

SECURITY PHYSICAL ABILITY REQUIREMENT EVALUATION (S.P.A.R.E.)

Cardiovascular test

Cooper’s test 12 minute run. How far an individual can run/walk in twelve minutes.

The participants should be in good health and currently used to running. Before testing, verify that the pre-test screening items have been completed, i.e. PAR-Q. The flat surface or running track should be marked every 100m.

Age (yrs.)	Exceeds	Pass	Failure
Males 17-20	2500-2699m	2300-2499m	<2300m
Females 17-20	1800-2099m	1500-1799m	<1500m
Male 20-29	2200-2399m	1600-2199m	<1600m
Females 20-29	1800-2199m	1500-1799m	<1500m
Males 30-39	1900-2299m	1500-1999m	<1500m
Females 30-39	1700-1999m	1400- 1699m	<1400m
Males 40-49	1700-2099m	1400-1699m	<1400m
Females 40-49	1500-1899m	1200-1499m	<1200m
Males >50	1600-1999m	1300-1599m	<1300m
Females >50	1400-1699m	1100-1399m	<1100m

Endurance Test

Step-up Test Goal is minimum of 60 steps in 3 minutes

With the use of a step, with 2 risers per side, each participant will complete a 3 minute step-up test. This is a non-normative test with no age and gender comparative data.

Strength Test

Push-up test Max amount of push-ups completed in one minute

The subject attempts as many consecutive push-ups as they can without stopping to rest. Men do push-ups from the toe, women from the knee

Push-Up Norms for Men (completed in proper form)

Age (years)	15-19	20-29	30-39	40-49	50-59	60-69
Excellent	35+	34+	27+	21+	17+	16+
Desirable	27-<35	27-<34	21-<27	16-<21	11-<17	10-<16
Needs Impr.	18-<27	17-<27	12-<21	10-<16	7-<11	5-<10
Caution	<18	<17	<12	<10	<7	<5

Push-Up Norms for Woman (completed in proper form)

Age (years)	15-19	20-29	30-39	40-49	50-59	60-69
Excellent	31+	26+	24+	22+	17+	15+
Desirable	23-<31	20-<26	17-<24	14-<22	10-<17	2-<10
Needs Impr.	12-<23	10-<20	8-<17	5-<14	2-<10	2-<10
Caution	<12	<10	<8	<5	<2	<2

Total Test Time per Participant

Cardiovascular 12 minutes
Strength 1 minute
Endurance 3 minutes

UNBC Security Officers are required to obtain a **Pass** in the cardiovascular run and **Desirable** in the push up strength test.

References

1. ACSM, guidelines for Exercise testing and Prescription, 4th Edition, lea and Febiger, 1991
2. ACSM, Resource manual for guidelines for Exercise testing and Prescription, lea and Febiger, 1988
3. Government of Canada, fitness and Amateur Sport, Canadian Standardized Test of Fitness, 1986 Operation Manual
4. a b Cooper, Kenneth H. (January 1969). Aerobics. Bantam books. ISBN 978-0-553-14490-1.
5. Protocols from the Wellsource Fitness Assessment Manual