



CITY OF HOUSTON

HOUSTON POLICE DEPARTMENT



FITNESS ASSISTANCE HANDOUT

the self-test, you will be able to assess to what degree you achieved or failed to achieve the standards. From these results you should formulate a training regimen with the goal of achieving the minimum standards on all events in one testing day (approximately 4 hours).

TEST PROCEDURES

1. Warm-up and stretching (5 min.)
2. Push-ups - Individuals will complete as many push-ups as possible, with no time limit. The push-ups will be done in the front leaning rest position with back straight and head held up. The exercise will begin from the up position and one push-up will be scored every time the body is lowered until the elbows and back create a horizontal line and returned to the up position. Individuals may rest in the up position. A member of the test staff will demonstrate the event prior to testing.
3. Rest (5 min.) **All rest periods are approximate times.**
4. Vertical Jump - Individuals will jump as high as possible. The exercise will begin by the individual standing adjacent to a wall (a vertical jump device can also be used if available) and raise the arms, placing a mark as high possible on the wall with the fingertips without stretching. The exercise will begin by the individual using a rocking, one-step approach or jumping with both feet together, and jumping as high as possible placing a second mark on the wall with the fingertips of one hand. The difference in inches between the two marks will be used to determine the score for that jump. The individual's score will be the best effort of three jumps. A member of the test staff will demonstrate the event prior to testing.
5. Rest (10 min.)
6. Agility Run - Individuals will complete the course as fast as possible. The course is 30 feet long with four traffic cones placed 10 feet apart and has a start line and a base line on opposite ends of the course. The starting position is lying flat on the floor with the hands on the start line. When the command "Go" is given, the individual gets up, sprints to the base line and back to the start line, turns left around the cone at the start point, zigzags around all cones to and from the base line, then sprints to the base line and back to the start line. Timing starts on the command "Go" and stops as the individual crosses the start line after completing the course. Individuals will be given the best score of two attempts. A member of the test staff will demonstrate the event prior to testing.
7. Rest (10 min.)
8. 1.5 Mile Run - The 1.5 mile run is done on a 1/4 mile oval track or a driving track. Personnel being tested are expected to complete the run as fast as possible. Walking is permitted during the test but consideration should be given to the additional time walking will require.
9. Rest and stretching (20 min.)
10. 300 Meter Run - The 300 meter run can be done on a 1/4 mile oval track or driving track. Personnel being tested are expected to complete the run as fast as possible.

RECOMMENDED TRAINING TECHNIQUES

Certain training principles apply to everyone regardless where they are in relation to the fitness test standards. Specificity, progression, and individuality are such principles. Specificity states that the type of training taken must relate to the desired results. If your goal is to better yourself in running, then it would be best to train with running rather than swimming or cycling. Progression states that the resistance is gradually increased as improvement is achieved. If you find that you are initially only able to perform ten push-ups, then after several sessions of training with ten push-ups, you will find that set of ten easier than the initial set of ten. It is now time to progress to a higher number of push-ups. Individuality refers to the fact that different individuals vary in response to their training, in other words design a program to fit *your* needs.

PUSH-UPS: preparation for this test should be push-ups per se. Increasing strength from bench pressing has been proven ineffective for increased performance in push-ups. Your initial push-ups should be done with a partner to insure that the elbows are at least 90 degrees. Every push-up should be done with a straight body, i.e. no arching of the back. If you find that you are unable to easily complete the minimum requirement, multiple sets of fewer push-ups can be helpful. For example: if you can only do ten push-ups, try to do three sets of eight pushups with minimal rest between sets, as proficiency increases add to the number of push-ups in each set. You can also do standard push-ups until failure (failure being unable to complete another push-up), then place the knees on the ground and continue doing modified push-ups until failure.

VERTICAL JUMP: practice vertical jump, doing jump rope, single leg hops, standing broad jump, leg press, squats with weights (start with light weights and gradually add weights) and 3 broad jumps in sequence, more advanced techniques called plyometrics can be very helpful but require the assistance of an experienced coach or trainer

AGILITY RUN: practice the agility run using short sprints with emphasis on rapid starts, practice turns by running the lines on a basketball court (starting at the baseline by the goal, run to the free throw line and back to the baseline, run to the top of the free throw circle and back, then to the mid-court line and back)

1.5 MILE RUN: run distances of varied lengths, none shorter than 1.5 miles while paying particular attention to proper form and breathing techniques, it is important to complete each run even if you have to walk a portion of the distance, to increase speed you can try running the sides of a track and jogging the ends, or alternate your running intensity from jogging to running to sprinting in a continuous manner.

300 METER RUN: start with shorter sprints paying particular attention to form (arm swing, stride), start using varying distances up to 300 meters (328 yards)