

OFFICE OF THE SHERIFF MARSHALL COUNTY

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JAIL OFFICER PHYSICAL FITNESS TEST

Physical fitness is a status pertaining to the individual officer having the physiological readiness to perform maximum physical effort when required.

Physical fitness consists of three areas:

Aerobic-capacity of cardiovascular endurance pertaining to the heart and vascular system's capacity to transport oxygen. It is also a key area for heart disease in that low aerobic capacity is a risk factor.

Strength-pertains to the ability of muscles to generate force. Upper body strength and abdominal strength are important area in that low strength levels have a bearing on upper torso and lower back disorders.

Flexibility-pertains to the range of motion of the joints and muscles. Lack of lower back flexibility is a major risk area for lower back disorders.

WHAT ARE THE STANDARDS?

The actual performance requirement for each test is based upon norms for a national population sample.

You must pass every test.

The required performance to pass each test is based upon sex and age. While the absolute performance is different for each age and sex group. All applicants are being required to meet the same percentile in terms of their respective age and sex group. The performance requirement is that level of physical performance that approximates the 40th percentile for each age and sex group.

TEST-MALES

AGE	20-29	30-39	40-49	50+
Sit & Reach	14.3	13.3	12.5	11.5
1 Min. sit-ups	29	24	19	15
1 Min. push-ups	18	13	10	7
1.5 mile run	15:00	16:00	17:00	18:00

TEST-FEMALES

AGE	20-29	30-39	40-49	50+
Sit & Reach	17.3	16.8	15.5	14.5
1 Min. sit-ups	20	14	6	4
1 Min. push-ups	13	12	5	3
1.5 mile run	17:00	19:00	19:50	20:45