

Physical Fitness Assessment

The **Medical Practitioner’s Certification of Applicant’s Ability to Perform the Kent County Sheriff’s Office Physical Fitness Assessment** must be completed and brought with you to the Physical Fitness Assessment.

All Kent County Sheriff’s Office applicants for Entry-Level Deputy Sheriff positions will complete the Physical Fitness Assessment.

This is not a “Pass/Fail” portion of the application process, however your results will be considered as you proceed through the application process

Should you be successful in the application process and enter the Police Academy, the chart shown below depicts the physical fitness standards required to pass the Police Academy

Cooper’s Physical Fitness Norms				
Age Group				
1.5 Mile Run				
40th Percentile	20-29	30-39	40-49	50-59
Male	12:51	13:36	14:29	15:26
Female	15:26	15:57	16:58	17:55
Sit-ups in One Minute				
40th Percentile	20-29	30-39	40-49	50-59
Male	38	35	29	24
Female	32	25	20	14
Push-ups in One Minute				
40th Percentile	20-29	30-39	40-49	50-59
Male	29	24	18	13
Female	15	11	9	

The following exercises will be completed for the Kent County Sheriff’s Office Physical Fitness Assessment;

Push-up – muscular endurance

Hands must be shoulder width apart. Start in the up position. For the rep to count, the chest must touch a cushion (rolled towel) that is three inches in height. Resting must be done in the up position and time will not stop during rests. The test will last one minute.

Sit-up – muscular endurance

Lie on flat surface. Knees will be flexed, with the feet 12-18 inches from the buttocks. Hands on the side of the head (over ears), not interlaced or behind the head. When coming up, the elbows must touch the inner thighs, this will count as one rep. When going down, the shoulder blades must touch the mat/flat surface. Resting must be done in the up position, and the time will not stop during rests. The test will last one minute.

1.5 Mile Run – Tests Cardiovascular endurance

Applicants will complete a timed, 1.5 mile run on a suitable surface.

Following the Physical Fitness Assessment, your results will be recorded and be placed with your records for consideration in the application process.