## **ONONDAGA COUNTY**

## Law Enforcement Physical Fitness Test Pre-Test Medical Acknowledgment

Candidate Name	
	Print
•	nt or has made me aware that they are required to compete in a Physical Fitness Test ped upon this form. It is my medical judgment that the individual is physically fit and capable 7.
Date	Physician/Practitioner Signature

## **Elements of the Test Battery**

Elements of the test battery to be used for physical fitness screening are described below. Although these elements may not be directly representative of essential job functions to be performed by an entry-level police officer, such elements do measure the candidate's physiological capacity to learn and perform the essential job functions. The minimum scores for employment as an entry-level police officer as set forth below represent the fortieth (40th) percentile of fitness. If a candidate does not successfully score to the fortieth (40th) percentile of fitness for each of the elements of the test battery, the candidate shall not be deemed to have successfully completed the physical fitness-screening test. Nothing herein shall preclude an administrator of such screening test from substituting an element of the test battery, which such administrator has determined and validated to accurately assess the candidate's physiological capacity to learn and perform essential job functions. 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 and push-up).

## **Events**

Sit up Push-up Muscular Endurance - The score indicated below is the number of bent-leg sit-ups performed in one minute. Muscular endurance (Upper Body) – The score below is the maximum number of full body repetitions that a candidate must complete without breaks

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

AGE/SEX		TEST	
MALE	SIT-UP	<b>PUSH-UP</b>	<b>1.5 MI RUN</b>
20-29	38	29	12:29
30-39	35	24	12:53
40-49	29	18	13:50
50-59	24	13	15:14
60+	19	10	17:19
<b>FEMALE</b>	SIT-UP	<b>PUSH-UP</b>	<b>1.5 MI RUN</b>
20-29	32	15	15:05
30-39	25	11	15:56
40-49	20	9	17:11
50-59	14	9	19:10
60+	6	9	20:55

Report To: \_\_\_\_\_\_ Date: \_\_\_\_\_Time: \_\_\_\_\_

**YMCA** 

340 Montgomery St..

Syracuse, NY

Bring a Picture I.D.

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