



2009

**New Mexico
Law Enforcement Academy**

**FITNESS STANDARDS
FOR BASIC POLICE OFFICER TRAINING
ACADEMY ENTRANCE**

Prior to entering a Basic Police Officer Training (BPOT) program the student must demonstrate a minimum fitness level as measured by the following battery of five tests. These tests are based upon the 40th percentile as established by the Cooper Institute. A standard protocol is explained for each test. Each student with be tested TWO WEEKS prior to the first day of the training program. Those students who do not meet the minimum standard in all tested categories will be dismissed and rescheduled for a subsequent academy.

*For additional information,
Please contact:*
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ENTRANCE FITNESS STANDARD

Complete medical exam packets (LEA-3) must have been received and final clearance approved prior to Physical Fitness testing being administered by Academy staff.

Tests are not required to be administered in the order listed. All entrance scores are at the 40th Percentile as mandated by 10.29.9.8.C NMAC

Aerobic Power

1.5 Mile Run with 40 seconds added for 6000 feet Altitude Adjustment.

Age	Male	Female
<20	13:09	15:45
20-29	13:09	15:45
30-39	13:33	16:36
40-49	14:30	17:51
50-59	15:54	19:50
60+	17:59	21:35

**Anaerobic Power
300 Meter Run**

Age	Male	Female
<20	59.0	71.0
20-29	59.0	71.0
30-39	58.9	79.0
40-49	72.0	94.0
50-59	83.2	94.0
60+	83.2	94.0

Equipment: A stopwatch or clock with a sweep second hand; an indoor or outdoor track or another suitable running area measured to 1.5 miles and 300 meters; testing forms to record data.

1. The student should refrain from smoking, chewing tobacco, caffeinated drinks, energy aides, or eating for two hours preceding the test.
2. Allow adequate time prior to the test for stretching and proper warm-up exercises.

3. During the administration of the test, the students will be informed of their lap times. If several students run at once, their individual times at the finish will be called out and recorded later.
4. An important consideration at the end of the runs is the "cool down" period. The students should be cautioned about *not* sitting or standing stationary after the run to prevent venous pooling. They should be instructed to walk at least an additional five minutes to enhance venous return to aid and assist in recovery.
5. The student should remember to properly stretch before and after each exercise to prevent any injuries.

Muscular Endurance

1 minute maximum number of **sit-ups**

Age	Male	Female
<20	41	32
20-29	38	32
30-39	35	25
40-49	29	20
50-59	24	14
60+	19	6

1. The student starts by lying on their back, knees bent, heels flat on the floor, fingers interlaced and placed behind the head.
2. Partner holds the feet down firmly.
3. In the up position, the student should touch the elbows to knees and then return until the shoulder blades touch the floor. Any resting should be done in the up position. No rocking hips. If fingers become unlaced, adjustment must be made in the up position

**Flexibility
Sit and Reach – Inches**

Age	Male	Female
<20	16.5	20.5
20-29	16.5	19.3
30-39	15.5	18.3
40-49	14.3	17.3
50-59	13.3	16.8
60+	12.5	15.5

Explanation continued on back of this page.

Equipment: Box, yardstick on box with 15" mark at edge.

1. The student should properly stretch and warm up. The shoes must be removed.
2. The student is seated on the floor. The feet are placed securely against the boxes with the feet no wider than 8 inches apart.
3. The knees should remain extended throughout the test.
4. The hands are placed exactly together, one hand on top of the other with middle fingers aligned, fingers extended .
5. The yardstick is set on the box so the 15" mark is flush with the edge of the box.
6. The student leans forward without lunging or bobbing and reaches as far down the yardstick as possible. The hands must stay together and even, holding for 1 second.
7. Record the reach to the nearest ¼ inch.
8. Three trials are allowed; the best of the three is recorded.

Exhaling on the reach is recommended.

Upper Body Strength

1 minute maximum number of **push-ups**

Age	Male	Female (Modified)	Female (Full Body)
<20	29	23	15
20-29	29	23	15
30-39	24	19	11
40-49	18	13	9
50-59	13	12	9
60+	10	5	9

1. The hands are placed about shoulder width apart. The administrator or partner places a fist on the floor below the student's chest at the midpoint of the sternum (unless a male is testing a female).
2. Starting from the up position (elbows fully extended), the student must keep the back straight at all times (no swayback or elevated hips) and lower their body to the floor until the chest touches the administrator's fist. Student then returns to the up position. Any resting should be done in the up position.
3. The modified push-up (*for females only*) is performed on the hands and knees with the back straight and hands slightly ahead of the shoulders in the up position. Hands cannot leave the floor during the test.

EXIT FITNESS STANDARD

All listed EXIT agility scores are set at the times mandated by 10.29.9.8.C NMAC. Students MUST meet or exceed these standards prior to receiving certification.

Aerobic Power

1.5 Mile Run with 40 seconds added for 6000 feet Altitude Adjustment.

Age	Male	Female
<20	12:07	14:05
20-29	12:07	14:05
30-39	12:29	15:13
40-49	13:05	15:57
50-59	14:33	17:59
60+	16:00	19:32

Anaerobic Power

300 Meter Run

Age	Male	Female
<20	54.0	61.0
20-29	54.0	61.0
30-39	55.0	71.0
40-49	64.0	79.0
50-59	74.0	79.0
60+	74.0	79.0

EXIT AGILITY STANDARD

Course #1: Officer starts seated in his vehicle, hands on the steering wheel with seatbelt in use and wearing a 10lb. weight belt or vest around waist to simulate a gun belt. As the timed exercise begins, the officer will:

1. Release seatbelt and open vehicle door.
2. Run 30 feet and open building door.
3. Cross 4ft. threshold, run up two flights of stairs and pause for 60 sec. (Rise and Run of 7"x11" is standard, 8"x10" or 6"x12" are acceptable. Standard floor landings are 10' high.) If only one floor is available it is acceptable to run up, run down, run up and pause 60 seconds. After 60 seconds, runs down the stairs and out the door. There is

no restriction on how the officer negotiates the stairs, however both feet must contact the top and bottom stair.

4. Run 100' from door to a 5' high platform, run up steps, ladder, or ramp to the top of the platform and jumps down.
5. Run 37.5', turn and reverse touching the ramp, run 25 feet to a 6' high wall and scale it. The wall is constructed of unpainted cinder block with a smooth top. If the applicant chooses, he or she may drag a rigid aid or object 10' from the side of the wall and use it to scale the wall. The rigid object will have handles, a flat top, weigh 50lbs. and be 25" tall.
6. After scaling the wall, run 50' to a handcuff/arrest simulator, put arms down, touch ends and hold for 60 seconds. Arrest simulator is 5' high with 60lbs. resistance in the right arm and 40lbs. in left arm. END exercise.

Passing Score (3 minutes 5 seconds)

Course #2: Officer starts from a standing position wearing a 10lb weight belt or vest around waist to simulate a gun belt. As the timed exercise begins, the officer will:

1. Run 30' straight ahead and jump across a 4' wide barrier. The barrier is low to the ground, e.g. a ditch, highway divider, etc.
2. Run 12.5' and climb, jump, or hurdle over a 3' high barrier. The barrier is to resemble a fence or low wall, no more than 4" wide and at least 8" long, made of metal or wood.
3. Run 12.5' to the back of a vehicle equivalent to a full-sized police vehicle and push it 30' on a flat surface in the direction of a clear area where a victim extraction will take place. The car is occupied by a dummy (victim) wearing a seatbelt and weighing 190lbs. +/- 10lbs. The dummy must meet standards established by the New Mexico Law Enforcement Academy.
4. Approach the victim's door; open the door; undo the seatbelt; pull the victim out of the vehicle and drag them 20' perpendicular to the direction of the vehicle.
5. Both officer and dummy (victim) must completely cross the finish line to END the exercise.

Passing Score (42 seconds)