



## Physical Requirements for Admission and Certification

In November, 2013 the Police Standards Advisory Council adopted a physical fitness entrance standard for all incoming basic students. This test is known as the "PRET" – Physical Readiness Entrance Test. The purpose of the entrance testing is to ensure that the student has the physical capabilities to be able to perform the required essential job tasks necessary for certification.

The entrance fitness test will be administered to new basic students prior to attending Basic Training. A demonstration of each test is available [here](#). Students will need to wear gym attire along with comfortable running shoes for this test. New students are also emailed a link to the test demonstrations prior to their appointment for the PRET.

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. For the full scale of testing norms, please refer to the [Cooper Institute Testing Norms](#). 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	13:08	13:48	14:33	16:16	15:56	16:46	18:26	20:17

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 [William.Keeling@nebraska.gov](mailto:William.Keeling@nebraska.gov).

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.

### PHYSICAL TASKS

The physical tasks were identified through the most recent Job Task analysis and approved by PSAC as a part of the 2014 curriculum. These tasks must be completed by the student prior to receiving certification.

During the first week, the student will participate in physical skills testing. This testing is designed to demonstrate the essential physical tasks and the student's skill in performing the tasks.

If students cannot perform an essential task they have until 10 days prior to graduation to improve their skill and complete all tasks. If a student is unable to complete the essential physical tasks at the time of graduation, they will not receive basic law enforcement certification. A list of required physical tasks which the student must complete prior to graduation follows:

- Bend over to help person (200 lbs) to standing
- Grip & Hold resisting persons to maintain physical control (200 lbs 5 minutes)
- Hold/restrain struggling person (200 lbs 4 minutes)
- Physically defend against and control an attacking person
- Take down and subdue a resisting person
- Use repetitive hand movements
- Kneel &/or bend for sustained period
- Run 300' on flat surface
- Run 200' on varying terrain
- Walk up and down 4 flights of stairs
- Run Up/down 3 flights of stairs
- Climb or pull oneself over 6' tall obstacle (fence)
- Lift objects (68 lbs) off ground 38" high) w/o assistance
- Lift objects (180 lbs) off ground (40") w/assistance
- Push (38') vehicle (2 ton) out of traffic by oneself
- Lift objects (50 lbs) down from elevated surface place on ground
- Climb/Pull oneself onto a large piece of equipment or object ( platform 5'high)
- Jump down from elevated surface

- Jump/vault over ditch, hole or other hazard (36" wide)
- Kneel, squat and recover to feet
- Hold a person (150 lbs) suspended in air (stop suicide or rescue a person)
- Perform strenuous physical activities in a series (sprint, run upstairs, wrestle, pull, carry, etc)
- Perform duties wearing full duty gear
- Push door with shoulder
- Kick door with foot
- Bend over and push object
- Carry, by self, an immobile child
- Carry with someone else an immobile child on a stretcher
- Drag by yourself an immobile child
- Drag by yourself an immobile adult
- Crawl under an obstruction
- Climb over fence
- Jump /vault over fence or other barrier
- Climb through window or other such opening
- Sprint at full speed (less than 300 yds)
- Quickly exit or enter cruiser

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