

**SHELBY COUNTY SHERIFF'S DEPARTMENT  
PHYSICAL FITNESS ASSESSMENT STANDARDS**

**Assessment Page 1**

**TEST**

1. VERTICAL JUMP
2. ONE MINUTE OF SITUPS
3. 300 METER RUN
4. MAXIMUM PUSHUPS
5. 1.5 MILE RUN

**TIME LIMIT**

- 16 INCHES
- 29 MINIMUM
- 71 SECONDS
- 25 MINIMUM (NO TIME LIMIT)
- 16 MINUTES, 28 SECONDS

**PROTOCOL FOR 3 MINUTE STEP TEST**

**Purpose**

The step test is used as a screening device. The purpose of the step test is to measure the heart rate in the recovery period after three minutes of stepping. Use the step test only as a screening device and not for the actual assessment of cardiovascular fitness. If the subject cannot finish the test, or scores at the very poor level, then he/she should obtain medical clearance before further testing. The step test is invalid for individuals taking beta blocker medications (or any other medication affecting heart rate) should not be administered to such persons. They should, instead, notify the testing authority so that an alternative test may be used.

**Equipment**

1. 12" bench for stepping
2. clock with sweep second hand or stopwatch for timing test and counting heart rate
3. metronome to help subject maintain cadence in proper stepping rate (or audio tape of the metronome)

**Procedure**

1. The step test should be administered before any other test that would elevate heart rate, e.g., situps, pushups, or running.
2. Participating steps up and down at 24 cycles (up-up-down-down) a minute (metronome setting of 96) for 3 minutes.
3. Immediately after the 3 minutes of stepping, the participant sits down. A 60-second heart rate is taken starting 5 seconds after the completion of stepping.
4. If the individual cannot complete the test or scores in the very poor category, refer them to their physician and do not proceed with further testing.
5. Score is the 60-second pulse rate following the 3 minutes of stepping. Consult norms provided to estimate fitness category.

**Males 3 Minute Step Test**

**Fitness Category**

Excellent .....	< 71
Good .....	71 - 102
Fair .....	103 - 117
Poor .....	118 - 147
Very Poor (Fail) .....	148+

**Female 3 Minute Step Test**

**Fitness Category**

Excellent .....	< 97
Good .....	97 - 127
Fair .....	128 - 142
Poor .....	143 - 171
Very Poor (Fail) .....	172+

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**PROTOCOL FOR VERTICAL JUMP**

**Purpose**

This is a measure of jumping or explosive power.

**Equipment**

1. vertical measuring apparatus fixed to a smooth wall
2. means to mark extension when jumping (e.g., chalk dust, velcro)

**Procedure**

1. Participant stands with one side toward the wall, feet together, and reaches up as high as possible to mark his/her standard reach.
2. Participant jumps as high as possible and marks the highest point of the jump. Participant must jump from both feet. Arms may be pumped and thrust upward. The foot closest to the wall must remain stationary. Moving the foot farthest from the wall prior to the jump is optional.
3. Score is the total inches, to the nearest ½ inch, above the standard reach mark.
4. The best of three trials is the recorded score.

**PROTOCOL FOR 1 MINUTE SIT UPS**

**Purpose**

This measures abdominal muscular endurance.

**Procedure**

1. The participant starts by lying on his/her back, knees bent, heels flat on the floor, with fingers interlaced and held behind the head. Avoid pulling on the head with hands. The buttocks must remain on the floor with no thrusting of the hips.
2. A partner holds the feet down firmly.
3. The participant then performs as many correct sit ups as possible in 1 minute.
4. In the up position, the participant should touch elbows to knees and then return until the shoulder blades touch the floor.
5. Score is total number of correct sit ups. Any resting must be done in the up position. Resting more than one (1) second on the floor invalidates the results.
6. Breathing should be as normal as possible, making sure the participant does not hold his/her breath as in the Valsalva maneuver.

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**PROTOCOL FOR 300 METER RUN**

**Purpose**

This is a measure of anaerobic power.

**Equipment**

400 meter running track, or any measured 300 meter flat surface with sufficient distance to slow to a stop.

**Procedure**

1. Warm up and stretching should precede testing
2. Participant runs 300 meters at maximum level of effort. Time used to complete the distance is recorded.
3. Participant should walk for 3 – 5 minutes immediately following test to cool down. This is an important safety practice.

**PROTOCOL FOR MAXIMUM PUSH UPS**

**Purpose**

This measures muscular endurance of the upper body (anterior deltoid, pectoralis major, triceps).

**Procedure**

1. The hands are placed shoulder width apart, with fingers pointing forward. Some part of the hands must lie within a vertical line drawn from the outside edge of the shoulders to the floor. The administrator places one fist on the floor below the participant's chest (sternum).
2. Starting from the up position (arms fully extended with elbows locked, both hands and both feet only touching the floor), the participant must keep the back straight at all times and lower the body to the floor until the chest (sternum) touches the administrator's fist. The participant then returns to the up position with the elbows fully locked. This is one repetition.
3. Resting is permitted only in the up position. The back must remain straight during resting.
4. When the participant elects to stop or cannot continue, the total number of correct push ups is recorded as the score. No time limit.

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**PROTOCOL FOR 1.5 MILE RUN**

**Purpose**

The 1.5 mile run is a measure of aerobic power (cardiovascular endurance). The objective of the 1.5 mile run is to cover the distance as fast as possible.

**Equipment**

1. stopwatch
2. indoor or outdoor track or another suitable flat running area measured to 1.5 miles
3. testing forms to record data

**Procedure**

1. Participants should not eat a heavy meal or smoke for at least 2 – 3 hours prior to the run. Participants should warm up and stretch thoroughly prior to running.
2. The participant runs 1.5 miles as fast as possible.
3. Participants should not physically touch one another during the run, unless it is to render first aid.
4. Finish times will be called out and recorded.
5. Upon completion of the run, participants should cool down by walking for about 5 minutes to prevent venous pooling (i.e., pooling of the blood in the lower extremities which reduces the return of blood to the heart and may cause cardiac arrhythmias).