

MISSOURI STATE HIGHWAY PATROL  
FITNESS FOR DUTY ASSESSMENT INSTRUCTIONS

**ONE MINUTE PUSH-UP TEST**

**Purpose**

This test measures muscular endurance of the upper body muscles (anterior deltoid, pectoralis major, triceps). Muscular endurance is defined as the ability to contract the muscle repeatedly over a specific period of time without undue fatigue.

**How to Perform:**

1. Your hands should be placed slightly wider than shoulder-width apart, with fingers pointing forward. Your feet should be together. Do not cross them.
2. Starting from the up position (front leaning rest), lower your body until your upper arms are parallel to the ground in the down position. You will then return to the up position. In the up position your elbows must be extended, in order to count. This is one repetition.
3. Resting should be done in the up (front leaning rest position). Both hands must remain in contact with the floor at all times.
4. The total number of correct push-ups in one minute is recorded as the score.

RECOVER TIME - 5 Minutes

**VERTICAL JUMP**

**Purpose**

This test is a measure of jumping or explosive power, and is an important area for pursuit tasks that require jumping and vaulting.

**How to perform:**

1. Stand with one side toward the wall and reach up as high as possible to mark your standard reach. (Place velcro on that line).
2. Jump straight up as high as possible. (Mark with velcro piece). Prior to the jump, both foot must remain stationary on the floor. Do not take a step.
3. Your score is the difference between the standard reach and the top of the jump mark, to the nearest inch.
4. The best of three trials is the score. If the velcro piece fails to stick to the board it will be recorded as a scratch.

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**TRIGGER PULL**

Applicants will be required to demonstrate the following operations of the Patrol's service weapon:

**How to perform:**

1. You will pick up the pistol with your strong hand and bend your elbow to 90 degrees, pointing the muzzle of the pistol level and parallel to the floor. With the palm of your weak hand, you will grasp the top of the slide at the serrations, pull the slide to rear and release the slide to go forward. Extend the elbow completely forward, holding the pistol parallel to the floor, as if to aim the pistol, and squeeze the trigger. Bring the elbow back to 90 degrees, and repeat the sequence until you have squeezed the trigger six times strong handed. You will then place the pistol in your weak hand and repeat the exercise until you have squeezed the trigger six times with your weak hand.
2. You will now place the pistol in your strong hand. You will pick up the magazine from the table with your weak hand. Bend your elbow, pointing the muzzle upward at a forty-five degree angle, flip the pistol slightly, and insert a magazine into the magazine well, locking the magazine into place with the heel of your weak hand. You will then press the magazine release and remove the magazine completely from the magazine well. You will be required to repeat this procedure six times.
3. Next you will grasp the pistol in your strong hand. With the weak hand, grasp the top of the slide at the serrations, pulling the slide to the rear. Push upward on the slide lock lever, while letting the slide go slightly forward to lock the slide open. You will place the pistol on the table removing your hand to complete the trigger pull demonstration.
4. If at any time you fail to follow instructions, the test monitor will notify you and direct you to repeat that portion of the test which you failed to perform properly.
5. You will be allowed two minutes and thirty seconds to complete this event. If you fail to complete the event in the allotted time, you will be disqualified.

**ONE MINUTE SIT-UPS**

**Purpose**

This is a measure of the muscular endurance of the abdominal muscles.

**How to perform:**

1. Start by lying on your back, with your knees bent, heels flat on the floor. Your fingers should be interlocked and placed behind the head. (Be careful not to pull or strain neck). The buttocks must remain on the floor with no thrusting of the hips.
2. A partner may hold your feet, if you wish.

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3. You should perform as many correct sit-ups as possible in one minute.
4. While in the up position, you should touch your elbows to your knees and then return to a full lying position before starting the next sit-up. When returning to the down position your shoulder blades should touch the ground.
5. Your score is the total number of correct sit-ups performed. Any resting should be done in the up position.

**300 METER RUN**

**Purpose**

This is a test of anaerobic capacity. This is an important area for performing short intense burst of effort such as pursuit tasks. The score is the time to complete a 300 meter course.

**How to perform:**

1. You should stretch and warm up before testing.
2. Your time to complete the course will be recorded.
3. You should walk 3-5 minutes immediately following to cool down. This is an important safety consideration.

(Recover time 5 to 10 minutes.)

**1.5 MILE RUN**

**Purpose**

This is a measure of cardiovascular endurance or aerobic power.

**How to Perform :**

1. You will be instructed to "Go".
2. You will complete six complete laps of the track.
3. As you cross the line after each lap shout your bib number and the lap you just completed.
3. Your score will be recorded as the time it takes to complete the run.
4. Please remember your time as you cross the finish line. (Cardio-cool down for 5 minutes by walking)