

Physical Fitness Standards

The following physical fitness standards are recommended for law enforcement agencies by the Cooper Institute. The Pennington County Sheriff's Office has elected to use the 50th percentile as the acceptable standard for persons employed in the job classifications of Correctional Officer or Deputy Sheriff. In other words, one half of the population tested can be expected to attain or exceed the expected standards (identified below).

Muscular Endurance

Muscular endurance, the ability to contract the muscle repeatedly over a specific period of time without undue fatigue, is measured by the sit up and pushup tests. Each allows the individual one minute to perform the required number.

		Age					
		<20	20-29	30-39	40-49	50-59	60+
PUSH UPS							
	Male	*	33	27	21	15	15
	Female (modified)	*	26	21	15	13	8
	Female (full body)	*	18	14	11	8*	6*

Protocol for Push Up Test:

This test measures muscular endurance of the upper body (anterior deltoid, pectoralis major, triceps).

1. The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. A 3 inch sponge is placed under the sternum.
2. Starting from the up position (elbows extended), the client must keep the back straight at all times and lower the body to the floor until the chest touches the sponge. Client then returns to the up position. This is one repetition. The modified push up is performed on the hands and knees with the back straight and hands slightly in front of the shoulders in the up position.
3. Resting should be done only in the up position. Both hands must remain in contact with the floor at all times.
4. The total number of correct pushups in 1 minute is recorded as the score.

		SIT UPS					
	Male	45	40	36	31	26	20
	Female	34	35	27	22	17	8

Protocol for Sit Up Test:

This test measures abdominal muscular endurance

1. The client starts by lying on the back, knees bent, heels flat on the floor. Arms can be crossed on chest or hands cupped behind the ears. Avoid pulling on the head with the hands. The buttocks must remain on the floor with no thrusting of the hips.
2. A client holds the feet down firmly.
3. The client then performs as many correct sit ups as possible in one minute.
4. In the up position, the client's torso should be perpendicular to the floor and then return until the shoulder blades touch the floor.
5. Score is total number of correct sit ups. Any resting should be done in the up position.
6. Breathing should be as normal as possible, making sure the client does not hold their breath.
7. Neck remains in the neutral position.
8. Do not pull on the head or neck.

Physical Fitness Standards

Cardiorespiratory Fitness

In order to assess the cardiovascular condition and measure endurance, employees and candidates for employment may choose to perform the 1.5 mile run or the 3 mile walk. Each consists of determining the amount of time it takes to cover the selected distance (required times provided are in minutes:seconds).

		Age					
		20-29	30-39	40-49	50-59	60-69	70+
1.5 MILE RUN							
Male		11:58	12:24	13:12	14:23	15:56	17:38
Female		14:04	14:34	15:34	17:19	19:04	20:02
3 MILE WALK							
Male		38:30	40:00	42:00	45:00	48:00	54:00*
Female		40:30	42:00	44:00	47:00	51:00	55:00*

Walking is defined as one foot on the ground at all times.

* denotes standard not provided by The Cooper Institute