, while performing the sit-up event, this angle becomes greater than 90 degrees, the scorer should instruct the participant and holder to reposition the legs to the proper angle and obtain compliance before allowing the participant's performance to continue. The loss of the proper angle does not terminate the participant's performance in the event. When the participant comes to the vertical position, the scorer must be sure that the face breaks imaginary plain perpendicular to the base of the spine. The scorer must ensure that the holder uses only his hands to brace the exerciser's feet.

PUSH-UPS

Equipment

One clipboard and pen for each scorer.

Personnel

There must be one scorer at each station. The test administrator may not be the event scorer.

Instructions

The test administrator must read the following: **“THE NEXT EVENT IS THE PUSH-UP, A MEASURE OF THE MUSCULAR ENDURANCE OF THE UPPER BODY (CHEST, SHOULDERS, AND TRICEPS). THIS IS IMPORTANT FOR TASKS SUCH AS USE OF FORCE, LIFTING, CARRYING, AND PUSHING.”**

“WATCH THIS DEMONSTRATION. ASSUME THE FRONT-LEANING REST POSITION BY PLACING YOUR HANDS ON THE SURFACE JUST OUTSIDE A STRAIGHT LINE DOWN FROM THE SHOULDERS. THE BACK, BUTTOCKS, AND LEGS MUST BE IN A GENERALLY STRAIGHT LINE FROM THE HEAD TO THE HEELS. THE FEET MAY BE TOGETHER OR UP TO TWELVE INCHES APART. WHEN THE INSTRUCTOR SAYS “GO”, LOWER YOUR BODY BY BENDING THE ELBOWS UNTIL THE TOPS OF THE UPPER ARMS, SHOULDERS, AND UPPER BACK ARE ALIGNED AND PARALLEL TO THE GROUND. RETURN TO THE STARTING POSITION BY SOFT-LOCKING YOUR ELBOWS. THIS CONSTITUTES ONE REPETITION. YOU MAY REST IN THE UP POSITION. IF YOU ARCH YOUR BACK, FAIL TO KEEP YOUR BODY RELATIVELY STRAIGHT OR TO SOFT LOCK YOUR ELBOWS, YOU WILL RECEIVE A WARNING. FOR ANY SUBSEQUENT VIOLATION, THE REPETITION WILL NOT COUNT. THERE IS NO TIME LIMIT. DO AS MANY CORRECT REPETITIONS AS POSSIBLE. YOUR SCORE IS THE NUMBER OF CORRECT PUSH-UPS. ARE THERE ANY QUESTIONS?”

Points to Demonstrate for the Push-up Event

- This is not a timed event so take all your commands from the scorer
- The scorer will tell you to **“get ready”**, go to your hands and knees
- On the command **“get set”**, assume the front leaning rest position
- Position your hands where they are comfortable for you, your feet can be together or up to 12 inches apart
- On the command **“go”**, start doing the exercise
- Lower your body until a line can be drawn from elbow to elbow that is parallel to the floor
- You must lower your body in a complete unit and keep it in a generally straight line
- Raise your body to the starting position, soft locking the elbows
- The person’s chest may touch the ground during the push-up as long as the contact does not provide an advantage. The ground cannot be used to bounce off of or momentarily rest on. Some people have a large chest or abdomen or are otherwise developed in a way, which makes touching the ground unavoidable when they are in the correct down position. Do not count those repetitions in which the long bone of the upper arm does not reach a position parallel to the ground
- Raising the chin helps to maintain a straight body during the exercise
- The up position is the only resting position
- If a mat is used, the entire body must be on the mat
- The feet may not be braced during the push-up event. Test administrators must ensure that a non-slip surface is available.
- Participants may do the push-up event on their fists. This may be necessary due to a prior injury. There is no unfair advantage to be gained by doing so.
- Participants can flex their back and shoulders by sagging and bowing their back but not to the point where most of their weight is supported on their legs.

Scorers’ Duties

The scorer may either sit or kneel about three feet from the participant’s shoulder at a 45-degree angle in front of it. The scorer’s head should be about even with the participant’s shoulder when the latter is in the front-leaning rest position. Each scorer determines for himself if he will sit or kneel when scoring. He may not lie down or stand while scoring. He counts out loud the number of correct repetitions completed and repeats the number of the last correct push-up if an incorrect one is done. Scorers tell the participant what they do wrong as it occurs during the event. When the participant completes the event, the scorer records the number of correctly performed repetitions, and initials the scorecard.

300-METER SPRINT

Equipment

Two stopwatches for the test administrator, one clipboard and pen for each scorer, copies of the event's instructions and standards, and numbers for the participants are needed.

Personnel

One test administrator and at least one scorer for every 1 runner are required.

Instructions

The test administrator must read: **“THE 300-METER SPRINT MEASURES YOUR ANAEROBIC POWER; YOU MUST COMPLETE THE RUN WITHOUT ANY HELP. AT THE START, ALL PARTICIPANTS WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND 'GO, (OR OTHER DESCRIBED VISUAL, I.E. DROPPING AN ARM, WAVING A FLAG, OR A CLIPBOARD) ' THE CLOCK WILL START. YOU WILL BEGIN RUNNING AT YOUR OWN PACE.**

(DESCRIBE THE COURSE TO INCLUDE THE FINISH LINE.) YOUR GOAL IS TO COMPLETE THE COURSE AS QUICKLY AS POSSIBLE.” “ARE THERE ANY QUESTIONS?”

Timing Techniques

The test administrator is the timer. He uses the commands "Get set" and "Go." Two stopwatches are used in case one fails. As the participants near the finish line, the test administrator calls off the time in seconds (for example, "Forty-one seconds, forty-two seconds" and so on).

Scorers' Duties

The scorer must record the time each participant crosses the finish line. For large groups multiple heats may be required.

THE 1.5-MILE RUN

Equipment

Two stopwatches for the test administrator, one clipboard, and pen for each scorer and numbers for the participants are needed. On a 440 yard track, the test is 6 laps. On a 400 meter track the test is 6 laps plus 14 yards (42 feet).

Personnel

One test administrator and, at least one scorer for every 5 runners are required.

Instructions

The test administrator must read the following: **“THE LAST EVENT IS THE 1.5 MILE RUN, A MEASURE OF CARDIOVASCULAR ENDURANCE OR AEROBIC POWER. THIS IS IMPORTANT FOR FOOT PURSUITS AND USE OF FORCE SITUATIONS LASTING MORE THAN TWO MINUTES. “YOU WILL LINE UP BEHIND THE STARTING LINE. AT THE COMMAND “GO” START RUNNING AT A SUB MAXIMAL PACE (LESS THEN AN ALL OUT RUN). TO COMPLETE THE RUN, YOU WILL START HERE AND RUN (DESCRIBE THE COURSE). YOUR GOAL IS TO COMPLETE THE 1.5 MILES IN AS FAST A TIME AS YOU CAN. AS YOU COMPLETE EACH LAP YOUR TIME AND NUMBER OF LAPS TO GO WILL BE ANNOUNCED. YOU MAY WALK, BUT TRY TO KEEP RUNNING FOR THE ENTIRE DISTANCE. YOU MAY RUN ALONGSIDE ANOTHER RUNNER FOR HELP WITH THE PACE, BUT YOU MAY NOT PHYSICALLY ASSIST OR BE ASSISTED BY ANOTHER RUNNER. AFTER THE RUN DO NOT SIT DOWN OR STAND STILL BUT WALK SLOWLY FOR A LAP. YOUR SCORE IS THE TIME IT TAKES TO COMPLETE THE 1.5 MILES. ARE THERE ANY QUESTIONS?”**

Timing Techniques

The test administrator is the timer. He uses the commands "Get set" and "Go." Two stopwatches are used in case one fails. As the participants near the finish line, the test

administrator calls off the time in minutes and seconds (for example, "Fifteen-thirty, fifteen-thirty-one, fifteen-thirty-two", and so on).

Scorers' Duties

Scores will position themselves at the finish line and record the completion of each lap. They will record the finishing time on the score sheet and initial the sheet.

NEVADA POST FITNESS STANDARDS

Certification

	Vertical Jump inches	Agility Run seconds	Sit-ups repetitions	Push-ups repetitions	300 meter run seconds	1.5 mile run min:secs
Category I	14	19.5	30	23	68	16:57
Category II	15	20.7	29	15	80	20:06
Category III	15	20.4	NA	20	74	17:37

Applicant/Screening

	Vertical Jump inches	Agility Run seconds	Sit-ups repetitions	Push-ups repetitions	300 meter run seconds	1.5 mile run min:secs
Category I	11.5	23.4	24	18	82	20:20
Category II	12	24.9	23	12	96	24:10
Category III	12	24.5	NA	16	89	21:10

Certification standards are those that must be passed to be certified as a peace officer in the State of Nevada, either through a full academy or the 80 hour in-lieu.

The applicant/screening standards are 20% lower then the certification standards and can be used for the initial screening test for an academy or to screen pre-hires prior to the academy.