

## ENTRANCE FITNESS STANDARD



### New Mexico Law Enforcement Academy

2016

#### FITNESS STANDARDS FOR BASIC POLICE OFFICER TRAINING ACADEMY ENTRANCE

Prior to entering a Basic Police Officer Training (BPOT) program the student must demonstrate a minimum fitness level as measured by the following battery of four tests. These tests were adopted by the NMLEA Board on June 8, 2016. A standard protocol is explained for each test. Each student will be tested TWO WEEKS prior to the first day of the training program. Those students who do not meet the minimum standard in all tested categories will be dismissed and rescheduled for a subsequent academy.

*Complete medical exam packets (LEA-3) must have been received and final clearance approved prior to Physical Fitness testing being administered by Academy staff.*

**Tests are not required to be administered in the order listed.**

**All entrance times were set by the NMLEA Board on June 8, 2016.**

#### **Aerobic Power**

##### **1.5 Mile Run.**

**Above 6000 Feet**

**15:54 (minutes:seconds)**

**Below 6000 Feet**

**15:14 (minutes:seconds)**

#### **Anaerobic Power**

##### **300 Meter Run**

**71.0 seconds**

Equipment: A stopwatch or clock with a sweep second hand; an indoor or outdoor track or another suitable running area measured to 1.5 miles and 300 meters; testing forms to record data.

1. The student should refrain from smoking, chewing tobacco, caffeinated drinks, energy aides, or eating for two hours preceding the test.
2. Allow adequate time prior to the test for stretching and proper warm-up exercises.
3. During the administration of the test, the students will be informed of their lap times. If several students run at once, their individual times at the finish will be called out and recorded later.
4. An important consideration at the end of the runs is the "cool down" period. The students should be cautioned about *not* sitting or standing stationary after the run to prevent venous pooling. They should be instructed

to walk at least an additional five minutes to enhance venous return to aid and assist in recovery.

5. The student should remember to properly stretch before and after each exercise to prevent any injuries.

#### **Muscular Endurance**

1 minute maximum number of **sit-ups**

**27 repetitions**

1. The student starts by lying on their back, knees bent, heels flat on the floor, fingers interlaced and placed behind the head.
2. Partner holds the feet down firmly.
3. In the up position, the student should touch the elbows to knees and then return until the shoulder blades touch the floor. Any resting should be done in the up position. No rocking hips. If fingers become unlaced, adjustment must be made in the up position

#### **Upper Body Strength**

1 minute maximum number of **push-ups**

**15 repetitions**

1. The hands are placed about shoulder width apart. The administrator or partner places a fist on the floor below the student's chest at the midpoint of the sternum (unless a male is testing a female).
2. Starting from the up position (elbows fully extended), the student must keep the back straight at all times (no swayback or elevated hips) and lower their body to the floor until the chest touches the administrator's fist. Student then returns to the up position. Any resting should be done in the up position.
3. Modified push-ups are no longer optional for female applicants. All applicants are required to perform standard push-ups as described in number 1. and 2. above.

## MID-POINT FITNESS STANDARD

All times were set by the NMLEA Board on June 8, 2016.

Students **MUST** meet or exceed these standards prior to receiving certification.

Aerobic  
Power 1.5 Mile Run

Above 6000 Feet

**15:04 (minutes:seconds)**

Below 6000 Feet

**14:24 (minutes:seconds)**

Anaerobic Power  
300 Meter Run

**67.5 seconds**

Muscular Endurance

1 minute maximum number of sit-ups

**32 repetitions**

Upper Body Strength

1 minute maximum number of push-ups

**20 repetitions**

## EXIT FITNESS STANDARD

All exit times were set by the NMLEA Board on June 8, 2016.

Students **MUST** meet or exceed these standards prior to receiving certification.

Aerobic  
Power 1.5 Mile Run

Above 6000 Feet

**14:15 (minutes:seconds)**

Below 6000 Feet

**13:45 (minutes:seconds)**

Anaerobic Power  
300 Meter Run

**64.0 seconds**

Muscular Endurance

1 minute maximum number of sit-ups

**37 repetitions**

Upper Body Strength

1 minute maximum number of push-ups

**25 repetitions**



## EXIT AGILITY STANDARD

### Passing Score (3 minutes 5 seconds)

**Course #1:** Officer starts seated in his vehicle, hands on the steering wheel with seatbelt in use and wearing a 10lb. weight belt or vest around waist to simulate a gun belt. As the timed exercise begins, the officer will:

1. Release seatbelt and open vehicle door.
2. Run 30 feet and open building door.
3. Cross 4ft. threshold, run up two flights of stairs and pause for 60 sec. (Rise and Run of 7"x11" is standard, 8"x10" or 6"x12" are acceptable. Standard floor landings are 10' high.) If only one floor is available it is acceptable to run up, run down, run up and pause 60 seconds. After 60 seconds, runs down the stairs and out the door. There is no restriction on how the officer negotiates the stairs, however both feet must contact the top and bottom stair.
4. Run 100' from door to a 5' high platform, run up steps, ladder, or ramp to the top of the platform and jumps down.
5. Run 37.5', turn and reverse touching the ramp, run 25 feet to a 6' high wall and scale it. The wall is constructed of unpainted cinder block with a smooth top. If the applicant chooses, he or she may drag a rigid aid or object 10' from the side of the wall and use it to scale the wall. The rigid object will have handles, a flat top, weigh 50lbs. and be 25" tall.
6. After scaling the wall, run 50' to a handcuff/arrest simulator, put arms down, touch ends and hold for 60 seconds. Arrest simulator is 5' high with 60lbs. resistance in the right arm and 40lbs. in left arm. END exercise.

**Course #2:** Officer starts from a standing position wearing a 10lb weight belt or vest around waist to simulate a gun belt. As the timed exercise begins, the officer will:

1. Run 30' straight ahead and jump across a 4' wide barrier. The barrier is low to the ground, e.g. a ditch, highway divider, etc.
2. Run 12.5' and climb, jump, or hurdle over a 3' high barrier. The barrier is to resemble a fence or low wall, no more than 4" wide and at least 8' long, made of metal or wood.
3. Run 12.5' to the back of a vehicle equivalent to a full-sized police vehicle and push it 30' on a flat surface in the direction of a clear area where a victim extraction will take place. The car is occupied by a dummy (victim) wearing a seatbelt and weighing 190lbs. +/- 10lbs. The dummy must meet standards established by the New Mexico Law Enforcement Academy.
4. Approach the victim's door; open the door; undo the seatbelt; pull the victim out of the vehicle and drag them 20' perpendicular to the direction of the vehicle.
5. Both officer and dummy (victim) must completely cross the finish line to END the exercise.

### Passing Score (42 seconds)



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