



**Loudoun County, Virginia**  
**Department of Fire, Rescue, and Emergency Management**



**Physical Ability Assessment for  
Captain**

The Physical Ability Assessment consists of five separate exercises, which are based on the Cooper Institute Law Enforcement Physical Fitness Assessment. You will be evaluated on each exercise as a part of the hiring process.

We suggest that you wear clothing and shoes appropriate for physical fitness activity. The test will be conducted outdoors, so plan accordingly.

Below is an outline of the physical ability test stations. The outline also contains information as to the endurance component being tested.

You will be provided one opportunity for each component of the Physical Ability Assessment. There will be time for a period of active recovery between exercises (i.e. slow walking, gentle stretching, etc.).

**WARM UP TIME:** 3 minutes

**EXERCISE 1:** Vertical Jump Test

**TEST OBJECTIVE:** We will be utilizing a Just Jump System for this test. To start, candidates will stand on a 28-inch jumping surface with both feet together. Candidates will then jump as high as possible and the machine will calculate your jump height based on the amount of time your feet are not in contact with the mat. This system measures jump height within 1/10 of an inch. The best of three trials is the score.

**MEASURES:** This test is a measure of jumping or explosive leg power.

**GOAL:** 14" jump

**RECOVERY PERIOD:** Recover for 2 minutes

**EXERCISE 2:** 1 Minute Sit-Up Test

**TEST OBJECTIVE:** Candidates will start by lying on their back with their knees bent, feet flat on the floor, with fingers laced and held behind their head. The buttocks must remain on the floor, with no thrusting of the hips. A partner will hold the candidates feet down firmly and will announce each repetition out loud. A repetition will be counted when the elbows touch the knee. After each repetition candidate must return until shoulder blades touch the floor. Any resting must be done in the up position. You are to complete as many sit-ups as possible in 1 minute.

**MEASURES:** The purpose of this test is to measure abdominal muscular endurance

**GOAL:** 25 sit-ups

**RECOVERY PERIOD:** Recover for 5 minutes

### **EXERCISE 3: 300 Meter Sprint**

**TEST OBJECTIVE:** Candidate will run 300 meters at maximal level of effort. Time will be announced and recorded in seconds.

**MEASURES:** Anaerobic Power

**GOAL:** 75.3 Seconds

**RECOVERY PERIOD:** Recover for 10 minutes

### **EXERCISE 4: 1 Minute Push-Up Test**

**TEST OBJECTIVE:** Candidates' hands are placed slightly wider than shoulder width apart, with fingers pointed forward. Administrator will place one fist on the floor below candidate's chest (if a male is testing a female, a 3" sponge will be placed under sternum in place of fist). The candidate's feet are together and cannot be placed against a wall. Starting from the up position, the candidate must keep back straight at all times and lower body towards the floor until their chest touches the administrator's fist. Candidate then returns to the up position. This is 1 repetition. Any resting must be done in the up position. You are to complete as many push-ups as possible in 1 minute.

**MEASURES:** The purpose of this test is to measure muscular endurance of the upper body.

**GOAL:** 19 push-ups

**RECOVERY PERIOD:** Recover for 5 minutes

### **EXERCISE 5: 1.5 Mile Run**

**TEST OBJECTIVE:** The objective of the 1.5 Mile Run Test is to cover the distance as fast as possible. Candidates will complete 6 laps on a 440 yard track, using the inside lane. Candidates will be informed of lap times as they cross the start/finish line and finish times will be called out and recorded.

**MEASURES:** Cardiorespiratory fitness

**GOAL:** 16:55 minutes

**RECOVERY PERIOD:** Active Cool Down for 5 minutes

*Candidate is to take a 15-minute break for rehab (vitals check and fluid replenishment).*

### **References:**

The Cooper Institute. *Physical Fitness Assessments and Norms for Adults and Law Enforcement*. Dallas, Texas