

U.T. SYSTEM POLICE
PHYSICAL FITNESS TEST REQUIREMENTS

ONE-MINUTE SIT-UPS MUSCULAR ENDURANCE / DYNAMIC STRENGTH: The score is the number of bent-leg sit-ups correctly performed in one minute. Start by lying on your back, knees bent at about a 45 degree angle, feet flat on the floor, hands together with fingers interlaced and placed behind the neck, not the head. Raise up to touch elbows to knees and then back down to touch shoulder blades to floor or mat. Someone will hold your feet to keep them on the floor. Do Not raise the buttocks off of floor. Do Not release the hands from the back of the neck. Resting is done in the upright position only.

SIT AND REACH FLEXIBILITY: The sit and reach test measures the flexibility of the lower back and the hamstring muscles. The test involves stretching out from a sitting position with arms extended to touch the toes or further. Feet are perpendicular to the floor at about 8 inches (or less) apart with shoes removed. Place hands on top of each other so middle fingers are aligned. Knees must remain straight while reaching. No jerky or lunging movements, the reach must be held for about three seconds. The score is the number of inches one can reach.

ONE-MINUTE PUSH-UPS MUSCULAR ENDURANCE / DYNAMIC STRENGTH: The score is the number of correctly performed push-ups in one minute. The Test Administrator or partner places a fist on the floor below your chest. Hands are placed about shoulder width apart. Starting from the up position (elbows fully extended), you must keep your back straight at all times and lower yourself to the floor until your chest touches the test administrator's or partner's fist or your upper arms are parallel to the floor. Return to the up position. This is one repetition. Resting is done in the up position. If you stop and rest on the floor, the counting of push-ups will stop.

1.5 MILE RUN AEROBIC / CARDIOVASCULAR ENDURANCE: The score is reflected in minutes and seconds. Run 1.5 miles as fast and safely as you can.

MINIMUM PASSING SCORES FOR THE PHYSICAL FITNESS TEST

One Minute Situps	Sit and Reach (inches)	One Minute Pushups	1.5 Mile Run (Min:Sec)
27	16.0	18	15:20

U.T. SYSTEM POLICE
PHYSICIAN'S STATEMENT OF RELEASE

Name of Applicant: _____

Date Examined: _____

I have reviewed the physical requirements and guidelines for The University of Texas System Police Physical Fitness Test.

I have examined _____ on this date.
It is my opinion that this person **MAY** participate in the exercises listed in The University of Texas System Police Physical Fitness Test.

(Physician's Signature)

(Date)

(Physician's Name -- Printed)

(License Number)

(Business Address)

(City/State/Zip)

(Phone Number)