

City of Alton

STRENGTH & FITNESS EXAMINATION

Activities for Police Officer & Jailer Applicants

1. Sit & Reach

This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing tasks involving range of motion and 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 yardstick. The knees cannot bend to permit reaching the desired length. All bending is done at the waist. (15" would be equal to touching wall with feet against wall; greater than 15" is beyond toes)

MINIMUM PERFORMANCE REQUIREMENT

Males :	<u>AGE</u>	<u>INCHES</u>	Females :	<u>AGE</u>	<u>INCHES</u>
	20-29	16.0		20-29	18.8
	30-39	15.0		30-39	17.8
	40-49	13.8		40-49	16.8
	50-59	12.8		50-59	16.3

2. Sit - Ups

Perform required number of bent knee sit-ups in one minute's time. Fingers must be locked behind the head and someone will hold your feet. One complete sit-up is accomplished by coming all the way up until the elbow touches the top of the knee and returning back down to the resting (flat) position.

Time prorated by age and gender as follows:

MINIMUM PERFORMANCE REQUIREMENT

Males:	<u>AGE</u>	<u>TIME</u>	Females :	<u>AGE</u>	<u>TIME</u>
	20-29	≤ 37		20-29	≤ 31
	30-39	≤ 34		30-39	≤ 24
	40-49	≤ 28		40-49	≤ 19
	50-59	≤ 23		50-59	≤ 13

3. Maximum Bench Press

Perform 1 repetition of maximum percentage of body weight pushed from the bench press position. Weight is prorated by age and gender as follows:

MINIMUM PERFORMANCE REQUIREMENT

Males:	<u>AGE</u>	<u>RATIO</u>	Females :	<u>AGE</u>	<u>RATIO</u>
	20-29	≤ .98		20-29	≤ .58
	30-39	≤ .87		30-39	≤ .52
	40-49	≤ .79		40-49	≤ .49
	50-59	≤ .70		50-59	≤ .43

4. 1.5 Mile Run

Time prorated by age and gender as follows:

MINIMUM PERFORMANCE REQUIREMENT

Males:	<u>AGE</u>	<u>TIME</u>	Females :	<u>AGE</u>	<u>TIME</u>
	20-29	≤ 13:46		20-29	≤ 16:21
	30-39	≤ 14:31		30-39	≤ 16:52
	40-49	≤ 15:24		40-49	≤ 17:53
	50-59	≤ 16:21		50-59	≤ 18:44

*****You may keep this for your records*****