

**Dutchess County Department of Human Resources**  
**Physical Fitness Standards and Procedures for Deputy Sheriff/Police Officer and**  
**Correction Officer Candidates**

The 1.5 mile run shall only be administered to such individuals who have successfully completed each of the other two elements of the test battery (sit-up and push-up).

- Sit-Up                      Muscular endurance (core body) – The score indicated below is the number of bent-leg sit-ups performed in one minute.
- Push-Up                    Muscular endurance (upper body) – The score below is the number of full body repetitions that a candidate must complete without breaks.
- 1.5 Mile Run              Cardiovascular capacity – The (time) score indicated below is calculated in minutes:seconds.

Age : Gender		Test		
	Age	Sit-Up	Push-Up	1.5 Mile Run
<b>Males</b>	20-29	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
<b>Females</b>	20-29	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

**MUST WEAR LOOSE FITTING CLOTHING AND SNEAKERS. BRING BOTTLE OF WATER AND EAT A LIGHT BREAKFAST.**

## PROTOCOL FOR MUSCULAR ENDURANCE TESTING

### Sit Up

#### Procedures

This test measures 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 elbows to 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, making sure the subject does not hold their breath as in the Valsalva maneuver.
7. Neck remains in the neutral position.
8. Do not pull on the head or neck.

## PROTOCOL FOR MUSCULAR ENDURANCE TESTING

### **Push Up**

#### Procedures

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

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.
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 1.5 Mile Run Test

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 1.5 miles as fast as possible.
3. During the administration of the test, the participants will be informed of their lap times. Finish times will be called out and recorded.

An outdoor or indoor track may be used depending on weather conditions.