

SHELBY COUNTY SHERIFF'S OFFICE
LAW ENFORCEMENT RECRUIT Physical Assessment Test (Entry Level)
 Note: There will be a 5 minute stretching and warm up period prior to taking this test.

NAME: _____ SSN#: _____ DOB: _____ SEX: _____

PART 1

EVENT	REQUIREMENTS	POSSIBLE SCORE	SCORE	GRADER
BROAD JUMP Assesses leg power	Standing Broad Jump - Forward To Heels. Clearing 8 feet is a perfect score. Each foot cleared up to a 6 feet scores one (1) point. Each ½ foot beyond 6 feet scores an additional one (1) point. 1 FEET – 1 POINTS 6 FEET – 6 POINTS 2 FEET – 2 POINTS 6 ½ FEET – 7 POINTS 3 FEET – 3 POINTS 7 FEET – 8 POINTS 4 FEET – 4 POINTS 7 ½ FEET – 9 POINTS 5 FEET – 5 POINTS 8 FEET – 10 POINTS	10		
SITUPS Assesses mid body	Performed lying on your back with knees bent and feet flat on floor with someone holding feet and arms crossed across chest. Maximum number in one (1) minute. 40 + – 10 POINTS 26-29 – 5 POINTS 35-39 – 8 POINTS 25 – 4 POINTS 30-34 – 6 POINTS Less than 25 – 0 POINTS	10		
PUSH UPS Assesses upper body	Front lean and rest position to a lowering of chest to floor and returning to the straight-arm front lean and rest position. Maximum number in one (1) minute. 40 + – 10 POINTS 26-29 – 5 POINTS 35-39 – 8 POINTS 25 – 4 POINTS 30-34 – 6 POINTS Less than 25 – 0 POINTS	10		
CHIN-UPS Assesses arms/shoulders	From a full hang beneath the horizontal bar, pull your body up to a position where chin is above the level of the bar. Palms may be turned inward or outward. (2 points per rep. 5 rep max)	10		
Dummy Drag	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.	10		

**AGILITY, STRENGTH, FLEXIBILITY TEST
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EVENT	REQUIREMENTS	POSSIBLE SCORE	SCORE	INITIALS OF GRADER
1 MILE RUN Assesses aerobic endurance	Eleven (11) minutes or less is 50 points. Anything over eleven (11) minutes is a zero (0) (TIME =)	50		

FINAL SCORE _____ / 100

APPLICANT MUST ACHIEVE A MINIMUM SCORE OF 75 POINTS

APPLICANT HAS:

_____ passed the agility, strength, flexibility test - (score = 75 or more)

_____ failed the agility, strength, flexibility test - (score = below 75)

Signature of Physical Fitness Instructor Administering

Rank

IBM "S" Number

Date

Signature of Person Taking Test

Date