



Plymouth County Sheriff's Department
 Correctional Officer Candidate Applicant
Entrance Physical Fitness Testing (30th Percentile)
 Based on Cooper Institute Physical Fitness Standards



On the chart below, simply find your age group and gender. Locate the Physical Fitness Test events listed on the left side of the chart and apply the following:

Sit Ups: This is the number of repetitions for your age and gender that you must complete in **one minute**. You will be instructed to lie on your back, knees bent, and arms folded across the center of your chest, forming a 90° bend in your elbows. With a spotter securing your feet to the floor, you will sit up extending your elbows past the plane of your bent knees repetitiously for one minute. This test is a measure of the muscular endurance of your abdominal muscles.

Push Ups: This is the number of repetitions for your age and gender that you must complete in **one minute**. Your pushups must be in compliance with the following standard(s); the correct setup for a standard push-up is to position your hands shoulder-width apart, or a little bit wider depending on your comfort. With your core engaged and back flat, so that your body is in one straight line from the top of your head to your heels. Your legs must be straight, knees off the ground, supported by the balls of your feet placed side by side so that the inside of your heels are touching (**and must not come apart**). As you bend your elbows and lower toward the ground, your elbows must be bend at a 45-degree angle to your body. Your fingers should be splayed (open-palms on the ground), with your middle fingers pointing toward 12 o'clock. Your chest must make contact with the apparatus that ensures proper pushup depth. You must lock your arms out straight when returning to the up position for the repetition(s) to count. The pushup is a measure of your upper body strength.

“Modified Pushups:” Are a Cooper Institute physical fitness pushup alternative for your age and gender that are encased in the chart with parentheses () and the number of repetitions for your age and gender that you must complete in **one minute**. If you elect to do modified pushups you cannot change once you begin. If you elect to conduct the standard pushups you cannot change once you begin. Your modified pushups must be in compliance with the following standard(s); the correct setup for a modified push-up is to position your hands shoulder-width apart, or a little bit wider depending on your comfort. With your core engaged and back flat, so that your body is in one straight line from the top of your head to your inverted bent knees. Your feet are off the ground and bent at a 45 –degree angle, supported by your knees placed side by side so that the inside of your knees are touching (**and must not come apart**). As you bend your elbows and lower toward the ground, your elbows must bend at a 45-degree angle to your body. Your fingers should be splayed (open-palms on the ground), with your middle fingers pointing toward 12 o'clock. Your chest must make contact with the apparatus that ensures proper pushup depth. You must lock your arms out straight when returning to the up position for the repetition(s) to count. The pushup is a measure of your upper body strength.

300 Meter Sprint {984.25 feet}: This is the required number of seconds you must complete for your age group and gender. The 300 meter sprint is a test of your anaerobic capacity as well as your ability to perform short, intense burst of effort.

1.5 Mile Run {7,920 feet}: For your age group and gender, this is the number of minutes and seconds you must run. The 1.5 mile run is a test of your aerobic capacity as well as your cardiovascular endurance.

<u>Events</u>	<u>MALE</u> {30% Entrance Standard}				<u>FEMALE</u> {30% Entrance}			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
<i>Sit-Ups</i> <i>1 minute</i>	35 reps	32 reps	27 reps	21 reps	30 reps	22 reps	17 reps	12 reps
<i>Push Ups</i> <i>1 minute</i>	26	20	15	10	13 (20)	9 (15)	7 (10)	N/A (9)
<i>300 meter</i> <i>Sprint</i>	1:02	1:03	1:17	1:27	1:15	1:22	1:47	Must Finish NTL
<i>1.5 Mile Run</i>	13:16	13:46	14:34	15:58	15:52	16:38	17:22	18:59