

**NEW INDIVIDUAL PHYSICAL PROFICIENCY TEST (IPPT) FORMAT AND SCORING SYSTEM FOR THE HOME TEAM**

Physical fitness is a requisite for Home Team frontline officers. National Servicemen are an integral part of the Home Team. The Home Team plans to implement a new IPPT format and scoring system for all Home Team National Servicemen from 1 Apr 2015. The key features of the new IPPT format and scoring system are illustrated below.

**Key Features of the New IPPT Format and Scoring System**

2. A simpler three-station IPPT format to encourage personal ownership of fitness. The new three-station test format comprises *push-ups*, *sit-ups*, and a *2.4km run*. These stations will measure the strength and cardiovascular fitness of our NSmen (see Table 1). This new and simpler format would allow our NSmen to train and maintain their fitness, without the need for specialised technique or equipment, and can be incorporated as exercises in their daily routine. The new format would further motivate our NSmen to take greater ownership of their fitness.

**Table 1: New IPPT Format**

Basic Fitness Component	IPPT Station
Upper body strength and endurance	Push-Up
Abdominal strength and endurance	Sit-Up
Cardiovascular fitness, and lower body strength and endurance	2.4km run

3. New scoring system to motivate personal excellence. The new scoring system allows an NSman to score up to 50 points for the 2.4km run, and 25 points each for the push-up and sit-up test stations. Similar to the current IPPT, NSmen will need to score the requisite number of points to achieve a Pass, Pass with monetary incentive, Silver or Gold IPPT awards. The test standards for NSmen are at Table 2.

**Table 2: New IPPT Standards for NSmen**

Award Type	Total Points Required
Pass	>50
Pass with Incentive	>60
Silver	>70
Gold	>80

4. Shorter age categories for a better performance-to-age match. The current age categories will also be shortened from 5-year bands to 3-year bands. This shorter age categories would allow the Home Team to better differentiate the different age groups of our NSmen, and is a better performance-to-age match. Instead of having to perform to the same standards in a five-year age block, NSmen will perform to a

new standard every three years. This shorter age category would be more sensitive to the effects of age on the physical fitness of our NSmen.

5. The scoring tables are at Annexes A1 to A3.

### **Examples for Illustration**

6. Age Group 3 Pass example. For a 25-to-27 year old NSman to achieve Pass, he would be required to perform 16 Push-Ups in 1 min (6 pts), 30 Sit-Ups in 1 min (14 pts) and complete his 2.4km run in 12min 40s (31 pts). With this performance, he would accumulate a total score of 51 points, which would make him eligible for the Pass Award.

7. Age Group 6 Gold Award example. For a 34-to-36 year old NSman aiming to achieve Gold award, he would be required to perform 35 Push-Ups in 1 min (20 pts), 35 Sit-Ups in 1 min (20 pts) and complete his 2.4km run in 10min 40s (41 pts). With this performance, he would accumulate a total score of 81 points, which would make him eligible for the Gold Award.

### **Implementation**

8. Pilot implementation. The Home Team will be part of the pilot implementation from Sep to Nov 14 to fine-tune the administration of the new IPPT.

---





