

# NEW HAMPSHIRE POLICE STANDARDS AND TRAINING

(New 2010 Norms)

## AGILITY TESTING DAY

(35 PERCENTILE)

### MALES

AGE	RUN	BENCH	SIT-UPS	PUSH-UPS
18 - 29	12:53	.96	37	27
30 - 39	13:25	.86	33	21
40 - 49	14:10	.78	28	16
50 - 59	15:53	.70	22	11
60-69	17:49	.65	18	9

70-79

20:28

## AGILITY TESTING

(35 PERCENTILE)

### FEMALES

AGE	RUN	BENCH	SIT-UPS	PUSH-UPS	
				Modified	Full Body
18 - 29	15:14	.58	31	22	14
30 - 39	15:58	.52	24	17	10
40 - 49	16:46	.48	19	11	8
50 - 59	18:37	.43	12	10	--
60-69	20:52	.41	5	4	--

70-79

22:07

## NH MARINE PATROL AGILITY TESTING PROCEDURE

The Marine Patrol's staff will administer the tests to each candidate upon entry. Candidates must pass all sections in order to move on to the next stage of the process.

The tests chosen from Dr. Cooper's battery are as follows:

1. **1.5-Mile Time Run**. This is a test of the aerobic power that is so important to police officers when responding physically in an emergency situation. This test requires a nearly exhaustive effort, or at least at the level of the higher intensities at which the individual has been training. It takes place on an indoor or outdoor track (six laps of 440-yard track is 1.5 miles) or other suitable, relatively level running area, and is measured with a stopwatch. Participants should not eat for at least two hours before the test. The individual should do some stretching and warm up exercises prior to the test, and allow adequate time for cool down by walking or jogging at a slow pace following the test.
2. **One-Repetition Bench Press**. This is a test of adequate muscular strength or the amount of tension a muscle can exhibit in one maximal contraction. Since the bench press goes through the full range of motion, it correlates well with total body strength criterion. The equipment required is either a barbell bench and a barbell set, or a Universal gym or similar piece of equipment, with adequate weight capacity. The target weight is based on a person's age, sex, and body weight. Each person will be allowed to lift the bar three times, two of which can be used as warm-ups at a weight less than the target weight. Warm ups are encouraged, but not required. One full repetition at the target weight must be completed successfully to pass this test.
3. **Push-Ups**. These test muscular endurance, or the ability to contract the muscles repeatedly over a period of time, which indicates efficiency in movement and the capacity to do work. It focuses on the shoulder girdle (deltoids, pectorals, and triceps) which is important in defensive tactics, handcuffing, and rescue operations. Candidates must keep their legs and back straight and knees off the ground at all times and from the "up" position, lower themselves to the floor until their chest touches to within three (3) inches, then push to the "up" position again. The total numbers of push-ups with correct form in one minute are recorded as the score. Females are allowed to use the modified female push-up position. If a person must rest during this test, it must be done in the "up" position.
4. **Sit-Ups**. This event measures the muscular endurance of the abdominal area, which is important in the prevention of injuries while doing police work. The candidate lies on his/her back, knees bent, heels flat on the floor, with a partner holding the feet down, then does as many sit-ups in correct form as possible in one minute. In the "up" position, candidates must touch their elbows to their knees, and both shoulders should touch that floor in the "down" position. The score is the number of correct sit-ups in one minute. If a person must rest during this test, it must be done in the "up" position.