

CORTLAND COUNTY PHYSICAL FITNESS TEST
PRE TEST ACKNOWLEDGMENT

The four components measured in the physical fitness screening test are: muscular endurance, flexibility, muscular strength and cardiorespiratory capacity. A brief description of the test items used to measure each component follows:

Sit-up Muscular endurance – The score indicated below is the number of bent-leg, sit-ups Performed in one minute.

Body Transport Muscular Strength – A 160 lb. Dummy is rolled onto a blanket. The candidate must then pull the weighted blanket a total distance of 30 feet all within 15 seconds.

Suspended Dummy Raise Muscular Strength – A 120 lb. Dummy, suspended by a rope, must be raised 3 inches vertically and held up for a period of 5 consecutive seconds. The dummy must be raised by facing it and using hands and arms in a “bear hung”.

3- Minute Step Test Cardiorespiratory– For 3 minutes the candidate will lift one foot at a time while stepping on and off a 12 inch bench at a steady rate of 24 times per test minute. The candidate must keep pace with a metronome set at 96 beats per minute. After the 3 minutes of stepping, the candidate will sit down and relax without talking while a 60 second heart rate count is taken, starting at 5 seconds after the completion of stepping.

The following table indicates the minimum rated achievement level for each test item. The minimum level must be obtained for each component in order to pass the physical fitness screening test.

AGE/SEX

<u>MALE</u>	<u>SIT-UP</u>	<u>HEART RATE</u>
18-25	34	107
26-35	30	109
36-45	26	113
46-55	21	118
OVER 55	16	113
<u>FEMALE</u>		
18-25	28	118
26-35	24	121
36-45	18	120
46-55	13	121
OVER 55	09	119