



Liquor Enforcement Officer Trainee Physical Readiness Tests

The Physical Readiness Test Battery consists of five exercises, immediately preceded by a warm-up session with intermittent rest periods to ensure the safety of the applicants.

The tests and standards have been validated to ensure that an applicant, if selected to a class, will have a reasonable chance of success in attaining a higher standard of Readiness during training. Failure of any one test excludes the applicant from further processing.

The Physical Readiness Tests are depicted on the chart below along with an explanation of the testing procedures.

Test	Applicant Standards
300-Meter Run	87 Seconds
Sit-Ups	22 (1 Minute)
Push-Ups	12 Repetitions (no time limit)
Vertical Jump	13 Inches (2 attempts)
1.5-Mile Run	18 Minutes and 13 Seconds

Applicants must be able to complete all tests as contained in the Applicant Standards column above to continue in the process. Failure of any one exercise will disqualify the applicant and remove them from the eligibility list.

300-Meter Run – This is a measure of anaerobic capacity. This is an important factor, exerting short bursts of effort while engaged in pursuit tasks.

The standard is based on the total elapsed time required to complete a 300-meter course. On a standard 440-yard track, the 300-meter line is 112 yards from the finish line (3/4 around the track).

Sit-Ups – This is a measure of the muscular endurance of the abdominal muscles. It is an important factor, performing tasks that may involve the use of force and is important for maintaining good posture and minimizing lower back problems.

The applicant starts by lying on their back, knees bent at a 90° angle, heels flat on the floor and hands behind the head. Fingers are NOT interlaced. The feet are held in position while the applicant performs the required number of sit-ups. During the exercise, the applicant may not raise the hips and may rest only in the up position. To be counted as a repetition, the applicant must touch the knees with the elbow and return to a full lying position with the shoulder blades touching the ground.

Push-Ups – This is a measure of the muscular endurance of the upper body extensor. It is important for the use of force involving pushing motion.

The applicant starts in the “up” position, hands are shoulder width apart; feet are three inches apart or less. The applicant lowers self until the chest touches a fist or a three-inch block. The subject returns to the “up” position locking out the elbows. The back must be kept straight at all times. The applicant may rest in the “up” position only.

Vertical Jump – This is a test of lower body explosive power. It is an important factor for pursuit tasks that require vaulting or jumping. The applicant stands under the test apparatus. Applicant reaches as high as possible, pushing tabs to mark their standing reach. A vertical jump is made by the applicant taking one step back with either foot; the applicant steps forward, and jumps, reaching as high as possible, to hit the tabs; OR the applicant may jump from both feet without taking a step. The score is the difference between your standing and jumping reach, on the tabs, and will be recorded to the nearest half inch.

1.5-Mile Run – This is a measure of cardiovascular endurance or aerobic power. It is the foundation for almost all physical tasks including pursuits, administering CPR, climbing stairs and providing aid to the injured.

The test will be conducted on a 440-yard running track. The score will be the total elapsed time it takes to complete six laps.

* The 300-meter run and 1.5-mile run will be administered under all weather conditions which may include running in cold, wet and/or high wind conditions. The running portion of the test may be postponed due to excessive heat and/or humidity or any condition which may endanger the health or welfare of the applicant at the direction of the Director, Bureau of Training and Education.