

Muscogee County Sheriff's Office Recruit Physical Agility Test

PUSH UPS (1 Minute)				1 Mile Run			
Age	Fit	Male	Female	Age	Fit	Male	Female
20-29	5	58<	38<	20-29	5	<6:59	<8:59
	4	45-57	28-37		4	7:00-7:59	9:00-9:59
	3	36-44	20-27		3	8:00-8:59	10:00-10:59
	2	28-35	19-15		2	9:00-9:59	11:00-11:59
	1	<28	<15		1	>10:00	>12:00
30-39	5	46<	34<	30-39	5	<7:59	<9:59
	4	36-45	20-33		4	8:00-8:59	10:00-10:59
	3	29-35	15-19		3	9:00-9:59	11:00-11:59
	2	21-28	11-14		2	10:00-10:59	12:00-12:59
	1	<21	<11		1	>11:00	>13:00
40-49	5	37<	19<	40-49	5	<8:59	<10:59
	4	30-36	16-18		4	9:00-9:59	11:00-11:59
	3	23-29	12-15		3	10:00-10:59	12:00-12:59
	2	18-22	9-11		2	11:00-11:59	13:00-13:59
	1	<17	<8		1	>12:00	>14:00
50+	5	30<	26<	50-59	5	<9:59	<11:59
	4	24-29	21-25		4	10:00-10:59	12:00-12:59
	3	17-23	16-20		3	11:00-11:59	13:00-13:59
	2	11-16	11-15		2	12:00-12:59	14:00-14:59
	1	<11	<10		1	>13:00	>15:00

KNEEL AND STAND			DUMMY DRAG		
All Ages	Fit	Attempts	All Ages	Fit	Attempts
	3	1 attempt		3	1 attempt
	2	2 attempts		2	2 attempts
	1	3 attempts		1	3 attempts

The recruit must score an overall final score of 12 points (75%) to pass the physical agility test.

What you need to know about the Muscogee County **Sheriff's Office** **Recruit Physical Agility Test**

- Passing all 3 pre-employment fitness tests is a requirement
- Study these instructions carefully
- Physically condition yourself to perform these tests
- Drink plenty of water prior to the test and be sure to have water with you for testing
- Refrain from smoking or drinking caffeine on the test day
- Do not eat a large meal within two (2) hours of testing

Tests are performed in this order:

1. Kneel/Stand Test
2. Push-ups
3. One-Mile Run
4. Dummy Drag

- Wear comfortable appropriate clothes and shoes and bring water to hydrate with
- There will be a rest period of three (3) minutes between tests
- Each test must be successfully completed to progress to the next test

Kneel/Stand Test

The Kneel/Stand Test tests the core strength of the recruit and consists of 10 changes of position, an extended period (2 minutes) of upright kneeling, followed by the final position change. The test is administered as one continuous test, with two parts, which are timed separately. The initial 10 changes must be completed within 25 seconds, and are immediately followed by two minutes of kneeling and then coming to a full standing position. Both parts of the test require the maintenance of upright postures with minimal posture deviations especially during change of positions. Throughout the test you will be required to hold both arms extended in front of you as if holding a firearm. A Test Administrator will provide verbal cues during this test so you do not have to memorize the sequence of position changes. The Recruit will be given a maximum of three attempts to successfully complete the Kneel/Stand Test.

Push-up Test

Push-ups measure the upper body strength of the recruit. This is a timed test and the recruit will be assessed on the number of proper push-ups completed in 1 minute. Rests between push-ups, if needed, must be taken in the “up position”. The Test Administrator will evaluate your form during the test and will instruct you when to start and stop. Incorrectly executed push-ups will not be counted.

One-Mile Run

The One-Mile Run tests the endurance of the recruit. The Test Administrator will instruct you when to start and stop as well as count your laps around the track.

Dummy Drag

The Dummy Drag tests the upper body strength, core strength, and the endurance of the Recruit. This test will consist of the Recruit dragging a 160 lb dummy for a total of 75 feet. The drag must be in a continuous motion and if you stop movement, drop the dummy or fall this will end your drag attempt. Each recruit will be given a maximum of 3 drag attempts.

Instructions for the Kneel/Stand Test

- Assume a prone position lying on your stomach on the floor with your arms out to the side of your body with the palms up. Come to an upright kneeling position on both knees. Thighs and upper body are to be vertical so that there is no leaning or sitting back on heels. (Figure 1-3)
- Grip your dominant hand with your non-dominant hand (as if firing a semi-automatic pistol). Extend both arms in front of you horizontally with the elbows fully extended and locked. Elevate arms to eye level. Simulate pointing a semi-automatic pistol at the mid-chest of the examiner. Keep both thumbs down. Your arms will remain in this position through out the test. (Figure 4)
- Assume an upright standing position. (Figure 5)
- Assume a right knee kneeling (half-kneeling) position. (Figure 6)
- Assume an upright standing position. (Figure 7)



Fig1



Fig2



Fig3

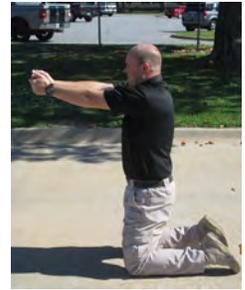


Fig4

- Assume a left knee kneeling (half-kneeling) position. (Figure 8)
- Assume an upright standing position. (Figure 9)
- Assume a full-kneeling position (either leg may initiate movement). (Figure 10)

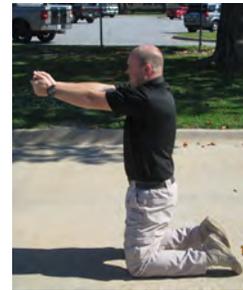
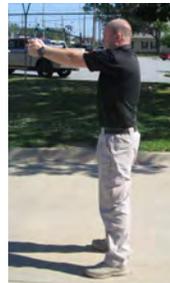


Fig 6 Fig 7 Fig 8 Fig 9

Fig 10

- Assume an upright standing position. (Figure 11)
- Assume a full-kneeling position again (either leg may initiate movement). (Figure 12)
- Hold the upright kneeling position on both knees for 2 (two) minutes. (Figure 12)
- Keeping both arms in front of you horizontally with the elbows fully extended and locked. Assume an upright standing position. (Figure 13) When told to do so relax the arms. (Figure 14)



Fig 11



Fig 12

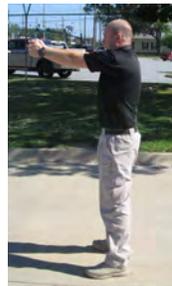


Fig 13



Fig 14

Instructions for Push-Ups

This test measures dynamic muscular strength and endurance of the muscles of the upper body.

- Start in the "up position" with your elbows locked and your hands spaced shoulder width apart, with the thumbs aligned with the crease of your shoulder. Keep your body in a straight line with your feet close together (Figure 1).



Figure 1

- Upon the command, "Go," keeping your body straight, drop down until your arms and body are parallel to the ground (Figure 2).
- Then, maintaining a straight body, push up until your elbows are straight. This completes one push-up (Figure 3).

NOTE: Both men and women are required to go down until their arms are parallel with the ground. Failure to meet the parallel plane will result in the push-up not counting.



Figure 2



Figure 3

- This is a timed test requiring the completion of as many push-ups as you can (score is based on age and gender) - using proper form within one (1) minute (Figure 3).

- If you must rest, do so in the "up position" (Figure 4) or a "Sag" position (Figure 5). Knees may NOT touch the ground at any time once the minute starts or the candidate will be disqualified.



Figure 4



Figure 5

Special Instructions

- Start on the command "Go."
- The test will stop:
 - when you hear "Time" OR
 - when you can not perform any more push-ups OR
 - when your knees touch the ground

Push-ups performed incorrectly will not count.

- Sagging back (Figure 6)
- Raised buttocks (Figure 7)
- Feet spread "too" wide
- 1/2 push-ups, when you do not where you do not come all the way up to an elbows straight position.

Incorrect



Figure 6

Incorrect



Figure 7

Touching your knees to the ground at any time will end the test! (Figure 8)



Figure 8

Requirement

- Complete the required amount of correct push-ups needed for your age and gender.
- Rest between push-ups, if needed, must be taken in the "raised or sagging" position.

Instructions for the Dummy Drag

- The dummy will be at the starting point in a prone position. The applicant will take a position at the dummy's head.
- When the applicant is told to begin, he/she will drag the dummy 75 feet to the finish line. All parts of the dummy must cross the finish line to end that portion of the test. Applicant will have up to 3 attempts to accomplish this task. Each time starting back at the starting point.

Administrator Role:

- Before you start an applicant through this task, ensure that the dummy is positioned behind the specified line. The dummy should be positioned the same way for each and every applicant.
- The applicant must grab the dummy and drag it for 75 feet. He/she may drag the dummy in any manner he/she sees fit except by the legs. If the applicant begins to grab the dummy by the legs, correct him/her immediately.



Method 1: Under Arms



Method 2: Two Hand-Waist



Method 3: One Hand-Waist



Unacceptable- Leg Drag

- The dummy must be dragged completely across the end-line positioned 75 feet away. The applicant must maneuver the dummy between two traffic cones and across the line until his/her body and the dummy's entire body is completely across the line.
- At this time the applicant will drop the dummy carefully and step away.

Administrator Position:

Position yourself near the end line to ensure you can see the applicant and dummy cross the line. It is important that you stay out of the applicant's way in this event, as he/she will be dragging the dummy and may not be cognizant of what is around him/her.