

# PHYSICAL FITNESS TESTING

Candidate Number \_\_\_\_\_

## **Description of Events:**

**1.5 Mile Run:** The 1.5 mile run measures cardiovascular endurance and endurance of the leg muscles. You must complete the run without any help. Walking is allowed if necessary. The goal is to cover the distance as quickly as possible.

9 minutes	10 points	Time _____
9:01 to 10 minutes	9 points	_____
10:01 to 11 minutes	8 points	Score _____
11:01 to 12 minutes	7 points	_____
12:01 to 13:30 minutes	6 points	Examiner Initials _____

**Pull ups: (See alternative below)** The pull up test measures upper body strength and endurance. The test starts with the applicant in a full hang from the overhead bar with the palms facing away from the body. Without excessive kicking or swinging, the applicant pulls his body up until the chin is over the bar. The applicant then returns to the full hang position with the arms completely extended. Once the test begins, the feet cannot touch the ground. The object is to do as many as possible up to 14.

2	1 point	Number _____
5	2 points	_____
8	3 points	Score _____
11	4 points	_____
14	5 points	Examiners Initials _____

**Hang Test: (Pull ups alternative)** The hang test measures upper body strength. The applicant hangs from an overhead bar with the palms facing away from the body and the feet off the ground. At no time during the test can the feet touch the ground. The object is to hang for 30 seconds

30 seconds	1 point	Time _____
		Score _____
		Examiners Initials _____

**Sit Ups:** The sit up test measures endurance of the abdominal muscles. The test starts with the applicant on their back with the knees bent. The arms must remain folded across the chest. When the test starts, the applicant lifts the upper body by bending at the waist to at least an upright position. The upper body is then lowered to the starting position with the shoulder blades touching the ground. The goal is to do as many as possible up to 80.

40	1 point	Number _____
50	2 points	_____
60	3 points	Score _____
70	4 points	_____
80	5 points	Examiner's Initials _____

**Push up Test:** The push up test measures muscular strength and endurance of the upper body. The tests starts with the hands on the ground approximately shoulder width apart and the arms extended. The body is in a straight line from shoulders to ankles and must remain that way during the event. At the start of the test the elbows are bent and the body lowered until it meets the tester's fist. The arms are then straightened, returning the body to the starting position, however no piking. The object is to do as many as possible up to 50.

		Number _____
20	2 points	_____
30	3 points	Score _____
40	4 points	_____
50	5 points	Examiners Initials _____

## WARNING

**If an applicant has any concerns about their ability to train for or participate in this test, or if they have any medical problems such as heart disease, family history of heart disease, shortness of breath, chest pains, dizziness, diabetes, or any orthopedic condition restricting movement, they should contact a physician before training for or participating in this test.**

**Before leaving today and before turning in your Agility Test form, you must stop with the Paramedic squad for a heart rate check. See reverse side for paramedic verification.**

**CITY OF NORTH RIDGEVILLE**  
**POLICE DEPARTMENT PHYSICAL STRENGTH AND AGILITY TEST**

NAME OF CANDIDATE \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

APPLICANT'S HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

The purpose of this test is to determine the minimum physical aptitude of applicants.

Score sheets will be made for each applicant and will be available for applicant's inspection.

Applicants will have the opportunity to complete each test one time only. (No repeats.)  
Inability to compete in all events will constitute failure.

**WARNING**

**If an applicant has any concerns about their ability to train for or participate in this test, or if they have any medical problems such as heart disease, family history of heart disease, shortness of breath, chest pains, dizziness, diabetes, or any orthopedic condition restricting movement, they should contact a physician before training for or participating in this test.**

**ACCIDENT WAIVER**

Whereas, I have been informed that as a part of the examination given for this position, it will be necessary for me to demonstrate my strength, endurance, and physical agility in a series of tests,

Now, therefore, I for myself, my heirs, executors, administrators or assigns, hereby waive any or all claims against the Municipal Civil Service Commission of this City, the Board of Education of the City, the City itself and the North Ridgeville Police Department, or employee thereof, now or hereafter to occur for, on account of, because of any injury or damage that I may sustain because of, in connection with or on account of this physical strength and agility test and hereby release the Municipal Civil Service Commission, the Board of Education, the City itself and the North Ridgeville Police Department, or employee thereof, from any or all liability or claims for damages for any injury occurring as a result of these tests.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Candidate Number

\_\_\_\_\_  
TOTAL SCORE

**BEFORE LEAVING TODAY AND BEFORE TURNING IN YOUR AGILITY TEST FORM, YOU MUST STOP WITH THE PARAMEDIC SQUAD FOR A HEART RATE CHECK.**

*(Paramedic: Check here when heart rate has been taken.)*

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