SSCPD Entrance Physical Standard

The South Sioux City Police Department will be using the same physical fitness entrance standard that is required by the Nebraska Law Enforcement Training Center. The purpose of the entrance testing is to ensure that each candidate has the physical capabilities to be able to perform the required essential job tasks necessary for certification.

A demonstration of each test is available on the Nebraska Law Enforcement Training Center's website.

http://nletc.nebraska.gov/entrance_physical.html

The entrance fitness test is modeled after the Cooper Institute® Test and will consist of the following:

1. Vertical Jump – See instructional video (1-2 minutes recovery)
2. 1 minute sit-ups – See instructional video (5 minutes recovery)
3. 300 Meter Sprint – Measured 300 Meters on flat surface & timed (5-10 minutes recovery)
4. 1 minute push-up – See instructional video (5 minutes recovery)
5. 1.5 mile run – Measured 1.5 miles on flat surface & timed (cool down 5 minutes)

These tests will be administered in the above listed order with the prescribed recovery periods between each test. Recovery between each test should be active (i.e. slow walking, gentle stretching)

To successfully complete the NLETC Physical Fitness Test, you must score an overall average of 30% on all testing completed which is based on gender and age norms.

The student is NOT required to score 30% on each individual test so long as your scores average to 30%. This test is scored based upon age and gender, so the percentages will vary for each applicant based upon those factors. The 30% for each age and gender grouping is as follows:

	Men 30% Standards				Women 30% Standards			
	20-29 yrs	30-39 yrs	40-49 yrs	50-59 yrs	20-29 yrs	30-39 yrs	40-49 yrs	50-59 yrs
Vertical Jump	18"	18"	14.5"	13"	13.5"	11.1"	9"	N/A
1 Minute Push-ups	26	20	15	10	13	9	7	N/A
300 Meter Sprint	62 sec	63 sec	77 sec	87 sec	75 sec	82 sec	106 sec	N/A
1 Minute Sit-ups	35	32	27	21	30	22	17	12
1.5 Mile Run	13:16	13:46	14:34	15:58	15:52	16:39	17:22	18:59

Use caution when obtaining the Cooper Standards from an alternate source, as the data may be outdated or incorrect. If you have any questions, contact Dori @ 402-494-7553.

If a student fails to achieve the overall 30% on the first attempt, they will not be retested and will not be allowed to continue with training and will be sent home.