



## Probation & Parole Officer Physical Readiness Test

The Probation and Parole Officer Physical Readiness Test is comprised of five areas. There is a minimum level each participant must meet to pass the area and the minimum in each area must be met in order to be considered for the Probation and Parole Officer, Sr. position. Below are the details of each area:

### 1. Vertical Jump

Minimum 14.0 inches – Score is the number of inches jumped to the nearest half inch.

- Participant will stand on a mat with feet over markings
- Jump with both feet in place or with one foot off the mat, bringing the trailing foot onto the mat as movement begins.
- Jump as high as possible off both feet
- Land back on the mat approximately where the feet left the mat.

### 2. One Minute Sit-up Test

- Minimum 15 correct sit-ups in one minute. Score is the number of correct sit-ups.
- Participant will lie on his or her back, knees bent, heels flat on the floor. Hands should be held behind the head, with elbows out to the sides. A partner holds the feet using hands only.
- In the UP position, the individual must touch the elbows to the knees then return to the lying position (shoulder blades touch the floor) before starting the next sit up.
- Perform as many correct sit-ups as possible in one minute.

### 3. Maximum Push-Up Test

- Minimum 21 correct push-ups – Score is the number of correct push-ups
- Participant gets down on the floor in the front leaning rest position (plank position)
- Lower the bodies until the upper arms are parallel to the floor, then push up again. The back must be kept straight, and in each extension up, the elbows should reach a position of “soft” extension. Resting in the up position (only) is allowed.
- Do as many push-ups as possible.

### 4. 300-Meter Run Test

- Maximum time is 77 seconds – Score is the number of seconds elapsed from starting.
- Run 300 meters as fast as possible.

### 5. 1.5 Mile Run/Walk Test

Maximum time is 17 minutes, 17 seconds. - Score is the time passed from starting.

- Run or walk a 1.5 mile distance as fast as possible.