

Deputy Sheriffs' Education and Training Board

Physical Fitness Standards

The physical fitness test will consist of the following exercises:

- Vertical Jump
- One Minute Sit Up
- 300 Meter Run
- Maximum Push Up
- 1.5 Mile Run

The procedure and order for testing is as follows:

1. Warm up for 3 minutes; perform the Vertical Jump test and rest for 2 minutes.
2. Perform the One Minute Sit Up test and rest for 5 to 10 minutes.
3. Perform the 300 Meter Run, then rest for 5 to 10 minutes.
4. Perform the Maximum Push Up test, then rest for 5 to 15 minutes.
5. Do cardio-warm up for 2 to 3 minutes, then perform the 1.5 Mile Run and cardio-cool down for 5 minutes.

Students are required to pass all of the tests to pass the Physical Fitness course.

Vertical Jump

Procedures:

1. Subject stands under the Vertec and reaches as high as possible.
(The Vertec is a device specifically made to accurately measure the vertical jump) The Vertec is adjusted so the bottom vane touches the subjects' fingertips. Agencies desiring to pretest do not need a Vertec. They can simply measure progress on a wall.
2. The subject jumps as high as possible and touches the highest vane possible to measure. The vanes are spaced $\frac{1}{2}$ inch apart and rotate when touched. Prior to the jump, one foot must remain stationary on the floor.
3. Score is the total inches, to the nearest $\frac{1}{2}$ inch.
4. The best of three trials is the score.

	Males	Females
< 20	20.0	14.0
20 – 29	20.0	14.0
30 – 39	18.6	12.0
40 – 49	15.5	9.6
50 – 59	13.5	-
60 +	-	-

1 Minute Sit Up

Procedures:

1. The subject starts by lying on the back, knees bent, heels flat on the floor, with the hands with fingers laced behind the head. Avoid pulling on the head with the hands. The buttocks must remain on the floor with no thrusting of the hips.
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 elbows to knees and then return until the shoulder blades touch the floor.
5. Score is total number on correct sit-ups. Any resting should be done in the up position.
6. Breathing should be as normal as possible; making sure the subject does not hold their breath.
7. Neck remains in the neutral position.
8. Do not pull on the head or neck.

	Males	Females
< 20	41	32
20 – 29	38	32
30 – 39	35	25
40 – 49	29	20
50 – 59	24	14
60 +	19	6

300 Meter Run

Procedures:

1. Participant runs 300 meters at maximum level of effort. Time used to complete distance is recorded in seconds.
2. Participants should walk for 3-5 minutes immediately following test to cool down.

	Males	Females
< 20	59.0	71.0
20 – 29	59.0	71.0
30 – 39	58.9	79.0
40 – 49	72.0	94.0
50 – 59	83.2	-
60 +	-	-

Maximum Push Up

Procedures:

1. The hands are placed slightly wider than 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 should 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. There is no time limit. Resting should be done only in the up position. Both hands must remain in contact with the floor at all times.
4. The total number of correct pushups is recorded as the score.

	Males	Females
< 20	29	15
20 – 29	29	15
30 – 39	24	11
40 – 49	18	9
50 – 59	13	-
60 +	10	-

1 ½ Mile Run

Procedures:

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. The participant runs 1 ½ miles as fast as possible.
3. During the administration of the test, participants can be informed of their lap times. Finish times should be called out and recorded.
4. Upon test completion, a mandatory cool down period is enforced. The participants should walk slowly for about 5 minutes.

	Males	Females
< 20	12:29	15:05
20 – 29	12:29	15:05
30 – 39	12:53	15:56
40 – 49	13:50	17:11
50 – 59	15:14	19:10
60 – 69	17:19	20:55
70 – 79	19:43	23:47

