



# Civil Service Commission

Monroe County, New York

**R. Michael Loewke**  
*Chairperson*

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

**(Candidates that complete the examination requirement will be invited to the Physical Fitness Test at a later date)**

Although these elements may not be directly representative of the essential job functions to be performed by an entry-level jailor, the Monroe County Civil Service Commission, based on New York State Municipal Police Training Council standards, has determined that such elements do measure the candidate's physiological capacity to learn and perform the essential job functions

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).*

<b>MALE AGE</b>	<b>#1 PUSH-UPS (1:00)</b>	<b>#2 SIT-UPS (1:00)</b>	<b>#3 1.5 MILE RUN</b>
20-29	26	35	13:15
30-39	20	32	13:44
40-49	15	27	14:34
50-59	10	21	15:58
60+	8	17	17:41
<b>FEMALE AGE</b>			
20-29	13	30	15:46
30-39	9	22	16:42
40-49	7	17	17:29
50-59	5	12	19:10
60+	3	4	21:36