



Mishawaka Police Department

2014 HIRING PROCESS AND PHYSICAL TESTING

- Preliminary Application
- Written Aptitude Test
- Physical Testing
- Oral Interview
- Thorough Background Investigation
- Polygraph Examination (*After conditional offer of employment*)
- Physical/Medical Examination
- Pre-employment Drug Screening
- Psychological Examination
- Indiana Law Enforcement Academy (15 weeks)
- 12-16 Week Field Training Program

MINIMUM REQUIREMENTS TO BE CONSIDERED FOR APPOINTMENT

Please Read Carefully!

All applicants:

1. Must be a minimum of twenty-one (21) years of age at time of application, but not yet thirty-six (36) years of age at time of appointment
2. Must be a High School graduate or have a G.E.D.
3. Must be a citizen of the United States of America prior to the date of making application
4. Must become a resident of St. Joseph County, IN or adjoining county with approval from the Chief of Police upon appointment
5. Must have and maintain a valid, non-suspended, non-expired, non-conditional, non-revoked driver's license
6. Must keep the City of Mishawaka informed of address and telephone information changes if you want to remain on the list for appointment
7. Must be able to perform the essential functions of the job of patrol officer in a safe manner with or without a reasonable accommodation
8. Must not have been found guilty of a felony in any court which has not been annulled, expunged or sealed by a court
9. Must show valid driver's license for identification at the aptitude testing location to participate
10. Subject to mandatory drug testing.



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INDIANA LAW ENFORCEMENT ACADEMY PHYSICAL STANDARDS

<u>Physical Assessment Standards</u>	
Test	Standard
Vertical Jump	16 Inches
One Minute Sit-ups	29
300 Meter Run	71 Seconds
Maximum Push-ups	25
1.5 Mile Run	16 Minutes 28 Seconds

Vertical Jump: Measures leg power, and consists of measuring how high a person jumps.

One Minute Sit Ups: Measures abdominal, or trunk, muscular endurance. While lying on his/her back, the student will be given one (1) minute to do as many bent leg sit ups as possible.

300 Meter Run: Measures anaerobic power, or the ability to make an intense burst of effort for a short time period or distance. This component consists of sprinting 300 meters as fast as possible.

Maximum Push-Ups: Measures the muscular endurance of the upper body. This component consists of doing as many push-ups as possible until muscular failure.

1.5 Mile Run: Measures aerobic power or cardiovascular endurance (stamina over time). To complete this component you must run/walk, as fast as possible, a distance of 1.5 miles.

Testing will be conducted in the first week of training and again in the last week. Each component is scored separately and the standard must be met on each and every one.