SHERIFF, OHIO COUNTY
51 Sixteenth Street, Wheeling, West Virginia 26003
Law Enforcement 304-234-3680
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PHYSICAL STANDARDS

Updated per Legislative Rule for all Academy Classes beginning January 2015

#1 Upper Body Strength

Applicants must be able to complete 19 properly executed push-ups within one minute.

The hands are placed about shoulder width apart. The administrator places a fist on the floor below the student's chest.

Starting from the up position (elbows fully extended), the student must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Student then returns to the up position.

#2 Muscular Endurance

Applicants must be able to complete 29 properly executed sit-ups within one minute.

The student starts by lying on the back, knees bent, heels flat on the floor, hands folded across the chest touching the shoulders.

A partner holds the feet down firmly.

In the up position, the student should touch the elbows to the knees and then return until the shoulder blades touch the floor. Any resting should be done in the up position.

#3 Aerobic Power

Applicants must be able to complete the 1.5 mile run within 14 minutes, 30 seconds.

Equipment: A stopwatch or clock with a sweep second hand; an indoor or outdoor track or another suitable running area measured to 1.5 miles; testing forms to record data.

The student should refrain from smoking or eating for two hours preceding the test.

Allow adequate time prior to the test for stretching and warm-up exercises.

During the administration of the test, the students can be informed of their lap times. If several students run at once, their individual times at the finish can be called out and recorded later.

An important consideration at the end of the run is the "cool down" period. The students should be cautioned about sitting or standing around immediately after the run to prevent venous pooling. They should be instructed to walk an additional five minutes or so in order to enhance venous return and aid in recovery.