



Cadet Physical Readiness Tests

The Physical Readiness Test Battery consists of three exercises, immediately preceded by a warm-up session with intermittent rest periods to ensure the safety of the applicants.

The test and standards have been developed and reviewed to ensure that an applicant, if selected to an Academy class, will have a reasonable chance of success in attaining a higher standard of Physical Readiness during cadet training. Failure of any one test excludes the applicant from further processing.

The Physical Readiness Tests are depicted on the chart below along with an explanation of the testing procedure.

Applicants must be able to complete all tests as contained in the Applicant Standards column below to continue in the process. Failure of any one exercise will disqualify the applicant and remove them from the eligibility list.

Males – Ages 20-29

Test	Applicant Standards
300 Meter Run	62.1 Seconds
Push Ups	26 Repetitions
1.5 Mile Run	13 Minutes and 16 Seconds

Males – Ages 30-39

Test	Applicant Standards
300 Meter Run	63 Seconds
Push Ups	20 Repetitions
1.5 Mile Run	13 Minutes and 46 Seconds

Females – Ages 20-29

Test	Applicant Standards
300 Meter Run	75 Seconds
Push Ups	13 Repetitions
1.5 Mile Run	15 Minutes and 52 Seconds

Females – Ages 30-39

Test	Applicant Standards
300 Meter Run	82 Seconds
Push Ups	9 Repetitions
1.5 Mile Run	16 Minutes and 38 Seconds

300-Meter Run – This is a measure of anaerobic capacity. This is an important factor, exerting short bursts of effort when engaged in pursuit tasks.

The standard is based on the total elapsed time required to complete a 300-meter course. On a standard 400-meter track, 300 meters is about $\frac{3}{4}$ around the track or 984 feet.

* The 300-meter run and 1.5 mile run will be administered under all weather conditions which may include running in cold, heat or humidity, wet and/or high wind conditions.

Push-Ups – This is a measure of the muscular endurance of the upper body extensor. This is an important area for many tasks including use of force, lifting, carrying, and pushing.

The applicant assumes the front-leaning rest position by placing their hands on the surface, slightly wider than shoulder width apart, fingers facing forward. The back, buttocks, and legs must be in a generally straight line from the head to the heels. The feet may be together or up to twelve inches apart. Once hands and feet are set they cannot move. The applicant lowers self until the chest touches a fist or a three-inch block. The subject returns to the “up” position locking out the elbows. The back must be kept straight at all times. The applicant may rest in the “up” position only.

The test will be considered over when the applicant returns to the standing position or if any part of their body makes contact with the ground. There is no time limit.

1.5 Mile Run – This is a measure of cardiovascular endurance or aerobic capacity. It is the foundation for almost all physical tasks including pursuits, administering CPR, climbing stairs, providing aid to the injured, and use of force situations lasting more than two minutes.

The test will be conducted on a 400-meter running track. The score will be the total elapsed time it takes to complete six laps.

* The 300-meter run and 1.5 mile run will be administered under all weather conditions which may include running in cold, heat or humidity, wet and/or high wind conditions.

Applicants appointed to a cadet class will be required to complete all tests as contained in the Entry Standards column below upon reporting for training. Failure of any one exercise will disqualify the applicant and their appointment will be rescinded.

Males – Ages 20-29

Test	Entry Standards
300 Meter Run	62.1 Seconds
Push Ups	26 Repetitions
1.5 Mile Run	13 Minutes and 16 Seconds

Males – Ages 30-39

Test	Entry Standards
300 Meter Run	63 Seconds
Push Ups	20 Repetitions
1.5 Mile Run	13 Minutes and 46 Seconds

Females – Ages 20-29

Test	Entry Standards
300 Meter Run	75 Seconds
Push Ups	13 Repetitions
1.5 Mile Run	15 Minutes and 52 Seconds

Females – Ages 30-39

Test	Entry Standards
300 Meter Run	82 Seconds
Push Ups	9 Repetitions
1.5 Mile Run	16 Minutes and 38 Seconds

At the conclusion of basic training, Cadets will be required to perform all tests as contained in the Graduation Standards column below. Dismissal proceedings will be instituted for any Cadet who fails to pass the final physical test at the graduation standard.

Test	Graduation Standards
Vertical Jump	18 inches, 3 Attempts
1 RM Bench Press	85% Body Weight
Illinois Agility Run	19.5 Seconds, 2 Attempts
300-Meter Run	65 Seconds
Push Ups	30 Repetitions (no time limit)
1.5 Mile Run	14 Minutes and 50 Seconds

Vertical Jump – This is a test of lower body explosive power. It is an important factor for pursuit tasks that require vaulting or jumping.

The Cadet stands under the test apparatus. The Cadet reaches as high as possible, pushing tabs to mark their standing reach. A vertical jump is made by the Cadet taking one step back with either foot; the Cadet steps forward, and jumps, reaching as high as possible, to hit the tabs; OR the Cadet may jump from both feet without taking a step. The score is the difference between your standing and jumping reach, on the tabs, and will be recorded to the nearest half inch.

1 RM Bench Press – Standards to be provided by Physical Readiness Instructor during training. NOTE: Not performed as an applicant; this requirement is for graduation only.

Illinois Agility Run – The agility run is a measure of coordinated movement and speed. It is an important area for performing tasks requiring quick movements around obstacles.

The Cadet starts in the prone position with the tips of their fingers behind the starting line. The body may cross the starting line. Upon the “go” start command, the Cadet will stand up and sprint to the other line, 30 feet away, place one foot over the line, and spring back to the starting line. The Cadet will make a left turn around the first cone, then zig-zag in a figure eight fashion around the four cones and back to the start line. Then, turn around the first cone, and spring to the other line, and back one more time.

If the Cadet knocks over a cone, misses a turn, or fails to touch the line when turning, the instructor will stop the Cadet and return them to the end of the line for a re-start. The score is the time it takes the Cadet to complete the run and will be recorded to the tenth of a second. The clock will stop when any part of the Cadet's body crosses the finish line. Cadets will have two trials for this event.