

# ***Brigham City Police Department***

## **Physical Standards**

*(Excerpt taken from BCPD Policy #43)*

There are five (5) physical tests that will be given in one day as follows:

1. 1.5 Mile Run - This measures aerobic power of cardiovascular endurance (the ability to sustain exertion over time). The test consists of running/walking as fast as safely possible the distance of 1.5 miles.
2. 1 Repetition Maximum (RM) Bench Press - This measures the absolute strength of the upper body. The test consists of lying on a bench and pressing up as much weight as possible, one time.
3. Maximum Push-Ups - This measures the muscular endurance of the upper body. The test consists of doing as many push-ups as possible, from the front, lean and rest position with no time limit.
4. 1 Minute Sit-Ups - This measure the abdominal or trunk muscular endurance. The test consists of lying on the ground and doing as many bent leg sit-ups as possible in one minute.
5. Vertical Jump - This measures leg power. The test consists of jumping beside a wall and marking how high the member can jump from a standing position.

Each test is scored separately and sworn officers must meet the standard on each test. The standards are as follows:

<b><u>Test:</u></b>	<b><u>Standard:</u></b>
Run	1.5 miles in 15:54 minutes
Bench Press	Push 75% of your body weight one (1) time
Push-Ups	25
Sit-Ups	35 in one (1) minute
Vertical Jump	16 inches