



TAZEWELL COUNTY SHERIFF'S OFFICE

PHYSICAL AGILITY REQUIREMENTS

The POWER test consists of 4 basic tests. Each test is a scientifically valid test. It is recommended that five minutes of static stretching, using techniques approved by the Board, be completed prior to each test. A five minute rest is recommended between each test with a fifteen minute rest before the 1.5 mile run. The tests will be given in the following sequence with a rest period between each test (see *POWER CHART* below).

POWER CHART

	MALE				FEMALE			
AGE	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
SIT & REACH	<i>(NUMBER OF INCHES TO REACH)</i>				<i>(NUMBER OF INCHES TO REACH)</i>			
	16.0	15.0	13.8	12.8	18.8	17.8	16.8	16.3
1 MINUTE SIT-UP	<i>(NUMBER OF SIT-UPS PER MINUTE)</i>				<i>(NUMBER OF SIT-UPS PER MINUTE)</i>			
	37	34	28	23	31	24	19	13
MAZIMUM BENCH PRESS RATIO	<i>(PERCENTAGE OF BODY WEIGHT)</i>				<i>(PERCENTAGE OF BODY WEIGHT)</i>			
	98%	87%	79%	70%	58%	52%	49%	43%
1.5 MILE RUN	<i>(TIME IN MINUTES)</i>				<i>(TIME IN MINUTES)</i>			
	13.46	14.31	15.24	16.21	16.21	16.52	17.53	18.44

1. SIT AND REACH

This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion. This is important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from the sitting position. The score is in the inches reached on a yard stick based on the attached power chart.

2. 1 MINUTE SIT-UP TEST

This is a measure of the muscular endurance of the abdominal muscles. It is an area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is in the number of bent leg sit-ups performed in 1 minute based on the attached power chart. All applicants are required to perform the sit-up test with hands interlocked behind their heads.

3. 1 REPETITION 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 police tasks requiring upper body strength. The score is a ratio of weight pushed divided by body weight based on the attached power sheet.

4. 1.5 MILE RUN

This is a timed run to measure the heart and vascular systems' capability to transport oxygen. It is an important area for performing police tasks involving stamina, endurance, and minimizing the risk of cardiovascular problems. The score is in minutes and seconds.

WHAT ARE THE STANDARDS?

- The actual performance requirement for each test is based upon norms for a national population sample.
- The applicant must pass every test.
- The required performance to pass each test is based upon gender and age (decade). While the absolute performance is different for the 8 categories, the relative level of effort is identical for each age and gender group. All applicants are being required to meet the same percentile rank in terms of their respective age/gender group. The performance requirement is the level of physical performance that approximates the 40th percentile for each age and gender group.