

Polk County Civil Service Commission

Bill Hansen Commissioner • Deb Leonard Commissioner • Helen Youngs Commissioner

Physical Fitness Test Minimum Scores for Employment as a Deputy Sheriff (scores indicate the 40th percentile of fitness)

Sit-ups Muscular Endurance: The score is the number of bent leg sit-ups performed in one minute. Hands must remain on or about the head, in the up position, elbows should touch the knees or upper portion of the thigh, in the down position, the back must come down so that shoulder blades touch the floor. Legs may be held for assistance.

Sit-and-Reach Flexibility: The sit-and-reach test measures flexibility of the lower back and upper leg area. The test involves stretching out to touch the toes or beyond with extended arms from a sitting position. The score is in inches reached out on a yard stick fastened to an apparatus with 15 inches being at the toes and the one inch mark closest to the body. Knees must be locked and the hands together as the person stretches down the measuring apparatus.

Push-ups Absolute Strength: The score is calculated by the number of push-ups performed in one minute. The body is supported by the hands and feet touching the ground, with legs straight and off the ground. The chest must come down and touch a fist placed under the individual's chest, then arms must go to full extension to complete a push up.

1.5 Mile Run Cardiovascular Capacity: The score is in minutes and seconds.

Age/Sex	Sit Ups (performed in 1 minute)	Sit-and-Reach	Push-Ups (performed in 1 minute)	1.5 Mile Run
Male				
20 – 29	38	16.5	29	12:51
30 - 39	35	15.5	24	13:36
40 – 49	29	14.3	18	14:29
50 – 59	24	13.3	13	15:26
60 +	19	12.5	10	16:43
Female				
20 – 29	32	19.3	15	15:26
30 – 39	25	18.3	11	15:57
40 – 49	20	17.3	9	16:58
50 – 59	14	16.8	12*	17:54
60 +	6	15.5	5*	18:44

*Females in excess of 49 years of age may do push-ups on their knees.

Suggested Training

Preparing for the Muscular Endurance (sit-up) test:

The progressive routine is to do as many bent-leg sit-ups (hands must remain on or about the head) as possible in one minute. At least three times per week do three sets (three groups of the number of repetitions you did in one minute).

Preparing for the Flexibility (sit-and-reach) test:

Performing sitting types of stretching exercises daily will increase this area. There are two recommended exercises:

- Sit-and-reach – Do five repetitions of the exercise. Sit on the ground with legs straight. Slowly extend forward at the waist and extend the fingertips toward the toes while keeping the legs straight. Hold for ten seconds.
- Towel stretch – Sit on the ground with the legs straight. Wrap a towel around the feet holding the ends with each hand. Lean forward and pull gently on the towel extending the torso toward the toes.

Preparing for the Absolute Strength (push-up) test:

Determine how many push-ups you can do in one minute. At least three times a week do three sets of the amount you can do in one minute.

Preparing for the Cardiovascular Capacity (1.5 mile run) test:

Below is a graduated 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 (minutes)	Frequency (x per 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	24	4
10	Jog	2	22	4
11	Jog	2	21	4
12	Jog	2	20	4

*Suggestions by the Institute for Aerobics Research.