



SJI NATIONAL POLICE CADET CORPS
2024 PT Test Specifications



2024 Batch 52 PT Test Specifications

1. INTRODUCTION

The Physical Training test for Secondary Three cadets is an annual assessment intended to assess their physical fitness capabilities, in particular with regards to upper body strength, abdominal strength, lower body strength, and cardiovascular endurance. The test will comprise **running, push-up, sit-up, plank, pullups, and dead hang** components, offering a variety of physical assessments, and will be scored on a basis of **24 points** total. The test will be held during **Term 2 Week 2 and Week 3**.

The passing score for this test is **15 points**, and scores will be considered during **leadership assessments**.

Candidates may request a **single** retrieval for any station on the day itself, however this will be granted solely at the discretion of the FI in charge. In that case, **the last score will be taken as final**.

2. ACTIVITY SPECIFICATIONS

Durations are given in the format (min.sec)

1.2 KILOMETRE RUN					
Points awarded:	5	4	3	2	1
Duration:	≤ 5.50	5.51 - 6.30	6.31 - 7.10	7.11 - 7.40	7.40 - 8.20
<i>Details:</i> - Candidates are required to run 1.2 km in one sitting. This will be calculated as 3 rounds around the school track. - Water breaks are allowed, however they will be included in your timing if you decide to have them. - Candidates can choose to help their squadmates (eg. verbal motivation, slight physical nudging) if necessary. However, piggybacking them is not strictly allowed.					

PUSH-UPS					
Points awarded:	5	4	3	2	1
Repetitions:	≥ 23	18 - 22	13 - 17	9 - 13	3 - 8
<i>Details:</i> - Candidates will be required to perform as many standard pushups as they may within a maximum timing of 1 minute 30 seconds. - Pushups must be performed with straight backs, or the pushup is regarded invalid. - Palms are to be placed shoulder-width apart.					

- Candidates must go all the way down to a minimum of one fistlength away from the ground, or the pushup is regarded invalid.
- Knees must strictly be off the ground.
- Breaks are allowed as long as both your hands are touching the ground and your body is off the ground, however, the timer will not stop.
- The scoring will **stop** as soon as either the knees or the chest touch the ground, or the timing of **1 minute 30 seconds** is concluded.
- Another cadet will verbally count off the number of push ups they execute, and the FI will verbally signal in the event of an invalid pushup to said counter.
- Watch this video to understand what constitutes proper form:
<https://www.youtube.com/watch?v=-F6dMeNfdTo>

SIT-UPS

<i>Points awarded:</i>	5	4	3	2	1
<i>Repetitions:</i>	≥ 41	36 - 40	31 - 35	25 - 30	20 - 24

Details:

- Candidates will be required to perform as many **standard** sit-ups as they may within a maximum timing of **1 minute 30 seconds**.
- Sit-ups will be done with an additional person holding down the candidate's feet, who is to verbally count off the repetitions.
- Elbows have to come in contact with knees (**not calves**).
- Candidates have to lie all the way down before sitting back up.
- The use of something soft (eg. clothes) is to be placed under the candidate's lower back for cushioning. candidates are to bring their own on the day of the test for their own back safety.

PLANKS

<i>Points awarded:</i>	3	2	1	
<i>Duration:</i>	≥ 1.41	1.10 - 1.40	0.40 - 1.09	

Details:

- Candidates will be required to remain in the **plank position** for as long as they possibly can.
- Timing will be given upon request.
- Elbows are to be touching the ground.
- Planks are to be performed with straight backs, or the FI may pause the timer for as long as the candidate's back is not straight.
- Candidates' knees must be strictly off the ground.
- Cadets may pass the time as they wish for the duration of the plank in terms of verbal communications or hand gestures.
- No breaks allowed.
- Timing will **stop** as soon as the candidate's knees touch the ground.

PULL-UPS				
<i>Points awarded:</i>	3	2	1	
<i>Repetitions:</i>	≥ 5	2 - 4	1	
<i>Details:</i> - Candidates will be required to perform as many standard pull-ups as they may within a maximum timing of 1 minute 30 seconds. - Test IC will call out each valid pushup. - Candidate must hang for a minimum of 2 seconds before starting the first pullup - Arms must be straightened before pulling up - Overhand grip must be used - Chin must go above the pullup bar - The use of a chair to reach the pullup bar is allowed - Thrashing of legs is allowed, however kiping, or swinging back and forth between pull ups to lend momentum, is strictly banned. - No breaks allowed.				

DEAD HANG				
<i>Points awarded:</i>	3	2	1	
<i>Duration:</i>	≥ 0.51	0.36 - 0.50	0.25 - 0.35	
<i>Details:</i> - Candidates will be required to remain in the dead hang position for as long as they possibly can. - Timing will be given upon request. - Arms must be straight - Overhand grip must be used - The use of a chair to reach the pullup bar is allowed - No breaks allowed - Timing will stop as soon as the candidate's hands release from the pull-up bar.				

3. FAQs

Q: Will there be any retests for failures?

A: No. Unless your results are absolutely abysmal or you were absent during the test, there will not be any retests. Retests are subject to availability.

Q: What if I accidentally slip off the pullup bar during my test?

A: Calmly explain to the FI in charge of the station and you will be given a second chance with the count starting from 0. You may also ask others to go first if you feel that you need time to recover, but this is subject to FI's discretion.

Q: What if I fall and scrape my knee during the run?

A: Sit out of the current run if you really are feeling an abnormal amount of suffering, and we will allow you to retest.

Q: What if I am feeling slightly unwell on the day of the test?

A: Do inform an FI. If you feel comfortable taking the test, you may, but if not, you may take the subsequent test for absentees the following week.

4. AUTHENTICATION

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- Date: 29 December 2023