

**PHYSICAL ABILITY STANDARDS**

**PUSH-UPS – Designed to measure upper body muscular endurance and absolute strength. Applicants must be able to complete 18 properly executed push-ups within one minute.**

The hands are placed approximately shoulder-width apart. The administrator places a fist on the floor below the applicant’s chest.

Starting from the up position (elbows fully extended), the applicant must maintain a straight back and lower their body to the floor until their chest touches the administrator’s fist. The applicant then returns to the upper position.

**SIT-UPS – Designed to measure abdominal muscular endurance. Applicants must be able to complete 28 properly executed sit-ups within one minute.**

The applicant starts in the up position, knees bent, heels flat on the floor, hands folded across the chest, touching the shoulders.

A partner holds the feet firmly in place.

In the up position, the applicant should pass the elbows over the knees, then return until the shoulder blades touch the floor. Any resting must be done in the up position.

**1.5 MILE RUN – Designed to measure cardiovascular capacity. Applicants must be able to complete the 1.5-mile run within 14 minutes, 36 seconds.**

Equipment: A stopwatch or clock with a sweep second hand, an indoor or outdoor track, or another suitable running area measured to 1.5 miles, and testing forms to record data.

The applicant should refrain from smoking and eating for at least two hours prior to the test.

Allow adequate time prior to the test for stretching and warm-up exercises.

During the administration of the test, the applicants can be informed of their lap times. If several applicants run at once, their individual times at the finish can be called out and recorded later.

A crucial consideration at the end of the run is the cool-down period.

Applicants should be cautioned against sitting or standing immediately after the run to prevent venous pooling. They should be instructed to walk an additional five minutes or so to enhance venous return and aid in recovery.

**HOW TO PREPARE FOR THE TESTS**

Consult your physician prior to starting this exercise program. The following guidelines are presented based on a 12-week period preceding screening.

**Preparing for the PUSH-UPS (upper body strength):**

Determine how many push-ups you can do in one 1 minute. At least three (3) times per week, do three (3) sets of the amount you can do in one (1) minute.

**Preparing for the SIT-UPS (muscular endurance).**

The progressive routine involves doing as many bent-leg sit-ups (with hands folded across the chest and someone holding your feet) as possible in one minute. At least three (3) times per week, do three (3) sets (three (3) groups of the number of repetitions you did in one (1) minute).

**Preparing for 1.5 MILE RUN (cardiovascular capacity):**

Below is a gradual schedule that would enable you to perform a maximum effort for the 1.5-mile run. If you can advance the schedule on a weekly basis, then proceed to the next level. If you can do the distance in less time, then that is encouraged.

Week	Activity	Distance (Miles)	Time (Mins)	Frequency (Week)
1	Walk	1	17-20	5
2	Walk	1.5	25-29	5
3	Walk	2	32-35	5
4	Walk	2	28-30	5
5	Walk/Jog	2	27	5
6	Walk/Jog	2	26	5
7	Walk/Jog	2	25	5
8	Walk/Jog	2	24	4
9	Jog	2	23	4
10	Jog	2	22	4
11	Jog	2	21	4
12	Jog	2	20	4

Applicants must successfully pass this pre-employment physical ability examination. These tests have been validated and demonstrate the ability to perform job-related tasks necessary to carry out the essential functions of the deputy sheriff position.

The tests described are graded as pass or fail; acceptance is based upon successfully passing all four measures.



**“Results happen over time, not overnight. Work hard, stay consistent.”**

