**Section 150.APPENDIX B Physical Fitness Standards**

FOUR-ITEM PHYSICAL FITNESS TEST

FOR DEPARTMENT OF STATE POLICE OFFICER APPLICANTS

Practical exercise performance requirements are physical activities related to law enforcement tasks. The following practical exercise performance requirements have been identified and must be satisfactorily performed for successful completion of the Merit Board's Physical Fitness Test requirement.

1. SIT AND REACH TEST

 This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range or motion and is important in minimizing lower back problems. The score is the distance, in inches reached on a yard stick.

2. ONE MINUTE SIT UP TEST

 This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force. It is also important for maintaining good posture and minimizing lower back problems. The score is the number of correct sit ups completed in one minute.

3. ONE REPETITION MAXIMUM BENCH PRESS

 This is a maximum weight pushed from the bench press position, measuring the amount of upper body force that can be generated. It is an important area for performing police tasks requiring upper body strength. The score is a ratio of weight pushed divided by body weight. The test will be conducted on a Universal DVR-Chest Press.

4. 1.5 MILE RUN

 This is a timed run to measure the heart and vascular systems' capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.

ILLINOIS DEPARTMENT OF STATE POLICE MERIT BOARD

PHYSICAL FITNESS STANDARDS

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |
| Test | Male | Male | Male | Male | Female | Female | Female | Female |
| Age | 20-29 | 30-39 | 40-49 | 50-59 | 20-29 | 30-39 | 40-49 | 50-59 |
|  |  |  |  |  |  |  |  |  |
| Sit & | 16.5 | 15.5 | 14.25 | 13.25 | 19.25 | 18.25 | 17.25 | 16.75 |
| Reach | Inches | Inches | Inches | Inches | Inches | Inches | Inches | Inches |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| One |  |  |  |  |  |  |  |  |
| Minute | 38 | 35 | 29 | 24 | 32 | 25 | 20 | 14 |
| Sit Up |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| Bench |  |  |  |  |  |  |  |  |
| Press |  |  |  |  |  |  |  |  |
| (% of | .99 | .88 | .80 | .71 | .59 | .53 | .50 | .44 |
| total |  |  |  |  |  |  |  |  |
| weight) |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| 1.5 |  |  |  |  |  |  |  |  |
| Mile | 12.51 | 13.36 | 14.29 | 15.26 | 15.26 | 15.57 | 16.58 | 17.55 |
| Run |  |  |  |  |  |  |  |  |

(Source: Amended at 29 Ill. Reg. 6084, effective April 15, 2005)