

KNOX COUNTY SHERIFF'S DEPARTMENT

MERIT COMMISSION:

PHYSICAL AGILITY TESTING STANDARDS:



CORRECTIONAL & COURT SECURITY OFFICERS

The Physical Agility Examination consists of four (4) measuring the physical capacities and abilities which are needed for the successful performance of essential job tasks of Correctional Officers.

Below is an explanation of the exercises you will be required to successfully perform. Please wear suitable clothing. You have to have a Doctor's Release for Physical Agility Testing and a Physical Agility Release of Liability Waiver signed to participate.

PUSH-UPS:

Purpose:

Push-ups measure the muscular endurance of the chest, upper arms, and shoulder muscles which is essential during restraining, subduing and separating hostile inmates as well as self-defense.

Procedure:

1. Start in a prone (face down) position, hands shoulder width apart beneath the chest, legs straight and extended, toes touching the ground (males) or knees touching the ground (females may use either position). Entire body elevated to where the arms are straight and fully extended.
2. Bend the arms and lower the entire body until the upper arms (triceps and biceps) are at least parallel to the ground. Recover to the starting position by pushing up until arms are straight and fully extended (1 repetition).
3. Perform as many correct push-up repetitions as possible without stopping.

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Scoring:

1. Pass/Fail
2. Minimum of 17 of correctly performed push-ups without stopping.
3. NO TIME LIMIT

Cone Agility Run:

Purpose:

The Cone Agility Run measures a person's ability to rapidly change direction while maintaining balance and coordination. The Cone Agility Run is a shuttle type run involving various kinds of body movements in one test including zigzagging, dodging, and turning all while the body is in motion. Agility is important for self-defense as well as controlling and restraining hostile inmates.

Procedure:

The applicant's will receive verbal instruction and demonstration of the course to be run prior at the time of testing. The course will be run on a flat and level surface.

Scoring:

1. Pass/Fail
2. 25 Seconds or Less – Males
3. 29 Seconds or Less – Females

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Hand Grip:

Purpose:

To measure combined gripping strength of the applicant's hands which is essential to firing weapons, applying restraints, and controlling or subduing violent inmates. Grip strength also has a moderately high correlation with the total strength of 22 other muscles of the body. Thus, measuring hand grip strength gives an indication as to the overall strength level of the individual.

Procedure:

In the standing position, head facing forward, arms relaxed at the side the applicant squeezes the hand grip strength dynamometer in a single, quick movement and holds for up to 5 seconds.

Scoring:

1. Pass/Fail
2. Sum of the best trials for the left and right hands.
3. Minimum Score of 51 kilograms

Queen's Step:

Purpose:

The Queen's Step test provides an estimate of aerobic power and cardiovascular endurance while at the same time assessing the applicant's ability to climb stairs.

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Procedure:

A metronome is set at 96 beats per minute. Applicants will step up on to a 12" platform to a four step cadence following this procedure:

1. Step up with the first leg (applicant's choice) – Count #1
2. Step up with the other leg – Count #2
3. Step down with the first leg – Count #3
4. Step down with the second leg – County #4
5. Repeat and continue for three (3) minutes.

Example: Left leg up, Right Leg Up. Left Leg Down, Right Leg Down.

Scoring:

1. Pass/Fail
2. Must Complete Entire Three (3) Minutes