

Department of Corrections

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THE PHYSICAL FITNESS ASSESSMENT

The Physical Fitness Assessment is administered to all **Correctional Officer 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 three (3) parts as described below. It is strongly recommended that applicants prepare (train) for this test by attempting all three parts, and determining any areas of weakness. If you are not actively maintaining an average personal fitness level, 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 three tests:

(1) AEROBIC CAPACITY:

This is measured by a 1.0 mile timed run, four (4) laps around a quarter mile track. The minimum passing standard is 16 minutes. 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) MUSCULAR
ENDURANCE:**

This is measured by a set 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 standards are **twelve (12) for males and eight (8) for females.**

(3) DYNAMIC STRENGTH:

This is measured by a set number of straight leg push-ups achieved in one minute. Your hands should be about shoulder width apart and your toes on the floor. The minimum passing standards are **eight (8) for males and four (4) for females.**

REMEMBER: YOU MUST BE PREPARED TO PASS THIS ASSESSMENT.

**IN THE EVENT 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 GWINNETT COUNTY DEPARTMENT OF
CORRECTIONS.**