



Essentia Health

Occupational Medicine Department
400 East Third Street, Duluth MN 55805
Phone: (218) 786-8364, (800) 342-1338
Department Phone #: 218-786-3392
Department Fax #: 218-720-3415

ST. LOUIS COUNTY

DEPUTY SHERIFF

PHYSICAL FITNESS TEST

The Physical Fitness Test for Deputy Sheriff is comprised of seven fitness tests and five functionally based activities:

Fitness Tests

- Sit and Reach Test
- One-Minute Sit-Up Test
- One-Minute Push-Up Test
- 300 Meter Feet Run Test
- 1.5 Mile Run/Walk Test
- Duck Walk Test
- Vertical Jump Test

Functionally Based Activities

- Low Lift
- Bilateral Weight Carry
- Bilateral Static Push/Pull
- Stair Climb
- Obstacle Course

Each test is briefly described below. Applicants must pass each test in order to pass the Physical Fitness Test.

Note: Each test states which job tasks it relates to on the Deputy Sheriff Functional Job Analysis.

Station 1: Sit and Reach Test: This test measures flexibility of the lower back and upper leg area. The test involves stretching out to touch the toes or beyond with extended arms from a sitting position. The score is the number of inches reached on a yardstick with 15 inches being at the toes and the 36-inch mark being beyond the toes. (Applicants are permitted three tries at this test. The highest score is the final score.)

Requirement: > 15 inches

Relates to Job Tasks: Reaching, Bending, Arresting Offenders.

Station 2: One-Minute Sit-Up Test: This test measures muscular endurance of the abdominal muscles. The test involves the performance of as many bent leg sit-ups as an applicant can properly complete in a one-minute period. Hands must be behind the head with fingers interlaced. Elbows must touch the knees in the up position and the back must touch the floor in the down position. Applicants may rest only in the up

position. (A partner will hold your feet down.) The score is the number of correctly performed sit-ups performed in one-minute. **Requirement: 25 reps**

Relates to Job Tasks: Arresting Offenders, Prolonged Sitting

Station 3: One-Minute Push-Up Test: This test measure muscular endurance of the chest, upper arms and shoulders. The test involves the performance of as many push-ups as an applicant can properly complete in a one-minute period. Applicants begin the event in the down position with hands placed next to the shoulders. Arms must be fully extended in the up position. Applicants may rest only in the up position. The score is the number of correctly performed push-ups performed in one-minute.

Requirement: 20 reps

Relates to Job Tasks: Administering First Aid, Arresting Offenders

Station 4: 300 Feet Run Test: This test is a timed run to measure your anaerobic power. The test involves the timed completion of a 300 feet run. Applicants should sprint/run the distance in their fastest time. The score is the number of seconds needed to complete the 300 feet run. **Requirement: < 30 seconds**

Relates to Job Tasks: Running/Jumping; Pursuit/Apprehension

Station 5: 1.5-Mile Run / Walk Test: This test is a measure of cardio-respiratory endurance of aerobic capacity used in extended control and defensive tactics. The applicant will perform the test by running and/ or walking the measured 1.5-mile course as fast as they can. Walking is allowed, it will, however, make it difficult to meet the standard. **Requirement: < 16 minutes.**

Relates to Job Tasks: Running/Jumping; Pursuit/Apprehension

Station 6: Duck Walk Test: This test measures lower extremity flexibility, general balance, and knee stability and stamina. These abilities are important for performing job tasks which requires heavy or repetitive leg activity. Applicant will perform the test by assuming a full crouch position (maximum hip and knee flexion), and then walking a distance of 20 feet, while maintaining this position. **Requirement: 20 feet without loss of balance of change of posture.**

Relates to Job Tasks: Squatting/Kneeling, Administer First Aid

Station 7: Vertical Jump Test: The vertical jump is a test of explosive power and strength. The applicant will complete the test by standing with a shoulder against the wall and placing a mark on the chart. The applicant will then grab a 2nd marker and jump as high as possible, placing that marker on the chart. The score is the difference between the two markers. **One foot must remain in a stationary position until leaving the floor.** You may step back with the other foot prior to jumping. You may use your arms to assist in the jump. **Requirement: > 12 inches.**

Relates to Job Tasks: Running/Jumping; Pursuit/Apprehension

Station 8: Low Lift: 3 rep(s) each at 50%, 75%, and 100% of weight required, as able.

Beginning hand height 10"; end hand height 40"; weight required 100#

Requirement: 100# X 3 reps

Applicant can lift:	never	occasionally	frequently	continuously
<u>50</u> lbs	_____	_____	_____	_____
<u>75</u> lbs	_____	_____	_____	_____
<u>100</u> lbs	_____	_____	_____	_____

Body Mechanics Summary:

_____ No body mechanics instruction needed.

_____ Body mechanics instruction given and incorporated well

_____ Further body mechanics training required.

Relates to Job Tasks: Lifting/Carrying; Pursuit/Apprehension

Station 9: Bilateral Weight Carry: 1 rep(s) each at 50%, 75%, and 100% of weight required, as able.

Beginning hand height of lift 40"; weight required 100#; distance 50'

Applicant can lift:	never	occasionally	frequently	continuously
<u>50</u> lbs	_____	_____	_____	_____
<u>75</u> lbs	_____	_____	_____	_____
<u>100</u> lbs	_____	_____	_____	_____

Body Mechanics Summary:

_____ No body mechanics instruction needed.

_____ Body mechanics instruction given and incorporated well

_____ Further body mechanics training required.

Relates to Job Tasks: Lifting/Carrying; Pursuit/Apprehension

Station 10: Bilateral Static Push/Pull: 3 second hold.

Hand hold height 40". Force required 120#

Requirement: 120# pushing and pulling

Related to Job Tasks: Pursuit/Apprehension

Station 11: Stair Climb: 100 steps(s)

Up and down, step-to-step over pattern in 3 minutes.

Requirement: 100 steps, up and down, in less than 3 minutes

Related to Job Tasks: Investigations; Pursuit/Apprehension

Station 12: Obstacle Course: In sequence, applicant will perform running jump of at least 6 feet, will crawl under 23 inch barrier, and will scale a four foot wall.

Requirement: Full performance within 15 seconds

Related to Job Tasks: Pursuit/Apprehension