

## **MCOLES Physical Fitness Pre-Enrollment Test**

The Michigan Commission on Law Enforcement Standards, in keeping with the philosophy “**Fit for Duty - Fit for Life,**” has established the Health and Wellness and Physical Fitness Training program within Basic Police Training. The training program includes education in health and wellness as well as instilling an appreciation for the benefits and methods to attain and maintain a physically fit life style.

In order to benefit fully from the fitness training program, a general fitness test has been developed for use in conjunction with the training. The MCOLES Physical Fitness test will ensure that basic training graduates have attained a level of fitness appropriate for job performance capability and longevity.

*As of November 1, 2002, basic police applicants are required to pass a pre-enrollment test prior to the beginning of an academy program.* Passing at the entry level will help ensure that the trainee will be at a fitness level sufficient to benefit from the physical fitness training program. Since the test is a measure of fitness, and not a job-specific test, the requirements are grouped by both age and gender. In addition, all recruits are required to pass an exit test at the completion of the physical fitness training program in order to graduate from an academy.

The MCOLES physical fitness tests consist of four events, which must be administered in the order listed on the following page. Each event is scored separately; therefore the examinee must pass each event to successfully complete the MCOLES Physical Fitness Test.

The four events and their respective areas of fitness measured are:

- |                              |                            |
|------------------------------|----------------------------|
| 1. Vertical Jump             | Lower Body Strength        |
| 2. Sit-ups                   | Core Body Strength         |
| 3. Push-ups                  | Upper Body Strength        |
| 4. One-half mile shuttle run | Cardio-respiratory Fitness |

Examinees should warm up for 3 minutes prior to participating in the first event (e.g., easy stretching). A minimum 10-minute rest period between each event is required.

An agency may consider using these performance requirements for conducting a “diagnostic test” as an evaluation or screening tool during the hiring process. However, an applicant must pass an official pre-enrollment test at an academy training site prior to enrollment.