



Civil Service Commission

Monroe County, New York

R. Michael Loewke

Chairperson

PHYSICAL FITNESS TEST FOR **DEPUTY SHERIFF ROAD PATROL/POLICE OFFICER** 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.

1.5 Mile Run Cardiovascular Capacity - The (time) score indicated below is calculated in minutes: seconds.

The 1.5 mile 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	#1 PUSH-UP (1:00)	#2 SIT-UP (1:00)	#3 1.5 MILE RUN
20-29	29	38	12:38
30-39	24	35	12:58
40-49	18	29	13:50
50-59	13	24	15:06
60+	10	19	16:46
FEMALE AGE			
20-29	15	32	14:50
30-39	11	25	15:43
40-49	9	20	16:31
50-59	N/A	14	18:18
60+	N/A	6	20:16