



Civil Service Commission

Monroe County, New York

R. Michael Loewke
Chairperson

PHYSICAL FITNESS TEST FOR **DEPUTY SHERIFF- JAILOR** CANDIDATES

The three components measured are muscular endurance (core body), muscular endurance (upper body) and cardiovascular capacity. The following is a brief description of the test terms used to measure each component:

Sit-up Muscular Endurance (core body) - The score indicated below is the number of bent-leg sit-ups performed in one minute.

Push-ups Muscular Endurance (upper body) - The score below is the number of full body repetitions that a candidate must complete without breaks.

300 Meter Sprint Cardiovascular Activity – 300 meter sprint at a maximum level of effort; the requirement is for the attainment of a score calculated in seconds.

The 300 meter sprint run shall only be administered to such individuals who have successfully completed each of the other two elements of the test battery (sit-up, push-up).

	Male/Age	Push-ups	Sit-ups	Run	Female/Age	Push-ups	Sit-ups	Run
Jail	< 20	26	38	1:02	<20	13	29	1:15
	20-29	26	35	1:02	20-29	13	30	1:15
	30-39	20	32	1:03	30-39	9	22	1:22
	40-49	15	27	1:17	40-49	7	17	1:46
In:30th	50-59	10	21	1:27	50-59	5	12	NA
	60-69	8	17	NA	60-69	3	4	NA