

PHYSICAL FITNESS SCREENING TEST

Candidate's name: _____
(Print)

As part of your examination you must complete a physical fitness screening. The following is a brief description of the test battery:

1. SIT-UP **Muscular Endurance (Core Body)** – The score indicated below is the number of bent-leg sit-ups performed in one minute.
2. PUSH-UP **Muscular Endurance (Upper Body)** – The score below is the maximum number of full body repetitions that a candidate must complete without breaks.
3. 1.5 MILE RUN **Cardiovascular Capacity** - The score indicated below is calculated in minutes: seconds. This will only be administered to those who successfully complete components #1 and #2.

If a candidate does not successfully score for each of the elements of the test battery, the candidate shall not be deemed to have successfully completed the test. **NO ALTERNATE TESTING WILL BE ALLOWED.**

| AGE/SEX | SIT-UP | PUSH-UP | 1.5 MI RUN |
|---------------|--------|---------|------------|
| MALE | | | |
| Up to 29 | 38 | 29 | 12:38 |
| 30-39 | 35 | 24 | 12:58 |
| 40-49 | 29 | 18 | 13:50 |
| 50-59 | 24 | 13 | 15:06 |
| 60+ | 19 | 10 | 16:46 |
| FEMALE | | | |
| Up to 29 | 32 | 15 | 14:50 |
| 30-39 | 25 | 11 | 15:43 |
| 40-49 | 20 | 9 | 16:31 |
| 50-59 | 14 | | 18:18 |
| 60+ | 6 | | 20:16 |

RELEASE TO PARTICIPATE IN SCREENING TEST:

Candidate's Release Statement: Having read this form, and having understood the test procedures, I consent to participate. I assume legal responsibility and release the county of liability for any possible injury resulting from this test.

Candidate's Signature

Physician's Release Statement: I certify that _____:

- is physically capable of performing the physical fitness screening test as described; or
 is not physically capable of performing the physical fitness screening test as described, (attach specifics, including anticipated date candidate will be able to participate).

Physician's Name (Print) _____

Signature _____

Date: _____

SECOND TEST/ RETEST POLICY

Physical Fitness Screening:

Should a candidate fail to meet any one element of the Physical Fitness Screening Test, he/she will be allowed to take/retake the test one final time. The candidate will be tested/ retested on all of the elements of the Physical Fitness Screening Test and not just the element(s) which were not achieved.

Second tests/ retests will be held at the discretion of the Personnel Officer, approximately one (1) week after the first performance test date, or at the Personnel Officer's earliest possible convenience.

If a candidate fails to meet any one element of the Physical Fitness Screening after the second test date/ retest, they are considered to have failed the entire exam and their name will not be certified to appointing authorities. Candidates would then have to wait to retake the written examination prior to retaking the performance exam for the third time.

Note: Failure to appear for a scheduled physical fitness screening test will be considered equivalent to failure. A maximum of two physical fitness screening tests, or equivalent, will be allowed for any candidate.

**PROCEDURES FOR
MUSCULAR ENDURANCE
SIT-UP**

Muscular endurance is defined as the ability to contract the muscle repeatedly over a specific period of time without undue fatigue.

Procedures

SIT-UP TEST

This test measures the abdominal muscular endurance.

1. The subject starts by lying on the back, knees bent, heels flat on the floor, with the fingers laced and held behind the head (or hands cupped behind the ears.) Note: law enforcement should follow formal protocol and not cup the ears.
2. A partner holds the feet down firmly.
3. The subject then performs as many correct sit-ups as possible in one minute.
4. In the up position, the individual should touch his elbows to his knees and then return until the shoulder blades touch the floor.
5. Score is total number of correct sit-ups. Any resting should be done in the up position.
6. Breathing should be as normal as possible and make sure the subject does not hold their breath as in the Valsalva maneuver.
7. Neck remains in the neutral position.

PROCEDURES FOR MUSCULAR ENDURANCE PUSH-UP

Muscular endurance is defined as the ability to contract the muscle repeatedly over a specific period of time without undue fatigue.

PUSH-UP TEST

(If bench press equipment is not available, then the push-up test is often substituted for an upper body measure of strength.)

This test measures the muscular endurance of the upper body (anterior-deltoid, pectoralis major, triceps).

1. The hands are placed about shoulder-width apart, with fingers pointing forward. The administrator places one fist on the floor below the subject's chest. If a male is testing a female, a 3-inch sponge may be placed under the sternum to substitute for the fist.
2. Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Subject then returns to the up position. This is one repetition.
3. Resting should be done only in the up position.

PROCEDURES FOR AEROBIC POWER TESTING

1.5 Mile Run Test

The 1.5 mile run is a measure of aerobic power (cardiovascular endurance). It is a Level III test (quite vigorous), and individuals should successfully complete Level I and Level II screening prior to test administration. The objective in the 1.5 mile run is to cover the distance as fast as possible.

Equipment

1. A stopwatch.
2. An indoor or outdoor track or another suitable flat running area measured to 1.5 miles.
3. Testing forms to record data.

Procedures for 1.5 Mile Run

1. Participants should not eat a heavy meal or smoke for at least 2-3 hours prior to the test. Participants should warm up and stretch thoroughly prior to the test.
2. If possible, each subject should have experienced some practice in pacing prior to the test. Often subjects will attempt to run too fast early in the run and become overly fatigued prematurely. A trained pacer might accompany the participants around the track during the actual test.
3. The participant runs 1.5 miles as fast as possible. If a **440 yard** track is used, 6 laps must be completed using the inside lane (lane 1). If using a **400 meter** track, an additional 15 yards must be run after the 6 laps are completed.
4. During the administration of the test, the participants can be informed of their lap times. Finish times should be called out and recorded.
5. Upon test completion, a mandatory cool down period is enforced. The participants should walk slowly for about 5 minutes immediately after the run to prevent venous pooling (i.e. pooling of the blood in the lower extremities which reduces the return of blood to the heart, and may cause cardiac arrhythmias).