

Physical Fitness Test Preparation

The South Carolina State Transport Police requires that each candidate successfully complete a Physical Fitness Test (PFT). Enclosed in this package is a copy of these standards. As a candidate progresses through the hiring process, he/she should be aware of these standards and he/she is encouraged to prepare himself/herself for successful completion of the PFT. For those candidates whose fitness level is not sufficient to achieve the established standards, the following program is recommended:

1. The 1.5 Mile Run Test

This test is intended to measure the candidate's level of cardio-vascular fitness. In order to improve a substandard time on the 1.5-mile run, the candidate should utilize an interval-training program. This program can be accomplished on a ¼ mile track or in any other safe location by utilizing time intervals.

a. ¼ Mile Track

- 1) Begin by warming-up the leg muscles and the heart with 5-10 minutes of walking followed by light stretching of the leg muscles.
- 2) Lap #1 – walk the straightaway portions of the track and jog the curves.
- 3) Lap #2 – jog the straightaway portions of the track and walk the curves.
- 4) Lap #3 – run the straightaway portions of the track and jog the curves.
- 5) Lap #4 – walk the straightaway portions of the track and jog the curves.
- 6) Lap #5 – jog the straightaway portions of the track and walk the curves.
- 7) Lap #6 – run the straightaway portions of the track and jog the curves.
- 8) Finish by cooling-down the leg muscles and the heart with 5-10 minutes of walking followed by light stretching of the leg muscles.

b. Time Intervals (If a track is not accessible, time intervals may be substituted.)

- 1) Begin by warming-up the leg muscles and the heart with 5-10 minutes of walking followed by light stretching of the leg muscles.
- 2) Utilizing a time piece (stop watch, watch, etc.), walk at a brisk pace for one minute; jog for one minute; and run for one minute. Repeat this cycle of walking, jogging, and running six (6) times or for a total of eighteen (18) minutes.
- 3) Finish by cooling-down the leg muscles and the heart with 5-10 minutes of walking followed by light stretching of the leg muscles.

2. The Push-up and Sit-up Tests

These tests are intended to measure the dynamic strength or endurance of the candidate's upper body. In order to improve performance in these areas, the candidate is encouraged to simply perform push-up and sit-up exercises.

a. The Push-up

- 1) Begin by warming-up the heart with 5-10 minutes of walking followed by light stretching of the upper body muscles.
- 2) Assume the push-up position – body straight, elbows extended (not locked), hands slightly further than shoulder width apart – and perform one push-up by lowering the body to approximately three inches from the ground then returning the body to the elevated position without locking the elbows. (Breathe out during exertion.)
- 3) Repeat the above procedure and perform sets of two, three, four and five push-ups. After completing the set of five push-ups, rest until feeling sufficiently comfortable to resume.
- 4) Following a rest period, perform sets of five, four, three, two and one push-ups.
- 5) Finish by cooling-down the heart with 5-10 minutes of walking followed by light stretching of the upper body muscles.

b. The Sit-up

- 1) Sit-up exercises should be performed in conjunction with push-up exercises. With this in mind, the warm-up and cool-down phases will be accomplished in accordance with the format outlined above.
- 2) Assume the sit-up position – lying back down, knees slightly bent, feet flat on the floor (anchored either by a partner or by another device), hands placed beside the ears or across the chest (avoid placing pressure on the neck) – and perform one sit-up by raising the upper body to a vertical position then lowering the body to a position with the shoulder blades touching the ground. (Breathe out during exertion.)
- 3) Repeat the above procedure and perform sets of two, three, four, and five sit-ups. After completing the set of five sit-ups, rest until feeling sufficiently comfortable to resume.
- 4) Following a rest period, perform sets of five, four, three, two, and one sit-ups.

3. **Other Recommendations and Reminders**

- a. Do not begin a physical fitness or exercise program without first consulting with and receiving clearance from a physician.
- b. The intensity and duration of exercise may be increased as the body adapts. In other words, as the ability to perform push-ups increases, the number of push-ups being performed should also increase.
- c. Exercise three days a week and leave a day between each exercise session for the body to rest. In other words, exercise every other day (i.e. Monday, Wednesday, and Friday). If, however, participation in both a cardio-vascular and a strength-training program is either necessary or desired, exercise events can be alternated throughout the week (i.e. Cardio-vascular training on Monday, Wednesday, and Friday; Strength training on Tuesday, Thursday, and Saturday).
- d. Use common sense to prevent unnecessary injury. If, for example, unusual soreness or pain results from exercise, rest until the soreness and/or the pain subsides.
- e. A prudent diet should also be followed.

State Transport Police

Physical Fitness Test Standards

Please note that during the Physical Fitness Test you will be required to meet the standards listed below:

SIT-UPS (MALE) ONE (1) MINUTE

<u>AGE</u>	<u>BELOW PERFORMANCE</u>	<u>MEETS</u>
21-29	29 and less	30
30-39	25 and less	26
40-44	21 and less	22
45-49	17 and less	18
50-54	13 and less	14
55-62	9 and less	10

SIT-UPS (FEMALE) ONE (1) MINUTE

<u>AGE</u>	<u>BELOW PERFORMANCE</u>	<u>MEETS</u>
21-29	25 and less	26
30-39	21 and less	22
40-44	17 and less	18
45-49	13 and less	14
50-54	9 and less	10
55-62	5 and less	6

PUSH-UPS (MALE) ONE (1) MINUTE

<u>AGE</u>	<u>BELOW PERFORMANCE</u>	<u>MEETS</u>
21-29	21 and less	22
30-39	17 and less	18
40-44	13 and less	14
45-49	11 and less	12
50-54	8 and less	9
55-62	5 and less	6

PUSH-UPS (FEMALE) ONE (1) MINUTE

<u>AGE</u>	<u>BELOW PERFORMANCE</u>	<u>MEETS</u>
21-29	7 and less	8
30-39	6 and less	7
40-44	5 and less	6
45-49	4 and less	5
50-54	3 and less	4
55-62	2 and less	3

1.5 MILE WALK/RUN (MALE)

<u>AGE</u>	<u>BELOW PERFORMANCE</u>	<u>MEETS</u>
21-29	14:01 and higher	14:00
30-39	15:01 and higher	15:00
40-44	16:01 and higher	16:00
45-49	17:01 and higher	17:00
50-54	18:01 and higher	18:00
55-62	19:01 and higher	19:00

1.5 MILE WALK/RUN (FEMALE)

<u>AGE</u>	<u>BELOW PERFORMANCE</u>	<u>MEETS</u>
21-29	16:01 and higher	16:00
30-39	17:01 and higher	17:00
40-44	18:01 and higher	18:00
45-49	19:01 and higher	19:00
50-54	20:01 and higher	20:00
55-62	21:01 and higher	21:00

State Transport Police Basic Training Physical Fitness Test Standards

Please note that during week 12 of STP Basic Training you will be required to meet the standards listed below:

SIT-UPS (MALE) ONE (1) MINUTE

<u>AGE</u>	<u>GOOD</u>
21-29	34-39
30-39	30-35
40-44	26-31
45-49	22-27
50-54	18-23
55-62	14-19

SIT-UPS (FEMALE) ONE (1) MINUTE

<u>AGE</u>	<u>GOOD</u>
21-29	30-35
30-39	26-31
40-44	22-27
45-49	18-23
50-54	14-19
55-62	10-15

PUSH-UPS (MALE) ONE (1) MINUTE

<u>AGE</u>	<u>GOOD</u>
21-29	32-41
30-39	28-37
40-44	24-33
45-49	22-31
50-54	19-28
55-62	16-25

PUSH-UPS (FEMALE) ONE (1) MINUTE

<u>AGE</u>	<u>GOOD</u>
21-29	18-27
30-39	17-25
40-44	16-25
45-49	15-24
50-54	14-23
55-62	13-22

1.5 MILE WALK/RUN (MALE)

<u>AGE</u>	<u>GOOD</u>
21-29	12:00
30-39	13:00
40-44	14:00
45-49	15:00
50-54	16:00
55-62	17:00

1.5 MILE WALK/RUN (FEMALE)

<u>AGE</u>	<u>GOOD</u>
21-29	14:00
30-39	15:00
40-44	16:00
45-49	17:00
50-54	18:00
55-62	19:00