

WISCONSIN STATE PATROL PHYSICAL FITNESS ASSESSMENT

The test will consist of seven events: One Rep Maximum (1RM) Bench Press, Vertical Jump, One Minute Sit Up, One Minute Push Up, Maximum Pullup, 1.5 Mile Run and 300 Meter Run. Each event will be scored individually. **A minimum score of one point must be achieved in each of the One Minute Sit Up, One Minute Push Up, 300 Meter Run, and 1.5 Mile Run events to graduate from the Academy.**

1RM BENCH PRESS – Lie supine flat on the bench; spotters will lift the bar off the uprights to arms length. The bar will then be lowered by the lifter to a position touching the chest. When the test monitor deems that all movement has stopped, the lifter will be given the signal to press the bar to arm's length. Both feet must remain flat on the floor, with the buttocks and shoulder blades remaining against the bench throughout the lift. Spotters will then assist the lifter in racking the bar after the lift. (Muscular Strength-Upper Body)

VERTICAL JUMP – The applicant begins with a recording of the standing reach position. Standing with one or both feet on the mark, the applicant will jump as high as possible. The distances between the standing reach position and the jumping mark will be recorded. The applicant will have three attempts with the best attempt counting as the final score. (Anaerobic Power-Explosive Leg Strength)

ONE-MINUTE SITUP - The applicant will start by lying on the ground on their back with knees bent and feet on the ground. Bring the shoulders forward until the elbows touch the knees and then return to the start position. This will continue as many times as possible for one minute. The applicant's hands must be placed behind the head, with fingers interlocked. Care must be taken not to pull the head forward as this may cause injury to the neck. (Muscular Endurance-Core Body)

ONE-MINUTE PUSHUP - The applicant will start with the palms of the hands on the floor, arms straight, legs and back straight. When told to begin, the applicant will bend the elbow, keeping the legs and back straight, until the upper arm breaks a parallel position to the floor (three inch width from chest to floor) and then return to the starting (elbows locked) position. (Muscular Endurance-Upper Body)

MAXIMUM PULLUP - The applicant will start each repetition by hanging from the bar with an overhand grip and arms straight. The legs may be kept straight or continually bent at the knees. When initially told to begin, the applicant will pull with the arms until his/her chin is over the bar. Repetitions shall continue until the chin can no longer get over the bar. Swinging of the body and/or kicking with the legs will not be permitted. (Muscular Endurance-Upper Body)

1.5 MILE RUN - Walking is permitted, however the applicant must complete the test within the goal time frame. (Aerobic Capacity-Cardio respiratory)

300 METER RUN - The applicant must run 300 meters within the goal time frame. (Anaerobic Power-Sprinting Ability)

WISCONSIN STATE PATROL ACADEMY RECRUIT PHYSICAL PERFORMANCE STANDARDS

*All cadets must strive to achieve a minimum of one point in each event.

*The cadet achieving the highest overall point total will win the Physical Training Award.

*70 point ties will be broken by a maximum repetition pull-up.

1RM BENCH PRESS	PTS	MALE	FEMALE
% bodyweight	10	> 1.5	> 1.3
	9	1.5	1.3
	8	1.4	1.25
	7	1.3	1.15
	6	1.2	1.05
	5	1.1	1.0
	4	1.0	.9
	3	.9	.8
	2	.8	-----
	1	.75	.75
	0	< .75	< .75
VERTICAL JUMP	PTS	MALE	FEMALE
inches	10	>28.0	> 23.0
	9	28.0	23.0
	8	27.0	22.5
	7	26.0	22.0
	6	25.0	21.5
	5	24.0	21.0
	4	23.0	20.5
	3	21.5	20.0
	2	20.0	19.0
	1	18.5	18.5
	0	< 18.5	< 18.5
ONE MIN SITUP	PTS	MALE	FEMALE
	10	60 or greater	*same
	9	57	*
	8	54	*
	7	51	*
	6	49	*
	5	46	*
	4	43	*
	3	40	*
	2	37	*
	1	32	*
	0	< 32	*
ONE MIN PUSHUP	PTS	MALE	FEMALE
	10	71 or greater	45 or greater
	9	66	43
	8	61	41
	7	56	39
	6	51	37
	5	45	35
	4	40	32
	3	35	29
	2	30	26
	1	23	23
	0	< 23	< 23

PULLUP	PTS	MALE	FEMALE
	10	20 or greater	10 or greater
	9	18	9
	8	16	8
	7	14	7
	6	12	6
	5	10	5
	4	8	4
	3	6	3
	2	4	2
	1	2	1
	0	0	0
300 METER RUN	PTS	MALE	FEMALE
seconds	10	< 36.0	< 46.0
	9	36.0	46.0
	8	39.0	47.75
	7	42.0	49.5
	6	45.0	51.25
	5	48.0	53.0
	4	51.0	54.75
	3	54.0	56.5
	2	57.0	58.25
	1	60.0	60.0
	0	> 60.0	> 60.0
1.5 MILE RUN	PTS	MALE	FEMALE
min/sec	10	8:59 or less	10:34 or less
	9	9:19	10:44
	8	9:34	11:05
	7	9:54	11:14
	6	10:14	11:34
	5	10:34	11:56
	4	11:09	12:29
	3	11:34	12:59
	2	12:14	13:34
	1	14:15	14:15
	0	> 14:15	> 14:15