

Attention Deputy Sheriff Candidates:

If you attended the written test, this message is for you. Once the results of the exam come in we will be scheduling the physical fitness portion...and now is the time to start preparing! Don't wait until we reach out with a date. You've come this far, don't let yourself down. Here is a breakdown of the physical requirements...

Candidates will be required to submit a statement from their physician indicating that they are capable of participating in the physical fitness screening test. The following is a brief description of the physical fitness test:

Sit-ups: Muscular endurance (core body) – The score indicated below is the number of bent-leg sit-ups performed in one minute.

Push-ups: Muscular endurance (upper body) – The score below is the maximum number of full body repetitions that a candidate must complete without breaks. This test measures muscular endurance of the upper body (anterior deltoid, pectoralis major and triceps).

1.5-Mile Run: Cardiovascular Capacity – The (time) score indicated below is calculated in minutes:seconds.

PHYSICAL FITNESS TEST REQUIREMENTS

<u>MALES:</u>				<u>FEMALES:</u>			
<u>Age</u>	<u>Sit-up</u>	<u>Push-up</u>	<u>1.5-Mile Run</u>	<u>Age</u>	<u>Sit-up</u>	<u>Push-up</u>	<u>1.5-Mile Run</u>
20-29	38	29	12:38	20-29	32	15	14:50
30-39	35	24	12:58	30-39	25	11	15:43
40-49	29	18	13:50	40-49	20	9	16:31
50-59	24	13	15:06	50-59	14	-	18:18
60+	19	10	16:46	60+	6	-	20:16

The Municipal Police Training Council adopted the physical fitness-screening test based on the model formulated by the Cooper Institute of Aerobics Research. The minimum passing scores, depending on age and sex, represent the fortieth (40th) percentile of physical fitness as established by the Cooper Institute. **Failure on a part of qualifying test will remove your name from further consideration for appointment. We reserve the right to schedule these examinations for only as many candidates necessary for vacancies as they may occur during the life of the eligible list.**