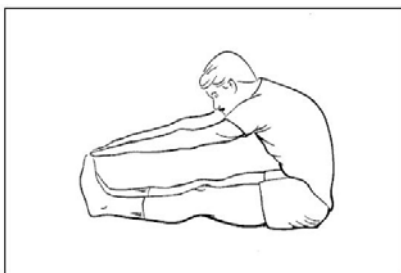


Physical Ability Test

The Physical Ability Test consists of four basic tests. All applicants must pass **every test**. All applicants are required to meet the same level of proficiency as stated below each test.

Sit and Reach Test

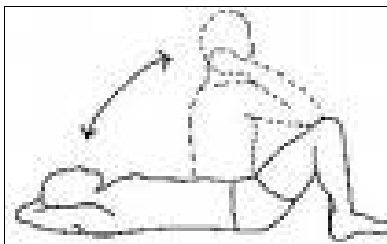
This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing correctional officer tasks involving range of motion and is also important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from the sitting position.



You must obtain a score of 15.00 inches reached on a yardstick

1 Minute Sit-Up Test

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing correctional officer tasks that may involve the use of force and is also an important area for maintaining good posture and minimizing lower back problems.



You must obtain a score of 24 bent leg sit ups performed in one minute.

Repetition Maximum Bench Press

This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. It is an important area for performing correctional officer tasks requiring upper body strength.



You must obtain a score ratio of 52% of weight pushed divided by your body weight

1.5 Mile Run

This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area for performing correctional officer tasks involving stamina and endurance and to minimize the risk of cardiovascular problems.



You must complete the run in 16.52 minutes

Note: It is HIGHLY RECOMMENDED that you start to train for this test as soon as possible to give you the best chance of passing. Remember, YOU MUST pass all four of these physical ability tests.