

Dutchess County Department of Human Resources
Physical Fitness Standards and Procedures for Deputy Sheriff/Police Officer and
Correction Officer Candidates

The 1.5 mile run shall only be administered to such individuals who have successfully completed each of the other two elements of the test battery (sit-up and push-up).

- Sit-Up Muscular endurance (core body) – The score indicated below is the number of bent-leg sit-ups performed in one minute.
- Push-Up Muscular endurance (upper body) – The score below is the number of full body repetitions that a candidate must complete without breaks.
- 1.5 Mile Run Cardiovascular capacity – The (time) score indicated below is calculated in minutes:seconds.

Age : Gender		Test		
	Age	Sit-Up	Push-Up	1.5 Mile Run
Males	20-29	38	29	12:38
	30-39	35	24	12:58
	40-49	29	18	13:50
	50-59	24	13	15:06
	60+	19	10	16:46
Females	20-29	32	15	14:50
	30-39	25	11	15:43
	40-49	20	9	16:31
	50-59	14	-	18:18
	60+	6	-	20:16

MUST WEAR LOOSE FITTING CLOTHING AND SNEAKERS. BRING BOTTLE OF WATER AND EAT A LIGHT BREAKFAST.