

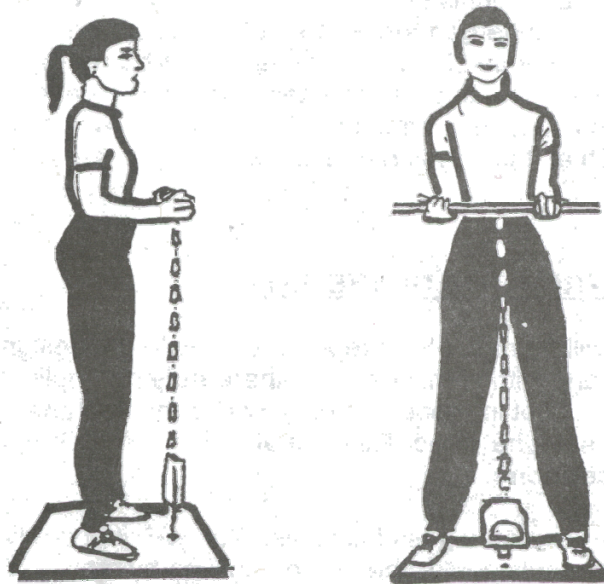
POLICE OFFICER AND CADET PHYSICAL PERFORMANCE TEST

The City of Knoxville and the Civil Service Merit Board notify all applicants for positions as Police Officers for the City of Knoxville that as part of the selection procedure, all applicants will be required to participate in a physical performance test (PPT). As a prerequisite to taking the test, all applicants will be required to sign a Release of Liability, assuming all risks for any injuries which may be incurred during the physical performance test. The Release of Liability form is included in the Police Officer application packet.

Should any applicant know of some physical condition that might preclude his or her participation, then it is that applicant's responsibility to have a medical examination and receive a release from his/her doctor prior to taking this physical performance test. Such examination shall be at the applicant's own expense.

The physical performance test is comprised of the following:

- (1) **Arm Lift** This test measures upper body static strength. This is the ability to use muscle force in the upper part of the body in order to lift, push, pull, or carry objects. The equipment used for this test consists of a 24-inch metal bar, a dynamometer, and a floor plate which are linked together with a chain. The examinee stands on the floor plate in an erect position with the elbows fixed at a 90-degree angle. The examinee is instructed to exert a steady maximal force in an upward direction. (See illustration below.)



- (2) **Arm Endurance** This test measures upper body dynamic strength. This is the ability of the muscles of the upper part of the body to exert force repeatedly or continuously over a long time period. This test involves pedaling a stationary ergometer with the arms for 60 seconds with the workload (i.e., measure of resistance) fixed at 50 watts. (See illustration on next page.)



WHAT TO WEAR TO THE PHYSICAL PERFORMANCE TEST

The PPT is strenuous physical activity, which will cause the applicants to perspire. All applicants should wear proper athletic attire such as shorts or sweat pants with T-shirts. Tennis shoes and socks are required. Males and females must wear proper undergarments for safety and support. Any applicant with long hair should have hair tied back or put in a bun. **Absolutely** no jewelry will be allowed. This includes, but is not limited to rings, necklaces, earrings, bracelets, watches, or pins. It is recommended that these and any other valuables be left at home inasmuch as the City is not responsible if they are lost, stolen, or damaged.

OTHER REQUIREMENTS OF THE PPT

All applicants will be required to report promptly to the designated location at the time specified and with identification. **Absolutely** no applicant will be allowed to participate who is not in proper clothing, who does not have proof of his or her identity, or does not have the "Release of Liability" form properly signed. **There will be no exceptions.**

The PPT test will be on a pass/fail basis. You will not be advised at the time of the test of your results, but rather will be notified by mail.

If an applicant has a death in the family or is ill, they will be scheduled for the next PPT. Said applicant will be required to bring a Doctor's certification of the illness or some proof of the death of the family member within ten days following the scheduled PPT. If an applicant is scheduled twice and does not report, their file will be closed.

POLICE OFFICER PHYSICAL PERFORMANCE TEST PREPARATION

The two events comprising the Police Officer Physical Performance Test are designed to assess applicants' upper body endurance (arm ergometer) and upper body strength (arm lift). This test is highly predictive of success in the physical training portion of the Knoxville Police Academy and in the performance of Police Officer. Individuals possessing below average upper body fitness levels may experience difficulty in passing said events. The following information is being provided to assist Police Department applicants in preparing for the Physical Performance Test (PPT).

1. You may wish to consult your doctor, fitness coach, exercise instructor, personal trainer, etc. in order to identify specific exercises and/or workout routines you can do to improve your upper body strength and endurance. He/she may prescribe exercises such as push-ups, pull-ups, running/jogging with hand or wrist weights, weight training, etc. Be sure to emphasize that your objective is improved upper body strength and endurance.
2. Many exercise/fitness manuals are available at your local library and/or bookstore which provide detailed guidance on specific exercises/routines which you can do to improve your upper body strength and endurance. This is an inexpensive way to prepare yourself for taking the physical performance test. You should consult your doctor before beginning any exercise program.
3. Recreation centers within the City of Knoxville are available free of charge to individuals who wish to make use of the exercise facilities maintained there. The following recreation centers have excellent fitness equipment (weight machines, exercise cycles, etc.) available:

Cumberland Estates
Recreation Center
4529 Silver Hills Drive
Phone: 588-3442

Cecil Webb
Recreation Center
953 E. Moody Avenue
Phone: 577-0651

Deane Hill
Recreation Center
7400 Deane Hill Drive
Phone: 690-0781

Cal Johnson
Recreation Center
507 Mulvaney Avenue
Phone: 522-3177

Christenberry Recreation Center
931 Oglewood Drive
Phone 637-5991

All recreation centers are open to the public from 1:00pm – 9:00pm, Monday through Thursday, and 10:00am – 6:00pm on Friday. Recreation Department Employees who can assist you in developing a customized fitness routine are available at the above centers.