Preparing for ORPAT

In preparation for the Oregon Physical Abilities Test (ORPAT); individuals should take into consideration many factors that will influence their training. Among these are: current training routines; knowledge of training modalities; specific goals for training; and an understanding of the components of fitness. Individuals that currently exercise regularly and across all components of fitness should be prepared for the test with possibly some minor adjustments to their routine. **Before beginning any exercise program, it is important to consult a physician about your current state of health and any problems that arise during your selected form of exercise.**

Components of Fitness

Flexibility – The ability to elongate muscles and move joints through a normal range of motion.

Cardiovascular Endurance – The ability to elevate the heart rate and maintain that elevated heart rate for extended periods of time.

Muscular Endurance – The ability of a muscle or muscle group to perform repeated movements for extended periods of time (sub-maximal).

Muscular Strength – The greatest amount of force a muscle or muscle group can exert in a single effort (maximal).

Warm-Up and Dynamic Flexibility

A good warm-up is key in developing flexibility and preventing injury. In order for muscles to elongate they must be warm. To make this happen "Just Move." No matter your preferred movement; jogging, back-pedaling, side shuffles, skipping, jumping rope, shadow boxing; "Just Move" for 3-5 minutes to warm-up before beginning dynamic stretching.

Dynamic stretching is the elongation of muscles through movement. While slowing from the warm-up you should continue to move during dynamic stretching. The following some examples of dynamic stretches that could be utilized during a warm-up.

1. Walking Lunge – Step forward with a long stride, keeping the front knee over the ankle. Drop back knee toward the ground without touching the ground. Stand up and walk a couple of steps and repeat on the other leg.

2. Knee Hug to a Lunge – Bring one knee to the chest; release into a lunge; walk a couple of steps and repeat on the other leg.

3. Alternating Side Lunge – Long stride to the side. Squat down keeping the back leg straight and entire sole of the foot planted on the ground. Stand up and walk a couple of steps, face opposite direction and repeat on the other leg.

4. Lunge with a Twist – Same as a walking lunge with the addition of an upper body rotation over the forward leg at the bottom of the lunge.

5. Walking Toe Grab – Reach down and grab toes on same side, keeping leg straight. Stand up and walk a couple of steps and repeat on the other leg.

6. Straight-Legged March – Keeping legs straight, kick one up in front of body as high as possible. Reach out with opposite side hand and try to touch the toes. Walk a couple of steps and repeat on other leg.

7. Bent Knee Glute Sit – Keeping one leg straight, bend other at the knee across straight leg just above the knee. Put slight downward pressure on the knee while at the same time putting slight upward pressure at the heel. From this position sit down until you feel a stretch through the glutes. Stand up and walk a couple of steps and repeat on the other leg.

8. Ankle Pick to a Toe Touch – Keeping one leg straight, bend other at the knee and behind the straight leg. Grab foot with opposite side hand. Bend over and touch toes with available hand. Walk a couple of steps and repeat on the other leg.

Training

The best means of training for the ORPAT is powerful, short-burst movements. H.I.T.T. style interval training will help to prepare you. Resistance training will help you to sustain some of the impact created by the obstacles. Movements requiring you to change elevation, go to the ground and get back up or navigating stairs will be very beneficial. Again, try to create programs that incorporate all components of fitness. If you have a preferred training modality (ex. running or resistance training) continue with it. Simply add exercises that correlate to the obstacles presented by the course.

Click here to watch the ORPAT video