



Carroll County Sheriff's Office

Physical Fitness Testing Requirements

Vertical Jump: *Measures explosive leg power and strength*

The participant will stand with one side toward a wall or other stationary object. The participant will raise the arm closest to the wall, while standing with both feet flat on the ground, to determine the highest possible standard reach. To execute the vertical jump test, the participant will jump as high as possible with one arm extended to measure a vertical distance against the stationary object. The score is determined by calculating the difference between the standard reach and the vertical jump. The best of three jumps is recorded.

Minimum 15 inches

Trigger Pull: *Measures hand strength*

The participant will perform the trigger pull test using a double action pistol. The test will be executed when the participant dry fires the hand gun by squeezing the trigger twelve (12) consecutive times with his/her strong hand (unsupported) and squeezing the trigger twelve (12) times with the other hand (unsupported).

12 pulls per hand

One Minute Maximum Sit-Ups: *Measures the endurance of the abdominal muscles*

The exercise starts with the participant lying on the floor on his/her back, knees bent to a 90-degree angle while keeping the heels of the feet flat on the floor (legs may be apart or together). The hands are cupped behind the ears. A partner will kneel at the feet of the participant and hold the feet in position with their hands. A proper sit-up is counted only when the participant lifts their back from the floor and touches the knees with their elbows and returns to the starting position (the scapula or shoulder blades must return to the floor after each touch of the elbows to the knees). The buttocks must stay on the floor and the back will not arch. The score is the demonstration of the number of sit-ups performed in one minute.

Minimum 28 sit-ups in 1 minute.

One Minute Maximum Push-Ups: *Measures the muscular endurance of the upper body muscles*

The position of the exercise starts with the participant in the "up" position with the body in a straight line from head to toe. The hands are palms down and fingers pointed away from the top of the head. The hands are spaced evenly shoulder width apart. The toes of both feet are on the floor with the bottom of the feet perpendicular with the floor. The face is turned to either side or facing forward during the execution of the exercise. The exercise commences by pushing up from the floor until the elbows are locked out. Flexing the arm until the upper arms are horizontal to the floor and then reassuming the locked out position completes one repetition of the exercise. At no time can your body touch the floor once the exercise starts. The body should not "sag" or "pike" during or between repetitions. Resting may be done in an "up" position. If participant's knee touches floor, the exercise is ended.

Minimum 24 push-ups in 1 minute

Sit & Reach: *Measures the participant's flexibility of the hamstring and lower back.*

Shoes must be removed. Feet are placed squarely against a 12" box that has a yardstick secured to the top and a 15" mark at the front edge. Applicants feet should be no wider than eight inches apart with toes pointed directly toward the ceiling. Knees must remain extended (straight) throughout the assessment and hands are placed with one hand on top of the other, fingertips even. Applicant leans forward without lunging and reaches as far down the yardstick as possible. Hands must stay together and even and the stretch must be held for one second. Three attempts are allowed with the best of three being recorded. Exhaling on the reach is recommended.

Minimum 16 inches

300 Yard Run: *Measures the participant's anaerobic capacity.*

Given a 300 yard course, the participant will demonstrate the ability to run at full speed for a minimum of the designated distance. Participants must run the distance as quickly as possible, without physical assistance, to and through the finish line.

Maximum 70 seconds

1.5 Mile Run: *Measures aerobic power and cardiovascular endurance*

Given a 1.5 mile course, the participant will run/walk against time. Participants must cover the distance in the best time possible, without physical assistance.

Maximum 15 minutes, 55 seconds