

Physical Demands

A Paramedic student requires a high level of aerobic fitness, flexibility and strength. The physical capabilities are necessary to facilitate the lifting and supporting of patients, maneuvering hospital equipment and avoiding personal injuries.

As Strength and fitness are large components of the Paramedic program students will continue to be tested in the program to ensure they continue meeting these fitness levels

Testing Components – Description

Component #1: The Shuttle Run (Beep Test)

The shuttle run is geared to have candidate run back and forth over a 20-meter course. The shuttle run is geared to have candidate run back and forth over a 20-meter course in time with taped audio signals. The time permitted to cover the 20-meter course starts off at a slow pace, and then is made progressively faster until the candidate is no longer able to keep up. In each leg of the run, warning lines placed 2 meters for each of the end lines in the course, must be reached before the permitted time elapses. The participant is cautioned when he/she misses a warning line. The test is terminated when 2 consecutive warning lines are missed. The score recorded is the highest level completed as heard on the audiotape.

Percentage %	Male and Female
100	6
90	5.5
80	5
70	4.5
60	4

Component #2: Curl-ups

The participant lies in a supine position, head resting on the mat, with legs bent at a 90 degree angle at the knees. Arms are to be straight at the sides and parallel to the trunk, palms of the hands in contact with the mat and finger tips at the zero mark. The participant begins by flattening out the lower back and curling up the upper back. The hands slide along the mat to a second tape mark 12 cm from the first. When the second tape is reached, reverse the action and return to the starting position. The curling motion and return to the start are performed in cadence with a metronome set at 50 beats per minute. The applicant must keep in time with the cadence. The test is complete when the participant cannot continue, falls behind the cadence after 1 warning, or is doing the test incorrectly after 1 warning.

Percentage %	Male and Female
100	38 and over
90	31-37
80	28-30
70	25-27
60	21-24

Component #3: Push-ups

The participant starts by lying on his/her stomach with legs together and the hands placed under the shoulders, pointing forward. The test begins with the participant pushing up from the mat by fully extending his/her arms and using the toes as the pivotal point and keeping the body in line from the head to the toes. When you reach the fully extended position, begin to lower yourself to the mat but only continue until the elbows are at a 90-degree angle. The pushups are performed consecutively without a time limit and the test is complete when the participant cannot continue or when there is >2seconds between push-ups, or is doing the test incorrectly after 1 warning

Percentage %	Male and Female
100	43 and over
90	28-42
80	24-27
70	22-23
60	20-21

Component #4: Vertical Jump

The participant stands with side toward wall and reach up as high as possible keeping the feet flat on the ground. Record or mark standing reach. Standing slightly away from the wall, jump up as high as possible using both arms and legs to assist in projecting the body upwards. Touch the wall at the highest point of the jump. Calculate the "net height" by subtracting the standing reach height from the jump height. Best score of 3 is recorded

Percentage %	Male	Female
100	56 and over	42 and over
90	52-55	39-41
80	50-51	35-38
70	44-49	31-34
60	40-43	27-30

Component #5: Flexibility - UPDATED Nov. 2013

The participant, barefoot, sits on the floor with their legs fully extended, and the soles of the feet against a vertical surface. Keeping your knees fully extended and flat to the floor, arms evenly stretched forward with the palms down, the participant bends forward and reaches forward smoothly to a position of maximum flexion. Hold the position for 2 seconds and record the measurement. A second attempt may be made with the best measurement recorded as the score. Measurements are made follows:

Percentage %	Male and Female
100	4 - Palms touch wall
90	3 - Knuckles touch wall
80	2 - Fingertips touch wall
70	1.5 - Cannot touch wall (<15cm)
60	1 - Cannot touch wall (<30cm)

If the measurement is >30cm, indicate zero ("0") on the result sheet.