

## Corrections Officer Physical Fitness

WASHINGTON STATE CRIMINAL JUSTICE TRAINING COMMISSION

www.wa.gov/cjt/corrections/pt.htm  
**STANDARDS OF PHYSICAL FITNESS**

In order to gain entrance into and successfully complete the Washington State Criminal Justice Training Commission Correctional Officer Academy (successful completion within six months of employment is required by law, RCW 43.101), new recruit correctional officers must pass the following physical fitness standards adopted by the Commission. Applicants must attain a composite minimum Total Test Battery Score (TTBS) of 120 points. This composite scoring system establishes the following for each exercise: Minimum Passing Score (MinPS); Goal Passing Score (GPS); and Maximum Passing Score (MaxPS). The test battery consists of three test elements: pushups, sit-ups, and 1.5 mile run. Please refer to the bottom of this page for details on each exercise.

Any performance below the MinPS will disqualify the applicant from the testing process and performances above the MaxPS will not be added to the composite TTBS. The point system for each event is based on points awarded for each repetition or second completed. Scoring for the physical fitness test is as follows:

Exercise	Passing Range (MinPS to MaxPS)	Goal Passing Score (GPS)	Point System
1 Minute Push Ups	15 – 23 (repetitions)	19	2.63 pts./rep.
1 Minute Sit Ups	12 – 18 (repetitions)	15	2.67 pts./rep.
1.5 Mile Run	17:54 - 16:37 (minutes/seconds)	17:17	1/2 pt. per second

### Example Scoring Matrix

	Push Ups	Sit Ups	1.5 Mile Run	TTBS
MaxPS	23	18	16:37	158.59
GPS	19	15	17:17	<b>120</b>
MinPS	15	12	17:54	83.02
<b>Must achieve a Total Test Battery Score of:</b>				<b>120</b>

### **PHYSICAL FITNESS TESTING INFORMATION**

***Bent-knee Sit-ups:*** This test is a test of muscular endurance in the abdominal muscles. The subject lies on his/her back with knees flexed at a right angle. The hands, with fingers interlocked, are placed at the back of the neck at ear level. A partner sits on the subject's insteps with his/her hands placed behind the subject's calf muscles to keep the heels in contact with the floor. An alternate method for sit-up performance is to cup the fingers over the ears in place of the above method. Whichever method is used, the hands must remain in place for the entire test. Changing protocol during the test is not permitted. The individual sits up to touch the knees with the elbows. Without pause, the individual returns to the starting position just long enough for his/her head (not just shoulder blades) to touch the mat and immediately sits up again. Resting can be done only in the "up" position. Only the number of correct sit-ups performed in 60 seconds is recorded.

***Pushups:*** This is a measure of muscular endurance of the arms and shoulder girdle muscles. This test is administered with the individual in the standard "up" position for a full pushup. The individual's hands may be placed shoulder width apart. A four-inch (4") cube of foam rubber is positioned directly under the subject's costal arch, on the ground, for the purpose of counting. The individual lowers his/her body until the foam cube touches his/her chest. The individual then returns to the full "up" position (elbows locked) for the beginning of the next repetition. Legs and back will be straight. Individuals are NOT allowed to bend his/her legs at the knee. If the individual touches the floor with any portion of his/her body, the test is terminated. Resting can be done only in the "up" position.

***1.5 Mile Run:*** This is a measure of cardiovascular endurance and is a timed run over the specific distance of one and one-half miles of flat terrain. This test requires a nearly exhaustive effort, however, individuals should not run to complete and total exhaustion. It is assumed that the individual has had the proper medical examination and has been cleared for an exercise program. It is advisable to allow adequate time prior to the test for stretching and warm-up exercises. The time used to complete the distance is recorded.