

# Sheriff and Deputy Sheriff Education and Training Board



## Physical Fitness Testing

The Sheriff and Deputy Sheriff Education and Training Board requires that students attending the Basic Training Academy leading to certification as a sheriff/deputy sheriff in Pennsylvania successfully complete an entrance physical fitness test and a certification physical fitness test as part of the certification process.

These tests are based on the Cooper Institute's "Physical Fitness Assessments and Norms."

- The entrance physical fitness test is graded at the 20% as determined by age/sex standards.
- The certification physical fitness test is graded at the 40% as determined by age/sex standards.

The physical fitness tests will consist of the following exercises:

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

## VERTICAL JUMP

“YOU WILL STAND UNDER THE VERTEC AND REACH AS HIGH AS POSSIBLE. THE VERTEC IS ADJUSTED SO THE BOTTOM VANE TOUCHES YOUR FINGERTIPS. YOU WILL JUMP AS HIGH AS POSSIBLE AND TOUCH THE HIGHEST VANE POSSIBLE. THE VANES ARE SPACED ½ INCH APART AND ROTATE WHEN TOUCHED. PRIOR TO THE JUMP, ONE FOOT MUST REMAIN STATIONARY ON THE GROUND.

SCORE IS THE TOTAL INCHES, TO THE NEAREST ½ INCH.

THE BEST OF THREE ATTEMPTS IS YOUR FINAL SCORE.

	Males		Females	
Age	Entrance	Certification	Entrance	Certification
< 20	17.5	20.0	12.6	14.0
20 – 29	17.5	20.0	12.6	14.0
30 – 39	16.5	18.6	11.0	12.0
40 – 49	14.0	15.5	7.8	9.6
50 – 59	11.9	13.5	-	-
60 +	-	-	-	-

## ONE-MINUTE SIT-UP

“ON THE COMMAND ‘GET SET,’ ASSUME THE STARTING POSITION BY LYING ON YOUR BACK WITH YOUR KNEES BENT AT A 90-DEGREE ANGLE. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART. ANOTHER PERSON WILL HOLD YOUR ANKLES WITH THE HANDS ONLY. NO OTHER METHOD OF BRACING OR HOLDING THE FEET IS AUTHORIZED. THE HEEL IS THE ONLY PART OF YOUR FOOT THAT MUST STAY IN CONTACT WITH THE GROUND. YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD AND THE BACKS OF YOUR HANDS MUST TOUCH THE GROUND. YOUR ARMS AND ELBOWS NEED NOT TOUCH THE GROUND. ON THE COMMAND ‘GO,’ BEGIN RAISING YOUR UPPER BODY FORWARD TO, OR BEYOND, THE VERTICAL POSITION. THE VERTICAL POSITION MEANS THAT THE BASE OF YOUR NECK IS ABOVE THE BASE OF YOUR SPINE. AFTER YOU HAVE REACHED OR SURPASSED THE VERTICAL POSITION, LOWER YOUR BODY UNTIL THE BOTTOM OF YOUR SHOULDER BLADES TOUCH THE GROUND. YOUR HEAD, HANDS, ARMS, OR ELBOWS DO NOT HAVE TO TOUCH THE GROUND. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF SIT-UPS YOU HAVE CORRECTLY COMPLETED. A REPETITION WILL NOT COUNT IF YOU FAIL TO REACH THE

VERTICAL POSITION, FAIL TO KEEP YOUR FINGERS INTERLOCKED BEHIND YOUR HEAD, ARCH OR BOW YOUR BACK AND RAISE YOUR BUTTOCKS OFF THE GROUND TO RAISE YOUR UPPER BODY, OR LET YOUR KNEES EXCEED A 90-DEGREE ANGLE. IF A REPETITION DOES NOT COUNT, THE SCORER WILL REPEAT THE NUMBER OF YOUR LAST CORRECTLY PERFORMED SIT-UP. IF YOU FAIL TO PERFORM THE FIRST 5 SIT-UPS CORRECTLY, THE SCORER WILL EXPLAIN TO YOU WHAT YOUR MISTAKES ARE. YOU WILL THEN BE SENT TO THE END OF THE LINE TO RESTART. AFTER THE FIRST 5 SIT-UPS HAVE BEEN PERFORMED AND COUNTED, HOWEVER, NO RESTARTS ARE ALLOWED. ONLY ONE RESTART IS AUTHORIZED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED SIT-UPS WILL NOT BE COUNTED. THE UP POSITION IS THE ONLY AUTHORIZED REST POSITION. IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION, THE EVENT WILL BE TERMINATED. AS LONG AS YOU MAKE A CONTINUOUS PHYSICAL EFFORT TO SIT UP, THE EVENT WILL NOT BE TERMINATED. YOU MAY NOT USE YOUR HANDS OR ANY OTHER MEANS TO PULL OR PUSH YOURSELF UP TO THE UP (RESTING) POSITION OR TO HOLD YOURSELF IN THE RESTING POSITION. IF YOU DO SO, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE ONE MINUTE TO PERFORM AS MANY SIT-UPS AS YOU CAN."

	Males		Females	
Age	Entrance	Certification	Entrance	Certification
< 20	36	41	28	32
20 – 29	33	38	24	32
30 – 39	30	35	20	25
40 – 49	24	29	14	20
50 – 59	19	24	10	14
60 +	15	19	3	6

## 300 METER RUN

“YOU WILL RUN 300 METERS AT MAXIMUM LEVEL OF EFFORT. YOUR TIME TO COMPLETE THIS EVENT IS RECORDED IN SECONDS.

	Males		Females	
Age	Entrance	Certification	Entrance	Certification
< 20	66	59	78	71
20 – 29	66	59	78	71
30 – 39	68	58.9	86	79
40 – 49	83	72	110	94
50 – 59	95	83.2	-	-
60 +	-	-	-	-

## MAXIMUM PUSH-UP

“ON THE COMMAND 'GET SET,' ASSUME THE FRONT-LEANING REST POSITION BY PLACING YOUR HANDS WHERE THEY ARE COMFORTABLE FOR YOU. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART. WHEN VIEWED FROM THE SIDE, YOUR BODY SHOULD FORM A GENERALLY STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR ANKLES.’ ON THE COMMAND 'GO,' BEGIN THE PUSH-UP BY BENDING YOUR ELBOWS AND LOWERING YOUR ENTIRE BODY AS A SINGLE UNIT UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND. THEN, RETURN TO THE STARTING POSITION BY RAISING YOUR ENTIRE BODY UNTIL YOUR ARMS ARE FULLY EXTENDED. YOUR BODY MUST REMAIN RIGID IN A GENERALLY STRAIGHT LINE AND MOVE AS A UNIT WHILE PERFORMING EACH REPETITION. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF REPETITIONS YOU HAVE COMPLETED CORRECTLY. IF YOU FAIL TO KEEP YOUR BODY GENERALLY STRAIGHT, TO LOWER YOUR WHOLE BODY UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND, OR TO EXTEND YOUR ARMS COMPLETELY, THAT REPETITION WILL NOT COUNT, AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECTLY PERFORMED REPETITION. IF YOU FAIL TO PERFORM THE FIRST 5 PUSH-UPS CORRECTLY, THE SCORER WILL TELL YOU TO GO TO YOUR KNEES AND WILL EXPLAIN TO YOU WHAT YOUR MISTAKES ARE. YOU WILL THEN BE SENT TO THE END OF THE LINE TO RESTART. AFTER THE FIRST 5 PUSH-UPS HAVE BEEN PERFORMED AND COUNTED, HOWEVER, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED PUSH-UPS WILL NOT BE COUNTED. ONLY ONE RESTART IS AUTHORIZED. AN ALTERED FRONT-LEANING REST POSITION IS THE ONLY AUTHORIZED REST POSITION. THAT

IS, YOU MAY SAG IN THE MIDDLE OR FLEX YOUR BACK. WHEN FLEXING YOUR BACK, YOU MAY BEND YOUR KNEES, BUT NOT TO SUCH AN EXTENT THAT YOU ARE SUPPORTING MOST OF YOUR BODY WEIGHT WITH YOUR LEGS. IF THIS OCCURS, YOUR PERFORMANCE WILL BE TERMINATED. YOU MUST RETURN TO, AND PAUSE IN, THE CORRECT STARTING POSITION BEFORE CONTINUING. IF YOU REST ON THE GROUND OR RAISE EITHER HAND OR FOOT FROM THE GROUND, YOUR PERFORMANCE WILL BE TERMINATED. YOU MAY REPOSITION YOUR HANDS AND/OR FEET DURING THE EVENT AS LONG AS THEY REMAIN IN CONTACT WITH THE GROUND AT ALL TIMES. CORRECT PERFORMANCE IS IMPORTANT. YOU SHOULD DO AS MANY PUSH-UPS AS POSSIBLE. THIS IS NOT A TIMED EVENT. THE TOTAL NUMBER OF CORRECT PUSH-UPS IS RECORDED AS THE SCORE.

	Males		Females	
Age	Entrance	Certification	Entrance	Certification
< 20	22	29	10	15
20 – 29	22	29	10	15
30 – 39	17	24	8	11
40 – 49	11	18	6	9
50 – 59	9	13	-	-
60 +	6	10	-	-

## 1.5 MILE RUN

“YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START, ALL DEPUTIES WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND 'GO,' THE CLOCK WILL START. YOU WILL BEGIN RUNNING AT YOUR OWN PACE. TO RUN THE REQUIRED MILE AND A HALF, YOU ARE BEING TESTED ON YOUR ABILITY TO COMPLETE THE 1.5 MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF YOU ARE PHYSICALLY HELPED IN ANY WAY (FOR EXAMPLE, PULLED, PUSHED, PICKED UP, AND/OR CARRIED) OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON, YOU WILL BE DISQUALIFIED. (IT IS LEGAL TO PACE A DEPUTY DURING THE 1.5 MILE RUN AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACED DEPUTY AND IT DOES NOT PHYSICALLY HINDER OTHER DEPUTIES TAKING THE TEST.) THE PRACTICE OF RUNNING AHEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED DEPUTY, WHILE SERVING AS A PACER, IS PERMITTED. THE NUMBER ON YOUR CHEST IS FOR IDENTIFICATION. YOU MUST MAKE SURE IT IS VISIBLE AT ALL TIMES. **EACH TIME YOU PASS THE START/FINISH LINE, CALL YOUR NUMBER TO YOUR SCORER LOUD ENOUGH TO ENSURE YOU ARE HEARD AND ACKNOWLEDGED.**

	Males		Females	
Age	Entrance	Certification	Entrance	Certification
< 20	13:58	12:29	17:11	15:05
20 – 29	13:58	12:29	17:11	15:05
30 – 39	14:33	12:53	18:18	15:56
40 – 49	15:32	13:50	19:43	17:11
50 – 59	17:30	15:14	21:57	19:10
60 - 69	20:13	17:19	23:55	20:55
70 - 79	23:55	19:43	27:17	23:47