



**5 th USPE EUROPEAN POLICE SPORT  
CONFERENCE**

**NOVEMBER 15th-18th IN EGER**



# **THE SYSTEM OF PHYSICAL FITNESS EXAMINATION IN THE HUNGARIAN POLICE**

**Márton P. Vincze**

**Acting President of the Hungarian Police Sport Federation**



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**Police officers must be  
physically and mentally fit and  
in excellent health in order to  
act in dangerous and random  
situation effective.**



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**ANNUAL PHYSICAL FITNESS EXAMINATION**

**ANNUAL MEDICAL EXAMINATION**

**PSYCHOLOGICAL EXAMINATION (once in two years)**

**ANNUAL SHOOTING EXAM**

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# PHYSICAL FITNESS EXAMINATION

- since 1995
- under age of 50
- once a year / in the recruitment too
- 4 different age groups
- 3 categories of different status/position

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# PHYSICAL FITNESS EXAMINATION

## 7 different exercises (4 +1)

- Sit-Up (60 sec)
- Push-up (30 sec)
- Standing Long Jump
- 4X10 m Shuttle Run
- Bent Arm Hang
- Bench Press (25 kg/W; 60 kg/M)
- **2000 m Run**

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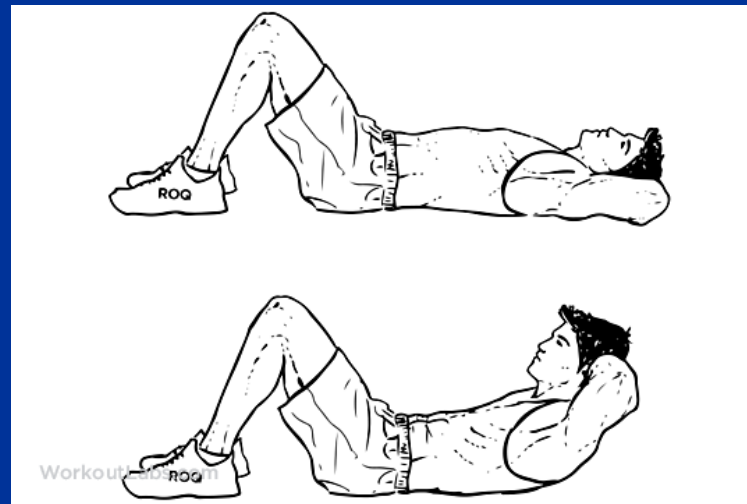
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# PHYSICAL FITNESS EXAMINATION

**SIT-UP** measures abdominal muscle endurance.



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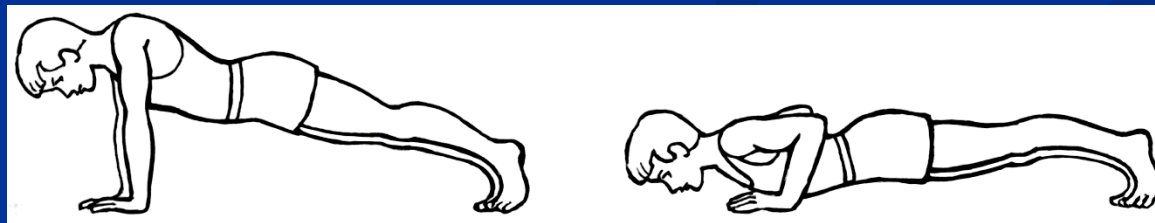
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## PHYSICAL FITNESS EXAMINATION

**PUSH UP** measures upper body strength and endurance.



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# PHYSICAL FITNESS EXAMINATION

## STANDING LONG JUMP

measures explosive leg power.



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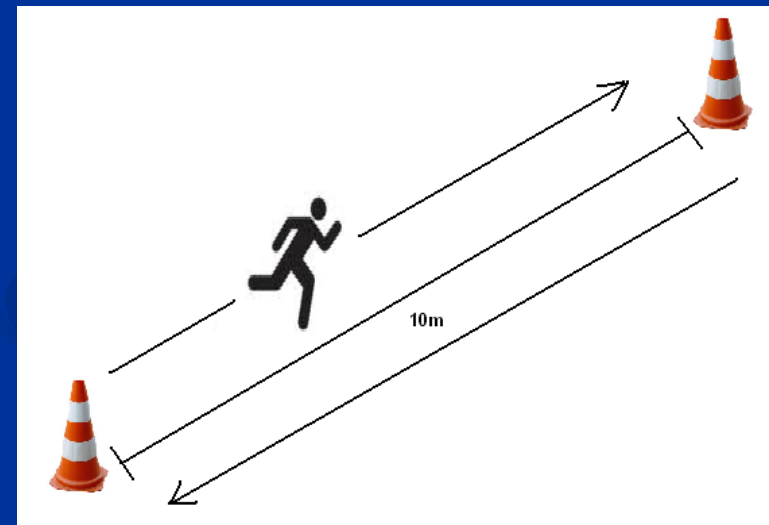
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## PHYSICAL FITNESS EXAMINATION

**4X10 M SHUTTLE RUN**  
measures agility and speed.



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## PHYSICAL FITNESS EXAMINATION

**BENT ARM HANG** measures  
upper body relative strength and  
endurance.



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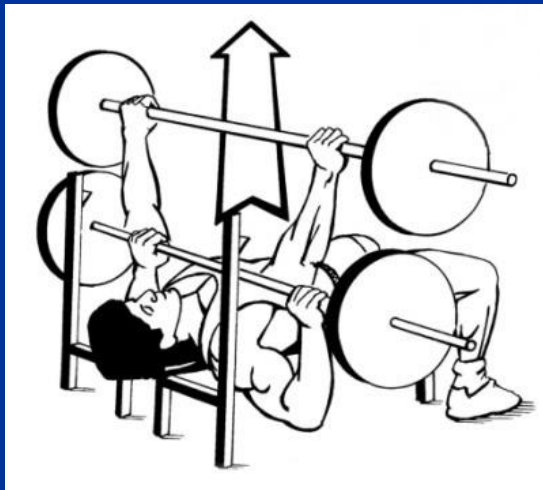
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## PHYSICAL FITNESS EXAMINATION

**BENCH PRESS** measures upper  
body muscular endurance.



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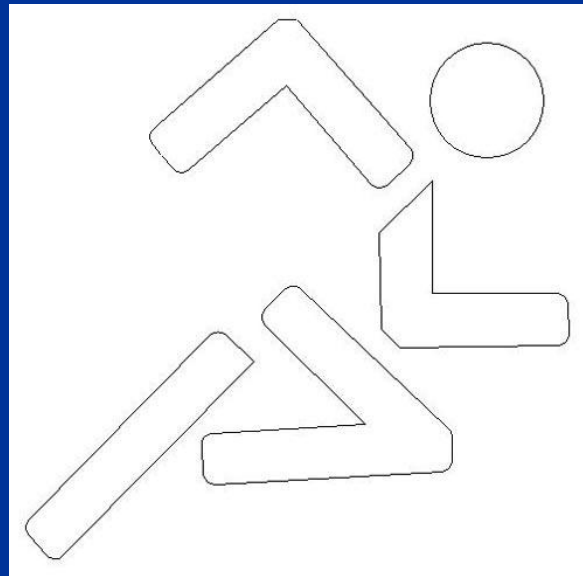
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## **PHYSICAL FITNESS EXAMINATION**

**2000 m RUN** is the test of aerobic fitness.



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# PHYSICAL FITNESS EXAMINATION

## HOW DOES THE HUNGARIAN POLICE SUPPORT THE POLICEMAN TO PASS THE EXAMINATION?

- 2 hours/week to get exercise in worktime
- Championships for the member of Ministry of Interior (Police Department, Fire Department, Prison Enforcement)
- Championships for only Police officers
- 30 Police Sport Clubs in Hungary

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**FUTURE?**

**INSTEAD OF PHYSICAL FITNESS EXAMINATION**



**PHYSICAL COMPETENCE TEST**

**FOR POLICE STUDENT ONLY IN THE RECRUITMENT**

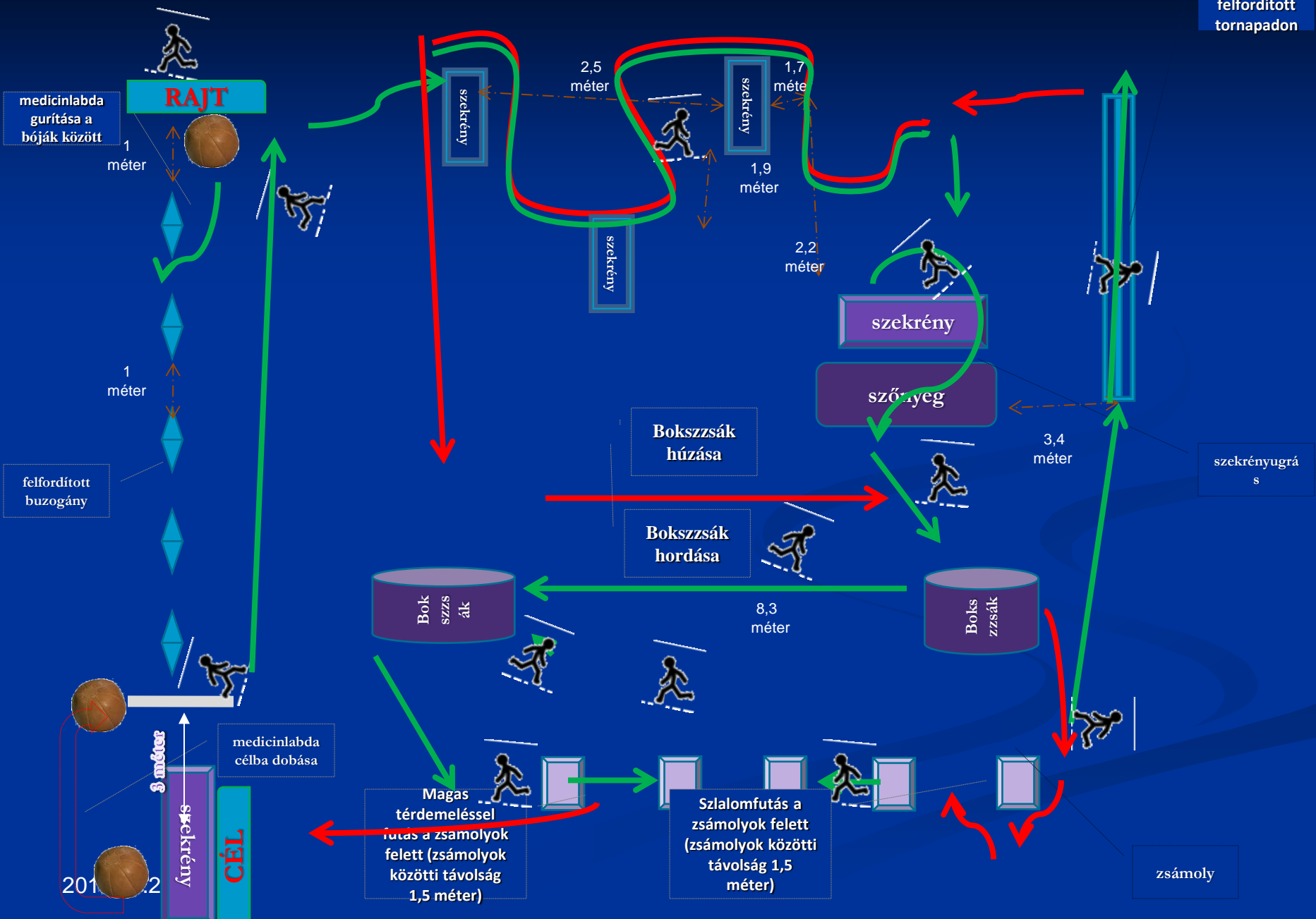
**(Obstacle course with different tasks)**

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# RENDESZETI AKADÁLYPÁLYA TERVEZETE

Futás a felfordított tornapadon





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**THANK YOU!**

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