



# PINELLAS COUNTY SHERIFF'S OFFICE

## PINELLAS COUNTY SHERIFF'S OFFICE RECRUIT COOPER'S TEST

A Certified Deputy must have the ability to perform essential physical tasks at a set standard. The Pinellas County Sheriff's Office requires potential Deputy Recruit candidates to meet the listed standards prior to being offered employment. The PCSO New Hire Physical Assessment chart below illustrates the minimum standards in each category by age and gender.

Pinellas County Sheriff's Office New Hire Physical Assessment										
Age Range	Vertical Jump (Inches)		Max Sit Ups 1 Minute		300 Meter (Seconds)		Max Push Ups 1 Minute		1.5 Mile Run/Walk (Minutes/Seconds)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
20-29	17.5	12.6	33	24	66	78	22	17	17:04	20:03
30-39	16.5	11	30	20	68	86	17	11	17:25	21:34
40-49	14	7.8	24	14	83	110	11	6	18:48	22:22
50-59	11.9		19	10	95		9	6	20:38	22:46
60-69			15	3			6	2	24:03	26:19

### Example

A 25 year old male applicant must perform a vertical jump of 17.5 inches, complete a minimum of 33 sit ups in a 1 minute time period; and run the 300 meter sprint in 66 seconds or less. The applicant will also conduct 22 push-ups in a 1 minute time period, and run the mile and a half in 17:04 minutes or less.

*This is a vigorous fitness assessment; therefore individuals will be required to have a medical screening before attempting the test. They should also stretch and warmup just prior to testing.*

### Vertical Jump Test

This test measures the applicant's explosive power. It is an important area for pursuit tasks that require jumping and vaulting.

1. The applicant stands with one side toward the wall and reaches up as high as possible to mark his/her standard reach on the yardstick.
2. Applicant jumps as high as possible and marks the spot on the wall or machine above his/her standard reach mark. Prior to the jump, one foot must remain stationary on the ground. Each applicant must jump with both feet underneath them on the ground.
3. Score is the difference between the standard reach and the top of the jump mark, to the nearest ½ inch.
4. The best of three trials will be the recorded score.

### **One Minute Sit Up Test**

This test is performed to measure abdominal muscular endurance and dynamic strength. Muscular endurance is necessary for lifting, pushing, pulling, or carrying.

1. The applicant starts by lying on his/her back with knees bent, feet flat on the floor. Fingers shall be laced, held behind their head. The buttocks must remain on the floor with no thrusting of the hips.
2. Another applicant will hold down his/her feet firmly using both hands.
3. In the up position, the applicant should touch elbows to knees and then return until the shoulder blades touch the floor.
4. The applicant then performs as many correct sit ups as possible in one minute.
5. Score the total number of correct sit ups. All resting should be done in the upward position.
6. Breathing should be as normal as possible. Exhaling on the way up and inhaling on the way down is strongly recommended. The applicant should not hold their breath.
7. Neck remains in the neutral position.
8. Do not pull on the head or neck.

### **300 Meter Run Test**

This test measures anaerobic power. Anaerobic power is the ability to make short, intense bursts of maximal effort, which underlies the ability to run short distances and up a flight of stairs.

1. The applicant runs a pre-determined, measured 300 meter section of the track. This sprint shall be conducted at the maximum level of effort.
2. Applicant should walk for 3-5 minutes immediately following test to cool down. This is an important safety consideration.

### **One Minute Push Up Test**

This test measures muscular endurance and dynamic strength of the upper body. Muscular strength is necessary for performance in control and restraint situations.

1. The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. The administrator places one fist on the floor below the subject's chest. The feet cannot be braced against the wall.
2. Starting from the upward position (elbows extended), the subject must keep the back straight at all times, lower the body to the floor until the chest touches the administrator's fist. When the applicant returns to the upward position, this counts as one repetition.
3. Resting should be done only in the upward position. Both hands must remain in contact with the floor at all times. Piking or arching is not authorized at any time; the back must be kept straight.
4. The total number of correct push-ups without deviation from proper form shall be recorded.

### **1.5 Mile Run Test**

The 1.5 mile run measures cardiorespiratory and aerobic fitness. The objective in the 1.5 mile run is to cover the distance as fast as possible.

1. The applicants should not eat a heavy meal for at least 2-3 hours prior to the test.
2. Often applicants will attempt to run too fast early in the run and become fatigued prematurely.
3. The applicant runs 1.5 miles as fast as possible. During the administration of the test, the applicants can be informed of their lap times. Finish times shall be called out and recorded.
4. Upon test completion, a mandatory cool down period is enforced. The applicants will walk slowly for about 5 minutes immediately after the run.

**Thank you for your interest in the Pinellas County Sheriff's Office**

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