



## **PHYSICAL FITNESS SCREENING TEST FOR PUBLIC SAFETY OFFICER**

In order to qualify for the position of Public Safety Officer, candidates are required to pass the Physical Fitness Screening Test. The components of the test and the criteria for successful completion are listed below. Candidates should review and be familiar with the protocols and 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. **Weight Pick-Up** - The candidate will lift a fifty pound (50 lb) solid weight, holding it at waist height, and placing it on the ground. This section is scored on a Pass/Fail basis, and the candidate must pass this section in order to continue on with the rest of the test.
- b. **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.

### **2. AGILITY:**

**Sidestep** - Starting from a center line, the candidate sidesteps alternately first left, then right across two outside lines eight (8) feet apart. The score is based upon the number of lines crossed in fifteen (15) seconds.

### **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.

### **4. ENDURANCE:**

- a. **Stair Climb** - The candidate will climb up and down a standard four (4) flights of stairs, including stair landings. The score is based on the candidate's time to complete the climb rounded to the nearest second.
- b. **¼ Mile Walk** - The candidate will complete a quarter (1/4) mile walk in less than six (6) minutes. The score is based on the candidate's time to complete the walk.

**PHYSICAL FITNESS SCREENING TEST FOR PUBLIC SAFETY OFFICER Cont.**

**SCORING THE PHYSICAL FITNESS SCREENING TEST**

| Achievement Score | Agility | Strength (Sit-Ups) | Speed     | Endurance |             | Total Physical Fitness Score | Final Weighted Score |
|-------------------|---------|--------------------|-----------|-----------|-------------|------------------------------|----------------------|
|                   |         |                    |           | Walk      | Stair Climb |                              |                      |
| 10                | 27+     | 42+                | 17.5      | <2:59     | 60 sec      | 50                           | 10                   |
| 9                 | 25-26   | 38-41              | 18-19.5   | 3:00-3:19 | 61-80       | 45-49                        | 9                    |
| 8                 | 22-24   | 34-37              | 20.0-20.5 | 3:20-3:39 | 81-100      | 40-44                        | 8                    |
| 7                 | 21      | 30-33              | 21.5-22.5 | 3:40-3:59 | 101-120     | 35-39                        | 7                    |
| 6                 | 20      | 26-29              | 23.0-24.5 | 4:00-4:19 | 121-140     | 30-34                        | 6                    |
| 5                 | 18-19   | 22-25              | 25.0-25.5 | 4:20-4:39 | 141-160     | 25-29                        | 5                    |
| 4                 | 17      | 18-21              | 26.0-26.5 | 4:40-4:59 | 161-180     | 20-24                        | 4                    |
| 3                 | 15-16   | 14-17              | 27.0-28.0 | 5:00-5:19 | 181-200     | 15-19                        | 3                    |
| 2                 | 13-14   | 10-13              | 28.5-29.5 | 5:20-5:39 | 201-220     | 10-14                        | 2                    |
| 1                 | 10-12   | 6-9                | 30.0-31.0 | 5:40-5:59 | 221-240     | 5-9                          | 1                    |
| 0                 | 0-9     | 0-5                | 32.0+     | 6.00+     | 240+        | 0-4                          | 0                    |

The candidate's individual scores from the Strength, Agility, Speed, and Endurance sections will be combined for a Total Physical Fitness Score based on the sum of the individual achievement scores from each section of the test. The candidate will then be given a Final Weighted Score that correlates with his/her Total Physical Fitness Score. The candidate must pass the "Weight Pick-Up" in the Strength section of the test, and achieve a minimum Final Weighted Score of four (4) in order to successfully complete the Physical Fitness Screening Test. *(Note: It is not necessary to reach the minimum satisfactory achievement level of four (4) for each test item, but all candidates must achieve a Final Weighted Score of four (4) or better to qualify.)*