

**\*\*\* ALL PARTICIPANTS MUST COMPLETE EVERY EVENT AND HAVE SCORE OF 55 OR ABOVE PRIOR TO THE 1 MILE RUN \*\*\***



**SHELBY COUNTY SHERIFF'S OFFICE  
CORRECTIONS DEPUTY RECRUIT**

**PHYSICAL ASSESSMENT TEST  
(Entry Level)**

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ Last 4 SSN# \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ SEX: \_\_\_\_\_

EVENT	REQUIREMENTS	POSSIBLE SCORE	SCORE	Grader										
<b>BODY DRAG RESCUE SIMULATION</b>	<b>Grabbing a 185-pound dummy under the arms, applicant must drag the dummy without allowing the lower torso to hit the ground a distance of 30 feet.</b>	<b>10</b>												
<b>TRUNK FLEXION</b> Assesses your lower back and hamstrings flexibility	<b>Legs together, knees locked, bend at the waist and touch the floor with your fingertips, hold for 12 seconds.</b>  <b><u>HOLD FOR FULL 12 SECONDS FOR SCORE OF TEN (10) POINTS.</u></b>	<b>10</b>												
<b>BROAD JUMP</b> Assesses leg power.  <b>FEET:</b>	<b><u>STANDING POSITION, JUMP AS FAR FORWARD AS YOU CAN, LANDING ON BOTH FEET.</u></b>  <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1 FOOT - 1 POINT</td> <td style="width: 50%;">6 FEET - 6POINTS</td> </tr> <tr> <td>2 FEET - 2 POINTS</td> <td>6 1/2 FEET - 7 POINTS</td> </tr> <tr> <td>3 FEET - 3 POINTS</td> <td>7 FEET - 8 POINTS</td> </tr> <tr> <td>4 FEET - 4 POINTS</td> <td>7 1/2 FEET - 9 POINTS</td> </tr> <tr> <td>5 FEET - 5 POINTS</td> <td>8 FEET - 10 POINTS</td> </tr> </table>	1 FOOT - 1 POINT	6 FEET - 6POINTS	2 FEET - 2 POINTS	6 1/2 FEET - 7 POINTS	3 FEET - 3 POINTS	7 FEET - 8 POINTS	4 FEET - 4 POINTS	7 1/2 FEET - 9 POINTS	5 FEET - 5 POINTS	8 FEET - 10 POINTS	<b>10</b>		
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<b>SIT-UPS</b> Assesses Mid Body  <b>ROUNDS:</b>	<b>LYING ON YOUR BACK WITH KNEES BENT AND FEET FLAT ON FLOOR WITH SOMEONE HOLDING FEET AND ARMS CROSSED OVER CHEST.</b> <b>MAXIMUM NUMBER IN ONE (1) MINUTE</b> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">40+ - 25 POINTS</td> <td style="width: 50%;">26-29 - 17 POINTS</td> </tr> <tr> <td>35-39 - 20 POINTS</td> <td>20-25 - 16 POINTS</td> </tr> <tr> <td>30-34 - 18 POINTS</td> <td>10-19 - 15 POINTS</td> </tr> </table>	40+ - 25 POINTS	26-29 - 17 POINTS	35-39 - 20 POINTS	20-25 - 16 POINTS	30-34 - 18 POINTS	10-19 - 15 POINTS	<b>25</b>						
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**NAME:** \_\_\_\_\_ **Last 4 SSN#** \_\_\_\_\_ **DOB:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **SEX:** \_\_\_\_\_

EVENT	REQUIREMENTS	POSSIBLE SCORE	SCORE	Grader
<p><b>PUSH UPS</b> Assesses upper body</p> <p>Repetitions:</p>	<p>Front lean and rest position to a lowering of chest to floor and returning to the straight-arm front lean and rest position.</p> <p><b>MAXIMUM NUMBER IN ONE (1) MINUTE</b></p> <p>40+ - 25 POINTS                      26-29                      - 17 POINTS            35-39 - 20 POINTS                      20-25                      - 16 POINTS            30-34 - 18 POINTS                      10-19                      - 15 POINTS</p>	<p><b>25</b></p>		
<p><b>ONE MILE RUN</b> <b>ASSESSES</b> <b>AEROBIC</b> <b>ENDURANCE</b></p>	<p>Participants will began at a pre-determined point and run for a measured distance of one mile to the finish line. As each participant crosses the finish line, an instructor will call out the time it took to complete the run. It's the participant's responsibility to remember the time as it's called out and get this evaluation sheet to an instructor to mark their time.</p> <p>13:00 or less is 35 points            13:01 - 14:00 = 25 points            14:01 - 15:00 = 20 points</p>	<p><b>35</b> <b>25</b> <b>20</b></p>		
	<p>Front page total _____            Back Page total _____</p> <p><b>Minimum Passing Score is 75</b></p>	<p><b>FINAL SCORE:</b></p> <p>_____</p>		

\_\_\_\_\_ **PASSED** the agility, strength, flexibility test - (score = 75 or more)  
**SCORE**

\_\_\_\_\_ **FAILED** the agility, strength, flexibility test - (score = below 75)  
**SCORE**

\_\_\_\_\_  
**Signature of Physical Fitness Instructor**

\_\_\_\_\_  
**Rank**

\_\_\_\_\_  
**"S" Number**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Signature of Person Taking Test**

\_\_\_\_\_  
**Date**