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## Health Fit Test for Los Lunas Fire Department Candidate Selection

The LLFD Health Fit Test consists of *five* components: *Aerobic capacity, Muscular strength, Muscular Endurance, Flexibility and Body Composition*. Each of these components shall be given a raw score then calculated using data obtained, transferred to a Ring Score for a total Health Fit Score. Max points obtainable are 100.

Each test shall be explained and demonstrated if applies to all candidates before each event. Candidates will have the opportunity to ask questions if needed before each event.

### **(1.5 Mile) Mile-and One Half Run (*Aerobic Capacity*)**

1. This is event consist of running 1.5 miles continuously
2. Track/course shall consist of a standard running track or selected level course. Course shall have no inclines/declines, surface irregularities and sharp turns.
3. Finish and start should be same spot or clearly identified.
4. Time begins with “Ready, Go” to signal the start for all personnel being tested. Lap times shall be called out until completion of the test.
5. Any combination of running or walking is allowed to complete the test, although walking is strongly discouraged as this is a timed test. **Must Complete 1.5 mile run is 15 minutes and 30 seconds.**
6. Record times from the stop watch to the nearest second.



### **(#1) Body Composition**

1. Body Composition is the ratio of fat to total body weight measured in (%) percent fat value.
2. Each candidate will be weighed, height obtained and taped by certified Health Fit test administrator.
3. Candidates will be taped in three areas three times each to rule out error; neck, waist and hips.
4. These measurements will then be calculated to obtain body fat percentage.

### **(#2) 5-minute Step Test (*Aerobic Capacity*)**

1. This event consists of stepping up and down on a bench made of specific height (15  $\frac{3}{4}$  inch >5'6" ft. and 13inches < 5'6" ft.) and a specific pace (90 beats/min).
2. Cadence shall be made with an audio CD.
3. Candidates resting heart rate shall be obtained by test administrator.
4. Candidate shall be standing facing toward the bench.
5. Audio CD shall instruct the candidate when to begin at the pace.
6. The candidate may start with either foot, but must come back down with the same foot. This order may be reversed once every minute during the test at his/her own discretion.
7. Candidate must maintain cadence throughout the test or the test will be stopped.
8. The candidate steps continually until the end of the 5-minute period. At the end of the 5-minutes the candidate shall turn around and sit on the bench. The test administrator shall obtain the candidates pulse 15 seconds after the test.



### **(#3) Flexibility Assessment**

1. This event shall consist of a type of sit and reach to measure flexibility, “Wells Dillion Test”.
2. Prior to test explain the need for and demonstrate static stretching, specifically lower back and hamstrings.
3. The candidate sits on the floor with legs straight and head, back and buttocks flush against the wall, feet together and toes pointed up. Knees do not have to be locked but must be straight.
4. Candidate then extends arms and places one hand on top of the other. Shoulder blades still flush against the wall.
5. Adjust sliding ruler on top of the measuring box to the tip of candidate’s middle finger
6. The cadet shall reach forward slowly pushing the measuring block along the ruler as far as possible, keeping legs straight. Hold the reach for 1 second before releasing. (No bouncing or lunging) Cadet should be exhaling during the whole movement.
7. Record measurement and repeat a total of three times. Best measurement shall be used for test score. Candidate shall rest for a few seconds before each attempt.

### **(#4) Static Strength (*Muscular Strength*)**

1. This event consists of overall body strength using a hand dynamometer provided.
2. Each candidate shall receive two trials per hand, alternating and recording the highest value obtained.
3. Hand dynamometer is adjustable for large and small hands.
4. Candidates will receive instruction on proper technique as well as instructions on dynamometer adjustments for hand size.



## (#5) Muscular Endurance

### Push-Ups

1. Candidate assumes the front leaning rest position with hands approximately shoulder width apart. The arms, back, buttocks and legs should be a straight line from head to heels and must remain so throughout test.
2. Candidates begin push-ups by bending the elbows and lowering torso down to the monitor's fist (Chin or breast bone must touch monitor's fist to be counted). Candidate's body must remain in straight line.
3. Candidate returns to starting position and repeats procedure correctly as many times as possible until exhaustion.
4. Candidate may stop and rest in the up position only. Resting on the floor ends the test.
5. Selected monitors shall keep count of correctly done push-ups and record to testing administrator.

### Sit-Ups

1. Candidate lies flat on back with knees bent approximately 90 degree angle, heels approximately 10" from buttocks.
2. Candidate folds arms across shoulders placing hands on opposite shoulders.
3. Selected monitors shall hold the candidate's feet to the floor.
4. Candidate must tuck chin to his/her chest throughout test.
5. Candidate curls up from waist touching elbows to the thighs keeping hands on opposite shoulders throughout test.
6. Candidate lies back touching shoulder blades to the floor.
7. Repeat procedure correctly as many times as possible in 2 minutes.
8. Candidate may stop and rest in the up or down position; however if the candidate lowers legs, fails to keep feet on the ground, fails to keep arms folded across chest, releases hands from shoulders the test shall be stopped. Bouncing hips will get one warning; a second offence shall end the test.
9. Time begins with "Ready Go" to signal start.
10. Selected monitors shall keep count of correctly done sit-ups and record to testing administrator.