

University of Maryland
Department of Public Safety
Training Unit
Private- University Police Officer I (UPO 1)
Entry Level Physical Ability Testing Standards

The University of Maryland, Department of Public Safety requires that each UPO I candidate successfully complete a Physical Abilities Test as part of the initial hiring process. The tests are intended to measure basic requirements as set forth by the Maryland Police and Correctional Training Commission, as well as a candidate's dynamic strength, endurance and cardio-vascular fitness as it relates to the position as a Law Enforcement Officer.

A candidate's physical fitness level will be evaluated through their performance in a series of tests, which have been validated through Cooper's Institute Law Enforcement studies. Those tests are: one minute sit-ups, on minute push-ups, and a 1.5 mile run.

This document sets forth the acceptable standards of performance for each test, the basic competency levels required to pass the test, as well as the as a numeric percentile range, that will be used to assess the candidates fitness level.

For each test, the candidate will be required to meet the set minimum standard (15 percentile) before the test will be considered for evaluation. However, a candidates maximum effort will also be evaluated on that same percentile chart, so their personal results can be considered for the hiring process. The candidate must successfully complete all tests to be considered for further hiring. If applicable, the Cooper's Institute Standard will be applied to provide an objective rating for the candidate's physical fitness level for that particular test. The results of the Physical Abilities Test maybe factored in as part of the hiring process. The same Cooper's Institute Standard will be applied to all candidates for this UPO I testing cycle.

The Physical Abilities Test will be conducted in the following sequence under the set forth criteria:

1. One minute Sit-up Test

This test is intended to measure the candidate's abdominal muscular endurance. The candidate will have a period of (1) minute to perform as many sit-ups as possible. The starting position for this test will be with the candidate in an up-right position, knees slightly bent, and feet flat on the floor (anchored either by a partner or by another device). The candidate will have their hands placed either beside their ears or across the chest. The candidate may not place hands behind the neck. A sit-up is performed by raising the upper body to a vertical position then lowering the body to a position with the shoulder blades touching the ground. Each sit-up will be evaluated to the above described standard. Any sit-up not performed within standard WILL NOT count toward the total number completed. The candidate is encouraged to complete as many sit-ups as possible during the one- minute period. A proper sit-up will be demonstrated to the candidate prior to the start of testing.

A candidate must complete the following minimum number of qualified sit-ups, based on age, for the test to be considered for evaluation:

Males

Complete 28 within 1 minute

Females

Complete 18 within 1 minute

The total number of qualified sit-ups-completed by the candidate- will be translated to a percentile using the current Cooper Institute Standards. Those results can assist in ranking a candidates performance level as a pass or fail.

2. One minute Push-up Test

This test is intended to measure the candidate's upper body dynamic strength and endurance. The candidate will have a period of one (1) minute to perform as many push-ups as possible. The starting position for this test is with the candidate's body straight and perpendicular to the ground, knees off the ground, toes in contact with the ground, elbows extended (not locked), with their hands slightly further than shoulder width apart. A push-up is performed by lowering the body to approximately three inches from the ground then returning the body to the elevated position without locking the elbows. Any push-up not performed as described above WILL NOT count toward the total number completed. The candidate is encouraged to complete as many push-ups as possible during the one-minute period. A proper push-up will be demonstrated to the candidate prior to the start of testing.

A candidate must complete the following minimum number of qualified push-ups, based on age, for this test to be counted towards evaluation:

Males

Complete 15 within 1 minute

Females

Complete 7 within 1 minute

The total number of qualified push-ups-completed by the candidate- will be translated to a percentile using the current Cooper Institute Standards. Those results can assist in ranking a candidates performance level as a pass or fail.

3. The 1.5 Mile Run Test

This test is intended to measure the candidate's level of cardio-vascular fitness. The candidate will be provided information on the location, direction, and number of laps to be completed for the 1.5 mile course. The candidates will be provided a number and will call out their lap number to the evaluator as they pass each lap. All candidates will be instructed to begin the timed distance of 1.5 miles, as a group. A candidate that does not call out their number in the manner described will not have that lap counted towards their total distance.

A candidate must complete the following minimum 1.5 distance run as follows for this test to be counted towards evaluation:

Males

Complete in 15:14

Females

Complete in 19:01

The total time for the 1.5 mile run -completed by the candidate- will be translated to a percentile using the current Cooper Institute Standards. Those results can assist in ranking a candidates performance level as a pass or fail.