



## **PHYSICAL FITNESS SCREENING TEST FOR BAY CONSTABLE**

In order to qualify for the position of Bay Constable, candidates are required to pass the Physical Fitness Screening Test. The components of the test and the criteria for successful completion are listed below. If a candidate fails one component of the test, he/she will not be permitted to move on to the remaining sections. Candidates should review and be familiar with the protocols and the qualifying criteria before the test date.

The Physical Fitness Screening Test is an individual performance test composed of the following test items:

### **1. STRENGTH:**

a. Pull-Ups - From a hanging position, with hands facing outward, the candidate must pull his or her chin above the bar. This is a maximum effort test with no time limit. The score is based upon the number of pull-ups properly completed. A minimum of one (1) pull-up must be completed to pass this section and continue with the test.

b. Push-Ups - The candidate will begin the test in a push-up position with hands approximately shoulder width apart, and continue by lowering his or her chest to the floor and pushing back up to the starting position. The candidate's back must be kept straight at all times, and resting is only permitted in the "up" position. The repetition will not be counted if a candidate's knees or torso touch the floor, or if the elbows do not fully extend. This is a maximum effort test with no time limit. The score is based on the number of push-ups properly completed. A minimum of ten (10) push-ups must be completed to pass this section and continue with the test.

c. Sit-Ups - The candidate will begin by lying on his or her back in a bent leg position (less than 90 degrees), with fingers interlaced behind the head. The candidate will raise his or her upper body so that the elbows touch the knees, and then lower back down to the starting position. Failure to sit fully upright, keep fingers interlaced behind the head, or keep hips down on the mat, will result in that repetition not being counted. The score is based on the number of sit-ups completed in one (1) minute. A minimum of fifteen (15) sit-ups must be completed to pass this section and continue with the test.

### **2. BALANCE / ENDURANCE:**

Forward Lunge - The candidate will stand with feet shoulder width apart, chest lifted, chin up, and fingers interlaced and placed behind the neck. The candidate must then take a large step forward with his or her left foot, and perform a lunge by sinking straight down so the left knee is over the top of the foot, and the right knee lowers and touches the floor. The candidate will push back up to the starting position. The movement will then be repeated on the right leg. This is considered one (1) set of lunges. The candidate will continue to alternate between sides. The score is based on the number of sets completed in ninety (90) seconds. A minimum of five (5) sets must be completed to pass this section and continue with the test.

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### 3. SPEED:

The “90 Yard Dash” - The candidate will run three (3) laps around two (2) markers. The score is based on the candidate’s time to complete the run rounded to the nearest half second. The run must be completed in thirty (30) seconds or less in order to pass this section and continue with the test.

### 4. SWIM:

The candidate will complete a one hundred (100) yard swim in a pool. Combination strokes may be used, but the candidate is not permitted to touch the wall or bottom of the pool. This section is scored on a Pass/Fail basis only.

### **SCORING THE PHYSICAL FITNESS SCREENING TEST**

Achievement Score	Strength			Endurance/ Balance	Speed
	Pull-Ups	Push-Ups	Sit-Ups		
10	7	21 +	41+	17+	<23.5
9	6	19-20	36-40	15-16	24.0-24.5
8	5	17-18	32-35	13-14	25.0-25.5
7	4	16-17	28-31	11-12	26.0-26.5
6	3	14-15	23-27	9-10	27.0-27.5
5	2	12-13	20-22	7-8	28.0-28.5
4	1	10-11	15-19	5-6	29.0-30.0

The candidate’s individual scores from the Strength, Endurance/Balance, and Speed sections will be combined for a Total Score. The candidate must achieve a minimum score of four (4) in an individual event in order to move on to the next section. However, the candidate must achieve an overall Total Score of twenty-five (25) in order to move on to the Swim section. The candidate must achieve a Total Score of twenty-five (25) **AND** pass the Swim section in order to successfully complete the Physical Fitness Screening Test for Bay Constables.