

INSTRUCTIONS TO BE READ TO APPLICANT

Push-ups to Failure

The subject must begin with their hands placed about shoulder-width apart, fingers pointing forward, and their feet together. A test administrator will place a 3-inch block under the subject's sternum. Starting from the up position (elbows extended), the subject must lower their body to the floor until their chest touches the 3-inch block. The subject then returns to the up position. This is one repetition. Repositioning of the hands or feet is not allowed at any time during this test. When the subject moves their hands or feet, the test will be determined finished. Resting is allowed during this exercise in the up position only. While resting, the subject must remain in up position with their arms fully extended and their back straight. If the subject fails to keep their back straight, or repositions their hands or feet during a period of rest, the test will be determined finished. Pushups performed without the back essentially straight are not counted. The minimum number of acceptable pushups is 25.

- Allow applicant a 5 minute break before SIT-UPS –

1 Minute Sit-ups

The subject starts in the down position by lying on their back, knees bent, heels flat on the floor, with their fingers laced and held behind their neck. A partner holds the subject's feet down firmly. The subject then performs as many correct sit-ups as possible in one minute. In the up position, the individual should touch their elbows to their knees, or pass the plane of their knees with their elbows. The subject then returns to the down position (until their shoulder blades touch the floor.) Resting is allowed in the up position only. During this exercise, the subject's chin should be held towards their chest, and their elbows must be in parallel to the sides of their body, and their hips must remain on the floor. The minimum number of acceptable sit-ups is 27.

-Allow applicant a 10 minute break before RUN-

1.5 Mile Run

This is a timed run over a measured course. The course may be on a sidewalk, a cross-country trail, a treadmill or an oval track. Maximum acceptable time is 15 minutes, 12 seconds (15:12).

_____ **Test Proctor Signature**

_____ **Test Proctor Printed Name** _____ **Date Signed**

Scores Necessary to Pass

PUSH-UPS 25

SIT-UPS 27 (1 minute)

1.5 MILE RUN 15:12

Actual results:

_____ Proctor Initial: _____

_____ Proctor Initial: _____

_____ Proctor Initial: _____