

**NEW JERSEY STATE POLICE
PHYSICAL QUALIFICATION TEST (PQT)
EXERCISE INFORMATION GUIDE
2007**



TRAINING TIPS

- **PRIOR TO PARTICIPATING IN THE TRAINING CONTAINED IN THIS COMMUNICATION, YOU SHOULD CONSULT YOUR PHYSICIAN TO ENSURE IT IS SAFE FOR YOU TO ENGAGE IN THE NEW JERSEY STATE POLICE PHYSICAL FITNESS TRAINING REGIMENT.**
- **The *Physical Qualification Test Medical Certificate* (sp693b) must be completed and signed by a physician.**
- **It is recommended that you eat a light meal prior to exercise.**

The PQT consists of (4) timed tests. A description of each test is listed below. Following the description of each test is information related to training for each test. Participating in physical training exercises prior to taking the physical selection tests will help you prepare for the tests.

75 Yard Pursuit Run

The purpose of this test is to evaluate the ability to exert all out physical effort for brief periods of time. You will begin at the starting line and on the command “GO”, run through the course and across the finish line. As you run through the course, you will have to step over curb-height barriers and make turns. Your score will be the time it takes to complete the course. You will be completing two (2) trials.

*** Training Tips for the 75 Yard Pursuit Run**

To prepare for the 75 yard pursuit run, you can set up a course in an open area and practice completing the course as quickly as possible. Create a course that requires making multiple 45 degree turns in both left and right directions. You can place boards (2” x 4”s) along the course to simulate stepping over curb-height barriers.

Instructions To Applicant For 75 Yard Pursuit Run

1. The purpose of this test is to complete a short distance simulation of a foot pursuit as fast as possible.
2. Before beginning the test I will describe the test procedure to you.
3. You will begin this test at the start line. Once you are ready, I will say “GO”. At this point begin running through the course.
4. Follow the outline of the course. To start, run straight ahead 10 feet turn around the cone. Continue through the course by going around each cone until both feet are across the finish line. There are four (4) barriers in the course. Step over each barrier.
5. You will be completing two trials of the pursuit run. Both trials count towards your score.
6. If you hit a barrier during either trial, the run will be stopped. You will be given a 2-minute rest before the retrieval. If you hit a barrier on the retrieval, you will be given a score of zero for that trial.
7. Do you have any questions?
8. The commands will be “READY” and ”GO”.
9. Remember your score will be the time it takes to complete the course for both trials.
10. “READY” and ”GO”.

Push Ups

The purpose of this test is to evaluate the muscular strength and muscular endurance in your upper body. The push ups will be performed in the standard position in which the front of the foot and hands are in contact with the floor. The feet are 8 to 12 inches apart and the arms are fully extended, directly under the shoulders, and slightly wider than shoulder width apart. The legs, buttocks, back, and shoulders must be in a straight alignment. On the command “GO”, keep the body fully extended and lower your torso towards the floor by flexing the elbows until the elbows form a 90 degree angle. Next extend to the starting position. Continue to complete push ups for two (2) minutes. Only correctly performed push ups will count. Your score will be the number of correct push ups completed in two (2) minutes.

**** Training Tips for Push Ups***

To prepare for push ups, perform push ups following the procedures described above. Attempt to complete as many correct push ups as possible in (2) minutes. If unable to perform one push up, start in the initial position and lower the torso halfway toward the ground and extend to the extended position. Each time you practice, lower the torso closer to the ground until the correct position is achieved.

Sit-Ups

The purpose of this test is to evaluate trunk strength. Attain a position lying on your back with the knees flexed at a 45 to 60 degree angle, feet together and approximately 18” from the buttocks. Fingers interlocked behind the head. The feet will be held in place during the test. On the command “GO” tuck the chin towards the chest, curl torso forward until the elbows touch the thighs. Once the elbows touch the thighs, return to a position in which the midback touches the floor. Once the midback touches the floor, perform another sit-up. Continue to complete sit-ups for two (2) minutes. Only correctly performed sit-ups will count. Your score will be the number of correct sit-ups completed in two (2) minutes.

**** Training Tips for Sit-Ups***

To prepare for sit-ups, perform by following the procedures described above. Attempt to complete as many correct sit-ups as you can in (2) minutes. If difficulty is experienced completing the sit-ups, have a second person hold your feet. If you are unable to complete one sit-up, practice coming halfway up and returning to the floor for one to two minutes. On each training day, attempt to perform full sit-ups.

1.5 Mile Run

The purpose of this test is to evaluate aerobic capacity. On the command “GO” you will run 1.5 miles on a marked course. Your score will be the time it takes to complete the run.

**** Training Tips for 1.5 Mile Run***

To prepare for the 1.5 mile run, start by running 1.5 miles without stopping and note the time to complete the run. If unable to complete the distance, run as far as you can without stopping and note the distance and the time you ran. It is best to do this self test on a track. If you are unable to complete 1.5 miles without stopping, start by running for a time period of approximately 30 to 60 seconds less than you were able to achieve without stopping. Next walk for 30 seconds and then run the same distance again and walk for 30 seconds. Repeat this

sequence until you have run 1.5 miles. Attempt to increase the running distance without stopping each time you run and decrease the walk time. Once able to complete the 1.5 miles without stopping, run part of the distance at a faster pace followed by a slower pace. Repeat this cycle throughout the 1.5 mile distance.

If you are able to complete the 1.5 miles without stopping, start to pick up the pace for every other ¼ mile. In addition, interval training can be used to increase your speed and enable you to complete the 1.5 mile distance at a faster pace. Interval training involves running shorter to medium distances at a fast pace followed by walking or jogging between the intervals. For example, run 220 yards (1/2 around a track), walk 220 yards, and run 220 yards. Keep this up until you have completed four to five intervals. Increase the length of the interval and decrease the length of the walk to lower your time to complete the 1.5 mile run. Couple the interval training with running 1.5 miles continuously.

New Jersey State Police Physical Qualification Test (PQT) Scoring:

1. For each test, the point value corresponding to the applicant's test score will be used.
2. Sum the four point values and compare the applicant's combined point total to the passing score.
3. If the applicant's combined point total is equal to 20 points or higher, the applicant has passed the test battery.
4. If the applicant's combined point total is equal to 19 points or less, the applicant has failed the test battery.

NOTE: Applicants must obtain at least one (1) point on each of the four tests. If an Applicant obtains "0" points on any of the four tests, he or she fails the test battery regardless of their scores on the remaining tests.

Points	Push Ups	Sit Ups	1.5 Mile Run	75 Yard Run Best Trial
0	17 or less	20 or less	14:27 or more	19.6 or more
1	18-19	21-22	14:26-14:18	19.5
2	20-21	23-24	14:17-14:09	19.4-19.3
3	22-23	25-26	14:08-14:00	19.2-19.1
4	24-26	27-29	13:59- 13:51	19.0-18.9
5	27-32	30-34	13:50- 13:00	18.8-18.5
6	33-46	35-48	12:59- 11:32	18.4-17.4
7	47 or more	49 or more	11:31 or less	17.3 or less