

CORRECTION OFFICER PHYSICAL FITNESS TEST

As mentioned on the exam announcement for Correction Officer, you must pass the required physical fitness test in order to qualify for appointment. In preparation for the physical fitness test, please be aware of the following:

- You will need a current doctor's release note in order to participate in the physical fitness test.
- If you do not appear for or fail the physical fitness test, your name will be removed from the eligible list.
- Only the candidates who pass the written exam **and** the physical fitness test will be eligible for appointment.

REQUIREMENTS FOR THE QUALIFYING PHYSICAL FITNESS TEST

A total score of 20 is required for passing this test; the scores attained on the five individual tests are added together to obtain your final score.

TEST I - TRUNK FLEXION TEST – 3 CHANCES

Candidates will assume a sitting position on the floor with the legs extended at right angles to a line drawn on the floor. The heels should touch the near edge of the line and be 5 inches apart. The candidate should slowly reach with both hands as far forward as possible on a yardstick that is placed between the legs with the 15 inch mark resting on the near edge of the heel line. The Score is the most distant pull (measured in (inches) reached on the yardstick with fingertips.

Rating	Trunk Flexion (inches)	Points
Excellent	22 and over	6
Good	20-21	5
Average	14-19	4
Fair	12-13	3
Poor	10-11	2
Very Poor	9 and under	1

TEST II – HAND GRIP STRENGTH TEST – 3 CHANCES

The candidate places the dynamometer (hand grip tester) at the side and without touching the body with any part of the arm, hand, or the dynamometer, should grip the dynamometer as hard as possible in one quick movement. The best of the 3 tries will be recorded.

Rating	Hand Grip in Kg.	Points
Excellent	65 and above	6
Good	57-64	5
Average	45-56	4
Fair	37-44	3
Poor	30-36	2
Very Poor	29 and under	1

TEST III-STANDING BROAD JUMP– 3 CHANCES

Candidates will be permitted 3 chances in consecutive order, and the longest distance will be credited. Candidates will be required to jump from a standing position, both feet together. Distance of jump will be recorded from starting point to back of heels. It is each candidate's responsibility to have a non-skid surface on the soles of his sneakers.

Rating	Distance	Points
Excellent	7'10" or better	6
Good	7' to 7'9"	5
Average	6'1" to 6'11"	4
Fair	5'6" to 6'0"	3
Poor	5'0" to 5'5"	2
Very Poor	less than 5'	1

TEST IV – ONE MINUTE SIT-UP TEST

The candidate will start by lying on the back with the knees bent so that the heels are about 18 inches away from the buttocks. An examiner will hold the ankles to give support. The candidate will then perform as many correct sit-ups (elbow alternately touching the opposite knee) as possible within one-minute period. The candidate should return to the starting position (back to floor) between sit-ups.

Rating	Sit-ups in 1 minute	Points
Excellent	35	6
Good	30-34	5
Average	20-29	4
Fair	15-19	3
Poor	10-14	2
Very Poor	9 and under	1

TEST V – THREE MINUTE STEP TEST

The candidate will step for three minutes on a 12-inch bench at a rate of 24 steps per minute. A metronome will maintain the time. Immediately after the 3-minutes of stepping, the subject will sit down and relax without talking. A 60-second heart rate count is taken starting 5 seconds after the completion of stepping.

Rating	Pulse	Points
Excellent	75-84	6
Good	85-94	5
Average	95-119	4
Fair	120-129	3
Poor	130-139	2
Over	140	1

If you have any questions regarding the
civil service exam process, contact the
Ontario County Department of Human Resources at
(585)396-4465 or at hr@co.ontario.ny.us.

