

Johnson County Sheriff's Office

PHYSICAL FITNESS PRE-EMPLOYMENT STANDARDS

The physical Fitness assessment consists of three basic tests: One Minute Sit-up Test; One Minute Push-up Test; and the 12 Minute Walk/Run Test. The required performance to pass each test is based upon gender and age. Applicants must meet or exceed the minimum standards for each of the three categories. These entry physical fitness standards are established by the Wyoming Law Enforcement Academy and are required for anyone attending the Peace Officer and Detention Officer Basic Courses. For specific entry standards refer to the Wyoming Law Enforcement Academy's web page @ www.wleacademy.com.

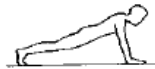
SIT-UPS

Applicant must perform sit-ups with continual movement for one minute or until muscle failure. Sit-ups are done with bent knees, with someone holding feet, with hands positioned next to the side of the head. The number of repetition is counted.

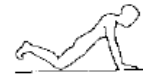
PUSH-UPS

Applicant must perform push-ups with continual movement (in proper form) for one minute or until muscle failure. The number of repetitions is counted.

Male Protocol



Female Protocol



12 MINUTE WALK/RUN Applicant must meet standards on a 12 minute walk/run. The object of this test is walk/run as far as you can in 12 minutes (Measured in Miles).

The chart below shows the 40th percentile entry level for each of the test areas. Applicants meeting these standards would pass the minimum entry standards established by Wyoming Law Enforcement Academy.

Age Group/ Test	40 th Percentile Entry Level - Male							
	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
1 Minute Sit-ups	38	34	31	29	26	24	21	18
1 Minute Push-ups	29	24	21	18	15	13	11	10
12 Minute Run (Miles)	1.45	1.39	1.36	1.33	1.29	1.25	1.20	1.15

Age Group/ Test	40 th Percentile Entry Level - Female							
	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
1 Minute Sit-ups	32	25	22	20	17	14	10	6
1 Minute Push-ups	23	19	16	13	12	11	8	5
12 Minute Run (Miles)	1.25	1.21	1.17	1.13	1.09	1.06	1.02	.99