Physical Ability Test Candidate Preparation Guide

THE PUBLIC SAFETY SELECTION SPECIALISTS™



Joplin Police Department

Introduction

The Joplin Police Department (JPD) has prepared this manual to serve as a tool for individuals wishing to apply for police positions. More specifically, this manual provides candidates with a detailed explanation of the physical ability test (PAT), which is a major component of the police hiring process, and provides information about how best to prepare for the test.

Physical ability testing is used in many police departments to select candidates from a pool of applicants for police positions. Physical ability tests are typically administered as one of many selection tools utilized in the hiring process. The physical ability test is designed to simulate the aspects of the police job. The PAT is made up of 10 different components, with each component addressing a specific skill or job task. Because the PAT has been modeled specifically from the job of a police officer in the JPD, it can be used as an effective screening tool. The reasoning behind this is simple: since the PAT closely resembles the job, performance on the job should mimic performance on the PAT. As a result, we can use an applicant's score on the PAT to predict how that applicant might perform if he/she were selected to become a police officer. Passing scores on the PAT indicate that an applicant is more likely to perform well (from a physical perspective) on the job.

This booklet is designed to prepare applicants by familiarizing them with the test and providing guidance on how best to prepare for the test's 10 components. The booklet is divided into three (3) sections. Section I introduces the PAT by breaking down the different components of the test and explaining exactly what the test taker must do to complete each component. Section II discusses identifying weaknesses and targeting those weaknesses for improvement. Section III provides introductory fitness and training information, including the location of muscle groups and the basics of cardiovascular training. Also, specific recommendations are provided for strengthening the body to improve the likelihood of passing the PAT.

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Section I – Physical Ability Test Introduction

PAT Components and Descriptions

TIMED COMPONENTS

Start of PAT

Before the start of the obstacle course, candidates will be seated in the driver's side of a squad car with a fastened seatbelt. At this time, candidates will be wearing a 10-pound weighted vest that will remain on throughout the duration of the course. Timing will begin once the candidate opens the squad car door. Candidates should unbuckle their seatbelts before exiting the vehicle. Upon exiting, candidates must close the squad car door. After this task is completed, candidates should proceed to the obstacle weave.

Obstacle Weave



After exiting the vehicle, candidates will be required to weave through five (5) traffic cones. There will be indicators on the ground curving around the cones that will guide candidates through the weave pattern. The cones will be situated directly in front of the parked squad car.

Chain Link Fence Climb



Next, candidates should proceed to the chain link fence following the obstacle weave. Candidates are required to climb the four- (4) foot fence. Candidates are not allowed to swing their body around the fence when engaged in this obstacle component. That is, a candidate's entire body must go over the fence.

Wooden Fence Climb



When candidates finish the chain link fence climb, they will proceed to the wooden fence climb. Candidates are required to scale the approximately six foot (6') wooden fence. There is one foothold located on the wooden fence that candidates are allowed to use to assist in climbing the fence. Once the candidate has reached the top of the fence, he/she should carefully lower his/her body over the other side of the fence.

Candidates should not stand on top of the fence and jump down. This could result in an injury that disqualifies the candidate from the test (and further consideration). Candidates are encouraged to use caution as they climb, go over, and descend down the backside of the wooden fence component.

Duck Under



After completing the wooden fence climb, candidates will encounter two (2) barricades (i.e., traffic horses) under which they must duck, crawl or slide. The objective of this component is for candidates to get themselves under the obstacles without displacing them or knocking them over.

Stair Climb & Descend



After completing the duck under component of the PAT, candidates will proceed to the staircase located in front of and slightly to the right of the traffic horses. A test proctor will help guide candidates to the appropriate steps/stair case for this component. Candidates will do a series of 20 "steps", by stepping from the ground to the first step with one foot, then followed by the other foot, then back down to the ground with each foot. This counts as 1 step, imitating a stair climb and descend.

Jump-over Obstacles



Following the stair climb and descend component, candidates will encounter two (2) jump-over obstacles. Candidates are required to jump over the obstacles without coming into contact with them. The obstacles are approximately 10 inches high and 26 inches wide.

Suspect Grapple

Following the jump over obstacles, candidates will proceed straight ahead to the suspect grapple component. This station will have a weighted punching bag, centered next to a traffic cone with two other traffic cones positioned on each side. The cones are positioned approximately two feet apart. Candidates must grab the bag, lift it up off of the ground, and then proceed to lower the bag in a controlled manner to the ground in front of one of the cones on the right or left. The candidate must then lift the bag, carry it to the cone on the opposite side, and in a controlled manner lower it to to the ground in front of the cone. The candidate must then lift the bag and, in a controlled manner, return it to the starting point in the center. Each time the candidate lowers the bag, the bag must touch the ground. Failure to touch the ground with the bag will result in the candidate restarting this component of the test. Candidates are highly encouraged to utilize proper lifting techniques to avoid injury.





Dummy Drag

From the suspect grapple, candidates will proceed to the dummy drag station. A 120-pound dummy (i.e., fire hose) will be positioned either to the left or right of a traffic cone. Candidates will be required to drag the dummy 25 feet. Candidates may drag the dummy in any way that they see fit.
Both the candidate's body and the dummy must completely cross the finish line. Once the candidate and the dummy cross the finish line, the candidate should drop the dummy carefully. As soon as the candidate and the dummy cross the 25 feet marker (traffic cone), the timed portion of the physical ability test will conclude. If the established cut-off time is met, candidates will then proceed to the gun dry fire simulation location.



UNTIMED COMPONENTS

Gun Dry Fire Simulation





Candidates will only attempt this component if they successfully complete the timed portion of the PAT in **two minutes and 33 seconds (2:33)** or less. Once the candidate reaches the gun ring located near the end of the course, he/she will be required to dry fire using a mock gun while keeping his/her arm steady inside the ring. The candidate is required to cock the gun, insert his/her arm through the ring, fire the gun and withdraw his/her arm from the ring. This motion will be immediately repeated with the opposite hand. When firing the mock gun, the candidate's arm cannot touch the sides of the ring at any point. If the candidate's arm touches the ring, the candidate will have one more opportunity to test on this course component. If the candidate is unable to complete this component successfully in two (2) attempts or less, the candidate will be disqualified from the PAT.

Test Day Tips

- ✓ Timed components of the PAT will be timed as a group. The time you take to complete any specific component is irrelevant; only your overall cumulative time will be recorded. The test has a cut-off score, and failure to complete the course in the allotted time will result in disqualification. Should you perform one of the components incorrectly, the test proctor will guide you as to how to correct your actions and to perform the component again—though ultimately it is your responsibility to understand the course and the sequence of events.

- ✓ You must complete the timed portion of the PAT in two minutes and 33 seconds **(2:33)** in order to move on to the gun fire simulation.

- ✓ You will wear a weighted vest during the entire PAT. The weight of this vest is equivalent to the weight of a standard-issue duty belt (10 lbs.).

- ✓ Applicants are strongly encouraged to wear athletic shoes (sneakers), long pants and a shirt. You will be performing physical acts that demonstrate strength, agility and endurance, and it is important to be outfitted in attire that does not hinder your performance. Due to the nature of the job of a police officer and the simulated tasks applicants will be asked to complete, please expect that you will get dirty.

- ✓ Test proctors will be assigned to time you while on the course. It is acceptable to ask the test proctors questions concerning course rules and layout prior to beginning the course and while on the course.

- ✓ You will increase your chances of obtaining your best score if you spend some time preparing for the test. This includes reading this *Candidate Preparation Guide* and engaging in some form of physical training prior to taking the test.

- ✓ Get a good night's sleep before the exam. Try to ensure that you are in the best possible condition both physically and mentally on the day of the exam.

- ✓ Make all necessary arrangements to ensure that you arrive early at the test site. You may need to make advance arrangements for such things as a ride to the test site or childcare. It would also be wise to anticipate poor weather or traffic delays in traveling to the test site and to allocate extra travel time to ensure an early arrival even with delays. Give yourself ample time to settle in at the test site.

- ✓ The more confident you are in your abilities, the more likely you are to do well on the test.

Section II – Targeting and Improving Weaknesses

Targeting Improvement

Some candidates do not pass the PAT on their first attempt and wish to improve their performance. Other times incumbent police officers may wish to maintain or enhance their fitness levels. In either situation, being able to identify and address your own weaknesses is very important.

You can learn about any weaknesses you may have by monitoring your own performance on the PAT. Take note of which components or specific tasks are difficult for you. Also pay attention to which portions of the test result in the most fatigue. This can indicate which muscles may need strength or endurance training. By focusing workouts specifically on areas that most need improvement, candidates can more efficiently work to improve their performance on the PAT.

Section III – Training and Preparation

As discussed in Section II, candidates can perform exercises to improve their fitness in preparation for the PAT. The primary goal is to achieve a fitness level at or above the specified time that is needed to pass the physical ability test. The exercises outlined below are recommended for that purpose.

Physical Fitness

Physical fitness enables an individual to perform up to their potential. Fitness can be described as a condition that helps us look, feel and do our best. The *Guidelines for Personal Exercise Programs* developed by the President's Council on Physical Fitness and Sports describes it as the "ability to perform daily tasks vigorously and alertly with energy left over for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue and is a major basis for good health and well-being."

Physical fitness involves the performance of all major muscle groups in the body. Physical fitness is influenced by many factors such as age, gender, genetics, personal habits, exercise and eating practices.

Physical fitness is made up of four components:

- ✓ *Cardiorespiratory Endurance* - The body's ability to deliver oxygen and nutrients to tissues and to remove wastes over significant periods of time. For example, running long distances and swimming are considered endurance sports.
- ✓ *Muscular Strength* – A muscle's ability to exert force for a brief period of time. For example, lower body strength can be measured by various weight-lifting exercises.
- ✓ *Muscular Endurance* – A muscle's ability to sustain successive contractions or to continue applying force against a fixed object. For example, pull-ups are often used as a test of arm and shoulder muscle endurance.
- ✓ *Flexibility* - The ability to move joints and use muscles through their full range of motion. For example, the sit-and-reach test measures the flexibility of the lower back and backs of the upper legs.

By becoming more physically fit, you are able to help reduce the possibility of heart disease and some forms of cancer. Fitness can improve blood cholesterol levels, increase immunity to illness, and help to control high blood pressure, osteoporosis, diabetes, arthritis, asthma, and other health

problems. It also helps to increase one's energy throughout the day, aid in control of one's weight and increases life expectancies. Exercise can also act as a stress reliever and promote sound sleep.

Pre-Workout Tips and Precautions

- Get a physician's checkup before you start, especially if you have a medical condition. A checkup may be important in determining which exercises are safe for you.

- Always warm up before exercising. A five- to seven-minute warm-up on the treadmill or stationary bike is enough to loosen muscles and tendons, thus lessening the chance of a pulled or torn muscle.

- Stretching before exercising can help prevent injury, and stretching after exercising helps prevent soreness and stiffness that muscles experience when faced with a new and unfamiliar workload.

- Use exercise machines and free weights correctly. This includes stacking weight plates on barbells correctly and making sure exercise machines are adjusted to best fit your body each time you use them.

- Always lift weights in a controlled manner. Do not sacrifice proper form for more weight; increasing weight to the point where your form suffers actually results in decreased benefits to the muscle you are trying to work.

- Wear clothing that isn't too tight or too loose and will allow you to exercise comfortably. Wearing jewelry or keeping wallets and keys in pockets can not only compromise your workout, but can potentially be dangerous.

- Note that performing fewer repetitions with more weight will strengthen muscles; performing more repetitions with less weight will improve muscle endurance. Tailor your workout according to the areas you are looking to improve.

Setting Goals

When beginning an exercise program, you should set short-term goals that will help you to achieve your long-term goal of overall physical fitness. Specific short-term and long-term goals should be identified. An example of a short-term goal is jogging for 15 minutes, which may help you to achieve your long-term goal of a specific weight by a given date. Short-term goals should be set as a result of long-term goals.

Your short-term goals will be dependent upon your current level of physical fitness and will be a major factor in determining where you will begin your exercise program. If you are starting a running program with some calisthenics, your goals might be to run for 10 minutes and to perform a given number of calisthenics. If you are in better shape, then your goals will be higher. Short-term goals are the building blocks to achieving your long-term goals.

Even if you are in excellent shape but have not been exercising regularly, you will want to start your program slowly at first and progress at an even pace. If you start the program too quickly, you may become tired, injured or frustrated with the program, and this may cause you to lose motivation to continue with it. It is important to match your activities with your abilities.

Once you have found a comfortable, but challenging, level of exercise, stay with it for one to two weeks before you increase it. Try to increase your level of activity as it feels comfortable to you and with a smooth progression.

Effective Training

Three factors make up an effective exercise program: frequency, intensity and time.

Frequency: This is how often you perform an exercise activity. It is typically suggested that you work out at least three times a week for 20 minutes to increase cardiovascular fitness.

Intensity: This is how hard you are working out, which is often measured using your heart rate. To calculate your *maximum heart rate*, you should subtract your age from 220. This is your estimated maximum heart rate and you should train at a level of 50 to 80 percent of your maximum heart rate. Beginners should start at 50 percent and experienced individuals at 80 percent.

For a 40-year-old person at 50 percent of his/her maximum:

(220-40) * 50 percent = 90

For a 40-year-old person at 80 percent of his/her maximum:

(220-40) * 80 percent = 144

Using a percentage of maximum heart rate is the easiest and safest way to regulate intensity. In order to measure your current heart rate, you may check your pulse on either the underside of your wrist or on the side of your neck just below the jaw line. Simply count the number of beats you feel in a 15-second time period and multiply by 4. This is your current heart rate. Also, many exercise bikes and treadmills come with built-in heart rate readers that work well when used properly.

Time: This is the amount of time spent working out. A minimum of 20 minutes is recommended for each exercise session at 50 to 60 percent of your maximum heart rate.

The Fitness Program

A fitness program consists of three phases: the warm-up, training period and cool-down. Each is outlined below, and exercises are outlined on the following pages.

- ***Warm-up*** **(5 to 10 minutes)** The warm-up is the phase just before your training period when you do a few stretches and exercises to raise your body temperature and loosen up your body muscles. This is an important part of your fitness program because it helps to reduce the likelihood of injury.

  The warm-up exercises are designed not only to get a person physically and mentally ready for a workout but also to help develop flexibility in the joints and muscle groups.

- ***Training Period*** **(20 to 30 minutes)** This phase consists of cardiovascular and muscle strength and endurance exercises.

  Cardiovascular Training
  Cardiovascular training consists of any exercise such as swimming, running or biking where your heart is working at an elevated level.

  Strength and Endurance Training
  The strength and muscular endurance exercises do not have to be done on the same day or during the same exercise session as the cardiovascular program. Every exercise program should be complimented with a warm-up and cool-down.

  The strength and endurance exercises can be done in one of two ways, depending on the availability of equipment. They can be performed by doing calisthenics, which requires little or no equipment, or by training with weights. Training with weights can be done either by using free weights, such as barbells, or by using weight machines. Training for muscular strength is done with high resistance, large amounts of weight and low repetitions (3-5). Training for endurance requires low resistance and a very high number of repetitions (10-20).

  Weekly Log
  A weekly log sheet should be kept describing the date, type of activity and amount of time you exercised so that you can keep track of your progress in developing strength, muscular endurance and cardiovascular fitness.

- ***Cool-down*** **(5 to 10 minutes)** This is the transition from the training period to your body's normal resting state. Your heartbeat should be about 100 beats per minute when you are sufficiently cooled down. Typically, you will want to do a few cool-down exercises such as walking and stretching so that your heart rate will steadily decrease until it is at 100 or less.

Simulation Training

In addition to strength training and cardiovascular training, one of the most effective ways to prepare for or improve one's performance on the PAT is to practice the actual components. If the equipment is available to you, consider practicing any components you feel you need to improve on. Increasing your familiarity with these tasks will result in greater success during test time. While using the actual testing equipment is the best way to train via simulation, there are ways to recreate the components without using the actual test equipment.

Establishing a Training Schedule

Establishing a training schedule is important if you want to be successful. Set aside an hour or so every other day at a specific time of day so that you are able to establish a routine. Pick a time that works for your schedule and consider personal preferences, job and family responsibilities, availability of exercise facilities, and weather when thinking about your workout schedule. It is important to schedule your workouts for a time when there is little opportunity for interruption. Also, try to avoid exercising during extremely hot, humid weather or within two hours after eating.

It is important to establish a routine and stick with it. As long as this guideline is followed, positive results will be achieved.

Please note that the techniques, ideas and suggestions in this document are not intended as medical advice. Consult your physician or health care professional should you have concerns about your ability to perform these exercises. Any application of the techniques, ideas and suggestions in this document is at the reader's sole discretion and risk. The city of Joplin makes no warranty of any kind in regard to the content of this document, including, but not limited to, any implied fitness for any particular purpose. The city of Joplin is not liable or responsible to any person or entity for any special, incidental or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Exercises

Warm-up

As stated earlier, the warm-up phase should take approximately 5 to 10 minutes. This is an important part of your workout because it allows your body to increase blood flow, raise your body temperature and prevent injury through stretching. Several exercises are listed below and should be done before each workout session. It is not necessary to do all of the exercises listed below, but you should try to cover all muscles groups.

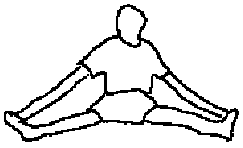
1. Seated Toe Touch (Back and back of leg muscles)
Sit down with your legs fully extended in front of you. Hold your hands out and slide them down your legs until you feel a stretch in your back and legs. This should be a comfortable stretch, not painful. Continue to stretch as you approach your feet, always being conscious of your comfort. If there is any pain, you should not stretch beyond that point. Repeat this exercise five times.



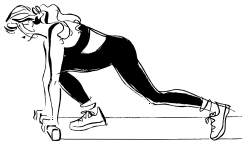
2. Toe Pull (Groin and thigh muscles)
While in a seated position, pull the toes in with both feet so that your knees bend and are pointed outward. Press the knees down with your elbows. Hold this position for two to three seconds.



3. Pelvic Girdle Stretch (Pelvic muscles)
Sit on the floor with your legs comfortably apart and reach through. Keep your head up and chest out, which will keep your back straight. Relax and hold this position for 30 seconds.



4. Stride Stretch (Thigh muscles)
Slowly slide your body into a stride position so that your hands are on the ground shoulders' width apart and your right knee is in line with your shoulders. Your right foot should be almost flat on the floor, and your left leg should be fully extended behind you on your toes. Lean forward while pushing your hips downward and hold this stretch for five seconds. Repeat this stretch for the opposite side.



5. Wall Stretch (Calf muscles)
Facing a wall, stand about three feet from it with your feet slightly apart and place both hands on the wall. Your heels should be firmly planted on the ground. Lean forward, keeping your body straight, and concentrate on the stretch in your calves. Hold this position for 15 to 20 seconds.

6. Lower Leg Stretch (Leg muscle)
Begin by standing arms' length from a wall or doorframe, one foot in front of the other, back straight, shoulders back and chest up. Moving forward, bend your front knee; keep your back leg straight at the knee; keep your foot of the back leg flat on the floor. Don't bend forward at the waist; maintain an arch in the small of your back. Move forward until you feel the pull in the back of the leg around the knee. Relax and hold for 10 seconds.

7. Continuation of Lower Leg (Leg muscle)
To continue the stretch of the lower leg, stand at a door frame and hold on. Lean back and sit on your back leg with your foot on the floor. Hold for 10 seconds. Repeat this stretch on the opposite side.

8. Side Stretch (Torso muscles)
Standing with your feet shoulders' width apart, place one arm on your hip for balance and extend the other over your head. Slowly bend your body so that you are stretching the side with the arm extended overhead. Stretch for a few seconds and return to the starting position. Then repeat this exercise on the opposite side.



9. Side Twister (Torso muscles)
Standing with your feet shoulders' width apart and heels firmly planted on the ground, extend your arms so that they are parallel to the ground and even with your shoulders. Turn your palms up and begin the stretch by twisting your torso to one side and then to the other. Repeat this stretch five times on each side.



10. Arm Circles (Chest and shoulder muscles)
Standing with your feet shoulders' width apart, slowly move both arms backward in a full-circle motion 5 to 10 times. Then repeat this exercise in a forward motion.

11. Jumping Jacks (Leg and shoulder muscles)
Standing with your feet together and your arms at your sides, jump and spread your feet apart about shoulders' width while simultaneously swinging your arms over your head. Repeat this exercise 15 to 25 times.

12. Upper Leg Stretch (Leg muscle)
Stand next to a table, chair or rail and cross the closest leg in front of the other leg. Bend at the waist, reaching for the floor with your opposite hand, and relax. Hold this stretch for 10 seconds. Repeat this exercise on the opposite side.



Calisthenics

Calisthenics is a common way for an individual to exercise while using his/her own body weight as the load or resistance to build his/her strength. There are many exercises available to increase muscle strength and endurance. These exercises should be performed several times a week for 20 to 30 minutes per session.

Each exercise should be performed *as many times as possible* at a steady pace. These exercises should be repeated for the first week and increased to your maximum potential.

The following is a list of several different callisthenic exercises:

Pushups (Shoulder and arm muscles)
While on your hands and knees on a padded surface, spread your hands to the same width of the shoulders and push up while keeping your back straight. Slowly lower yourself to the floor and push up again.

Narrow Pushups (Chest, shoulder and tricep muscles)
Assume a knees-on-the-floor, feet-crossed pushup position but move your hands together so your thumbs and index fingers touch. The space between your hands should form a triangle. Complete as many pushups as you can in one minute.

Chin-ups (Shoulder and arm muscles)
While grasping a bar underhand approximately six feet from the ground, pull up until your chin is over the bar. Slowly lower your body and repeat.

Leg Lifts (Back, buttocks and hamstring muscles)
On a padded surface, get down on your hands and knees and press your left knee forward. Then slowly extend the leg behind you until it's in line with your back. Lower your leg slowly and again press the knee forward. Do 20 repetitions with each leg.



Sit-ups (Abdominal muscles and hip flexors)
Lie down on your back on a padded surface with your shoulders on the floor and your knees bent at a 45-degree angle. Lace your fingers behind your head and curl up to a sitting position so that you are able to touch your right elbow to your left knee. Now touch your left elbow to your right knee. Repeat this motion but alternate between your left and right elbows.

Crunches (Abdominal muscles)
Start with a basic crunch to work your upper abdominal muscles. Lie on your back, knees bent, feet flat on the floor, hands lightly touching the back of your head, elbows out. Keeping your lower back pressed to the floor, slowly curl your head and shoulders up then lower them back down. Do as many repetitions as you can in one minute.

Side Leg Lifts (Back and thigh muscles)
Lie on a padded surface on your side with your head cradled by your hand and elbow and your legs fully extended. Your other arm should be on the floor in front of your upper body. Lift your top leg, which should be fully extended, about 60 degrees and then return it to the starting position. Continue this exercise using the other leg.

Squats (Leg muscles)
Stand with your feet about shoulders' width apart. Place your hands on your hips for balance and bend your knees so that your thighs are parallel to the ground. Then return to the starting position. You may alter this exercise by squatting in the center, then moving one leg out to the left, squatting, then back to center, and then out to the right.

Squat Jumps (Leg muscles)
Stand with your hands on your hips for balance and place one foot a step ahead of the other. Squat down by bending your knees in a 90-degree angle and then jump as high as you can so that your knees are no longer bent. Alternate the position of your feet on your return and repeat the exercise.

Dips (Arm, shoulder and chest muscles)
Grasp the sides of the seat of a chair and allow your legs and feet to slide forward while supporting the weight of your body with your arms. Bend your elbows at a 90-degree angle and then push back up to the starting position.

Bench Steps (Leg muscles)



Place a bench, at a height that is comfortable for you, in front of your feet. Begin by stepping up on the bench with your left foot and then following with the right. Step down with the left and follow with the right. Continue this exercise for 30 seconds, counting the number of times you successfully stepped onto the bench with both feet. Be careful not to perform this exercise too quickly as it is easy to catch your foot on the bench.

The Superwoman (Lower back)

Lie face down on a mat with your arms extended over your head. Raise your right arm and left leg simultaneously until you feel a gentle tension in your lower back. Resist twisting your torso or raising your other hip or shoulder at the same time. Hold for five seconds then slowly lower. Repeat using your other arm and leg. Complete the series as many times as you can in one minute.

Running in Place/Jumping Jacks

Alternating a few sets of calisthenics with an aerobic interval helps keep your heart rate elevated throughout the routine. For this set of aerobic moves, run in place for 30 seconds then immediately do 15 jumping jacks.

Reverse Lunges (Butt and leg muscles)

Stand straight with your hands on your hips. Keeping your left leg straight, step back with your left foot as far as you can then lower your left knee until it nearly touches the floor or as low as you can. Your right knee should automatically bend to a 90-degree angle. Lift yourself back into the starting position, tightening your butt muscles as you go. Repeat 10 to 15 times with your left leg and then work your right leg.

One-legged Calf Raises (Calf muscles)

Stand with your left foot on the edge of a step so that your left heel hangs off the edge. Wrap your right foot around your left ankle and grab a railing or wall for balance. Rise up onto your toes and then slowly lower yourself until your heel falls slightly below the step. Repeat 12 to 20 times and then switch to work the right leg.

Shoulder Raises (Shoulder muscles)

Stand with your arms straight out from your sides, parallel to the floor. Slowly rotate both arms forward as if you were drawing six-inch-diameter circles with your fingertips. Continue for 30 seconds and then draw backward circles for 30 seconds.

Cool-down

When you have concluded the training period of the workout, it is important that you continue to walk around so that your body becomes adjusted to less movement and a slower heart rate. Exercises from the warm-up phase can be done as a means of stretching out the muscles after the training period.

Weight Control

Exercise plays an important role in weight control by increasing your body's energy output, which uses stored calories for extra fuel. Much of the exercise physiology research shows that exercise increases metabolism and causes it to maintain itself at an increased level over time. Weight control can be increased through exercise depending on the amount and type of activity, as well as the number of calories you consume. If you consume 100 calories a day more than your body needs, you will gain approximately 10 pounds in a year. You could take that weight off or keep it off by doing 30 minutes of moderate exercise daily. The combination of exercise and diet is the best approach to managing your weight.

Note that as you continue to exercise, you may not lose weight as quickly as you would like because muscle weighs more than fat.

What to Expect from Exercise

Exercise has wonderful benefits but often it takes quite a bit of time to see results. It may be a long and slow process. Exercise will benefit all areas of your body and improvements will appear as you progress. By keeping a log of your exercise routine, you will be able to see a progression of your improved fitness over time.

Conclusion

This study guide will aid you in preparing for the Joplin Police Department Physical Ability Test. By using the information contained in this guide, you should be better prepared for and more knowledgeable concerning the test you will take. We wish you success in your pursuit of a law enforcement career.