



**NEW JERSEY STATE POLICE
TRAINING BUREAU
IN-SERVICE TRAINING UNIT**



**“TOP PHYSICAL CHALLENGE”
HANDBOOK**

(DO YOU HAVE WHAT IT TAKES?)

INTRODUCTION

During the ceremonies of every State Police graduating class, one member of the class is presented the "H. Norman Schwarzkopf Award." This award is given to the member who has achieved the highest overall physical average during training. It encompasses all segments of physical training which include: water safety, self-defense, and a six component physical training test. The organization felt so strongly about this award and the importance of physical fitness as a trooper; they named it after the first superintendent of the New Jersey State Police. The State Police is steep in tradition and to this date this award is viewed as one of the most prestigious awards a graduating member can receive. The member that receives this award is referred to as the "Top Physical."

During recent years, law enforcement agencies have had to lower physical standards in their selection process to mirror the decline in fitness levels of society. The National Center of Health Statistics reports that 15 percent of adolescents between the ages of 6 to 19 years are overweight. Sixty-four (64) percent of Americans over the age of 20 are overweight or obese. There is a dramatic increase from adolescent years to adulthood. With the invention of modern conveniences such as elevators, escalators, airport walking paths, remote controls and video games, we are becoming a sedentary society. The Top Physical Challenge (TPC) was created to bring the concept of fitness back to society and law enforcement.

PURPOSE

The TPC is a fitness education program. The primary purpose of the TPC is to use physical fitness as a platform to introduce students to law enforcement and the New Jersey State Police. At the same time, it serves as a catalyst to encourage, develop and promote physical fitness participation. The TPC stresses fitness as a way of life and ties fitness with law enforcement. It also functions as a long term recruiting tool and serves as an example of the New Jersey State Police Academy's partnership with the 2011 Boy Scouts of America Camporee.

APPLICATION

The challenge will begin with an introduction of all TPC personnel, a brief history of the State Police, and the importance of fitness in law enforcement.

TPC personnel will administer a battery of fitness tests designed to test students in the areas of muscular endurance, anaerobic power, speed and agility. During the administration of the TPC, the focus will be on fitness as a way of life and the correlation of fitness and law enforcement. Students will also be introduced to the Trooper Youth Week Program and encouraged to participate upon becoming of age. TPC personnel will utilize NJSP academy facilities to administer the test.

The following information is a step by step description of the testing process, each component and the proper testing procedures:

OPENING RANKS

After the introduction, students will be put into four columns:

1. Four TPC personnel will position themselves in the middle of the floor forming four columns.
2. Students will be instructed to post in front of one of the four members on the floor.
3. Once columns are formed, TPC personnel will even out the columns. The first student in each column will be designated as the column's squad leader and will be responsible for moving the column to each exercise station. Students will remain with their designated columns throughout the challenge. Columns will be named Squads One, Two, Three and Four.
4. Students will be instructed that on the command of "Open Ranks Move," they will extend their arms out while running in place. Students will move left or right until they can fully extend their arms without touching another student. Students will be instructed to roar during this process. Students will then be instructed to turn left and perform the same process again. (Instructors will demonstrate the open rank process first.)

STRETCHING

After students are in the open rank formation, they will perform the following stretching exercises:

1. Neck stretch: Students will stand with feet shoulder width apart, hands on hips, and rotate the head in a circle for 15 seconds.
2. Shoulder stretch: Left arm across the chest hold for 15 seconds, switch right arm across chest hold 15 seconds.
3. Mid section stretch: Students stand feet slightly wider than shoulder width, hands on hips, lean to the left hold, right hold, forward and backwards.
4. Hamstring stretch: Arms extended up to the ceiling standing on toes, hold position, reach down touch toes, legs remain straight, repeat.
5. Calf stretch: Stand with hands on hips one foot in front of the other, and feet pointing forward. Bend both legs (squatting) to stretch the soleus muscle. Hold for 15 seconds, switch legs.

After stretching students, will remain in four columns and take a seat on the floor. TPC personnel will then hand out pre-printed scoring sheets to each student. TPC personnel, positioned in front of each column, will then collect the scoring sheets for their column from front to rear. TPC personnel will then position a row of mats in front of the formation.

Students will be briefed on the importance of a command voice in law enforcement and instructed on how to use it.

PUSH-UPS

The first students in each column will step onto the mats, announce their name using a command voice, and assume the push-up starting position. Upon completion of the exercise, students will fall back to the rear of their column and take a seat. This process will be repeated until all students in each column have completed the exercise. Again, TPC personnel will demonstrate the procedure first.

SIT-UPS

The first two students in each column will step onto the mats and announce their names in a command voice. The first student will assume the sit-up position. The second student will anchor the first student's feet down. After the first student completes the exercise, they will switch positions and the second student will perform the exercise. After completion, both students will then fall to the rear of their column. This process will be repeated until all students in each column have completed the exercise.

After the completion of push-ups and sit-ups, students will be moved to assigned areas for the remaining exercises. Squads One and Two will be assigned to the shuttle run. Squad Three and Four will be assigned to the broad jump. Squad leaders will move their squad to their assigned areas where they will take a seat on the floor and stand by for instructions.

SHUTTLE RUN

There will be two shuttle run stations. The first two students in each column will step up, announce their name, and position themselves next to the starting line cone. Students will perform the run two at a time, side by side, until all have participated.

BROAD JUMP

There will be two broad jump stations. The first two students in each column will step up to the broad jump mats, announce themselves, and perform two jumps. The longest jump of the two will be recorded. This process will be repeated until all students have participated.

Upon completion of the shuttle run by Squads One and Two and completion of the broad jump by Squads Three and Four. The squads will switch exercises until all have completed the shuttle run and the broad jump. Upon completion of both exercises, TPC personnel will bring their squad over to the pull-up area and began testing their squad until completion.

PULL-UPS / FLEXED ARM HANG

There will be two pull-up stations. The first student in each column will step up to the pull-up bar, announce their name, and perform as many pull-ups as possible. Females and males that cannot perform pull-ups will complete the flexed arm hang exercise. This process will be repeated until all students have participated.

CONCLUSION

Students will be congratulated on their performance and will receive participation certificates. Those that attain an overall score of 100% will also receive special recognition. Students will be advised that their scores will be ranked among their peers. This ranking will determine their individual and class fitness levels.