

## THE PHYSICAL FITNESS ASSESSMENT

The Physical Fitness Assessment is administered to all DEPUTY SHERIFF APPLICANTS as part of the total selection process. The purpose of this assessment is to predict physiological readiness to perform under emergency conditions.

The Physical Fitness Assessment consists of four (4) parts as described below. It is strongly recommended that applicants prepare (train) for this test by attempting all four parts, and determining any areas of weakness. If you are not actively maintaining better than average personal fitness, you will need to train (practice) for this event. All applicants must bring the signed Physician's Statement (attached) with them to the fitness assessment.

The Physical Fitness Assessment consists of the following four tests:

- (1) AEROBIC CAPACITY:** This is measured by a 1.5 mile timed run, six (6) laps around a quarter mile track. The minimum passing standard is **14:46** (14 minutes and 46 seconds). This is accomplished out-of - doors, and the applicant will be expected to perform **regardless of weather conditions**. (Have water available for after your test.)
- (2) FLEXIBILITY:** The "sit" and "reach" exercise measures the distance the applicant can reach past the toes while sitting with legs extended (knee flat), straight out in front of the body. The feet are placed against the measuring apparatus and the applicant will reach slowly past the toes. Measurements are taken where the fingertips touch on the measuring device, best of three (3) attempts. The minimum passing standard is **two (2) inches past the toes** for a score of seventeen (17).
- (3) MUSCULAR ENDURANCE:** This is measured by the total number of bent leg sit-ups achieved in one minute. Arms will be folded across the chest and hands must remain on opposite shoulders. The minimum passing standard is **twenty-nine (29) sit-ups**.
- (4) DYNAMIC STRENGTH:** This bench press exercise is performed on **free weights**, the best of three (3) attempts. Your best lift is calculated as a percentage of your body weight. The minimum passing standard is **seventy-two (72) percent of body weight**.

**REMEMBER: YOU MUST BE PREPARED TO PASS THIS ASSESSMENT.**

**IN THE EVNT YOU DO NOT PASS THE PHYSICAL FITNESS ASSESSMENT;  
YOU WILL BE GIVEN AN OPPORTUNITY FOR A RETEST WITHIN 30 DAYS,  
WHICH WILL BE SCHEDULED BY THE SHERIFF'S DEPARTMENT.**