

**MISSOURI STATE HIGHWAY PATROL
GENERAL ORDER 32-03**

APPENDIX A 2/25

Trooper Candidate Fitness for Duty Assessment

TRIGGER PULL

Applicants will be required to demonstrate the following operations of the Patrol service weapon:

How to perform:

- 1.** You will pick up the pistol with your strong hand and bend your elbow to 90 degrees, pointing the muzzle of the pistol level and parallel to the floor. With the palm of your weak hand, you will grasp the top of the slide at the serrations, pull the slide to rear and release the slide to go forward. Extend the elbow completely forward, holding the pistol parallel to the floor, as if to aim the pistol, and squeeze the trigger. Bring the elbow back to 90 degrees and repeat the sequence until you have squeezed the trigger six times strong handed. You will then place the pistol in your weak hand and repeat the exercise until you have squeezed the trigger six times with your weak hand.
- 2.** You will now place the pistol in your strong hand. You will pick up the magazine from the table with your weak hand. Bend your elbow, pointing the muzzle upward at a forty-five degree angle, flip the pistol slightly, and insert a magazine into the magazine well, locking the magazine into place with the heel of your weak hand. You will then press the magazine release and remove the magazine completely from the magazine well. You will be required to repeat this procedure six times.
- 3.** Next you will grasp the pistol in your strong hand. With the weak hand, grasp the top of the slide at the serrations, pulling the slide to the rear. Push upward on the slide lock lever, while letting the slide go slightly forward to lock the slide open. You will place the pistol on the table removing your hand to complete the trigger pull demonstration.
- 4.** If at any time you fail to follow instructions, the test monitor will notify you and direct you to repeat that portion of the test which you failed to perform properly.
- 5.** You will be allowed two minutes and thirty seconds to complete this event. If you fail to complete the event in the allotted time, you will be disqualified.

500-METER ROW

Purpose

This is a test of anaerobic capacity. This is an important area for performing short, intense bursts of effort such as pursuit tasks. The score is the time to complete a 500-meter row.

How to Perform:

- 1.** You should stretch and warm up before testing.
- 2.** You will be instructed when to begin the test.
- 3.** Your time to complete the 500 meters will be recorded.
- 4.** You should walk 3-5 minutes immediately following to cool down. This is an important safety consideration. (Minimum recovery time 20 minutes before beginning the 1.5 mile run.)

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1.5 MILE RUN

Purpose: This is a measure of cardiovascular endurance or aerobic power.

How to Perform:

1. You will be instructed to "Go".
2. You will complete six complete laps of the track.
3. As you cross the line after each lap, shout your bib number and the lap you just completed.
4. Your score will be recorded as the time it takes to complete the run.
5. Please remember your time as you cross the finish line. (Cardio-cool down for 5 minutes by walking.)