



# CHATHAM POLICE COMMISSION

## BOARD OF COMMISSIONERS

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CHAIRMAN

BOARD MEMBERS

## Physical Fitness Inventory Test

### 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 that may involve range of 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 the 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 test will be conducted on a Universal DVR-Chest Press. The score is a ratio of weight pushed divided by body weight.

### 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.

Test	Male				Female			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Age								
Sit & Reach	16.5 "	15.5 "	14.3 "	13.3 "	19.3 "	19.3 "	17.3 "	16.8 "
Per Minute Sit-up	38	35	29	24	32	25	20	14
Maximum Bench Press (% of total weight)	.99	.88	.80	.71	.59	.53	.50	.44
1.5 Mile Run	12:51	13:36	14:29	15:26	15:26	15:57	16:58	17:54