

**CANTON CIVIL SERVICE COMMISSION
PHYSICAL AGILITY EXAMINATION
FOR THE POSITION OF CANTON POLICE OFFICER**

FOUR (4) INDIVIDUAL TESTS

- ◆ SIT-UPS (One Minute)
- ◆ PUSH-UPS (One Minute)
- ◆ 300 METER RUN
- ◆ 1.5 MILE RUN

YOU MUST PASS EACH TEST IN ORDER TO PASS THE ENTIRE BATTERY
Failure to pass any of the tests automatically eliminates the candidate from further consideration in this employment process.

LISTED BELOW ARE THE MINIMUM REQUIREMENTS

MALE CANDIDATES

AGE	SIT UPS (1 MINUTE)	PUSH-UPS (1 MINUTE)	300 METER RUN (SECONDS)	1.5 MILE RUN
21 - 29	38	29	64	14:30
30 - 34	35	24	65	15:30

FEMALE CANDIDATES

21 - 29	32	23	77	16:00
30 - 34	25	19	84	17:00

Ohio Peace Officer Basic Training Physical Fitness Requirements to complete academy training are outlined below:

		SIT-UPS	PUSH-UPS	1.5 MILE RUN
MALES	20 – 29	40	33	11:58
	30 – 39	36	27	12.25
FEMALES	20 – 29	35	18	14:15
	30 – 39	27	14	15:14

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PHYSICAL FITNESS EXAMINATION
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SIT-UPS (ONE MINUTE)

This test measures the muscular endurance of the abdominal muscles that are used in self-defense and high intensity arrest simulation training. Further, these muscles are important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems. The participant lies on his/her back, knees bent, heels flat on the floor. Hands should be held behind the head, with elbows out to the sides. A partner will hold down the feet. Lift upper body by bending at the waist, touch elbows to your knees, and return to the starting position. Fingers must stay interlocked during the entire exercise. Resting is allowed only in the up position. Failure to keep your fingers interlocked, to touch elbows to knees, to keep buttocks flat on the mat or to touch fingers to examiner's hand will receive one warning. Incorrect repetitions after the warning will not count. There is a one-minute time limit on this exercise.

PUSH-UPS (ONE MINUTE)

This test measures the muscular strength/endurance of the upper body muscles in the shoulders, chest, and back of the upper arms (the triceps) used in high intensity self-defense and arrest simulation training. This is important for use of force involving pushing motion or breaking one's fall to the ground, use of the baton, etc. Place hands on the floor so they are in a vertical line with the shoulders. Feet may be together or up to 12 inches apart. The body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the exercise. On command, lower your body by bending elbows until upper arms are parallel to the floor and you touch and slightly compress the foam block. The monitor will tell you when you have gone low enough. Then return to the starting position by completely straightening your arms. Resting is allowed only in the up position with elbows locked. Failure to keep your body in a straight line, touch chest to block, or to lock elbows in the up position will receive one warning. Incorrect repetitions after the warning will not count. There is a one-minute time limit on this exercise.

300 METER RUN

This test measures anaerobic capacity used in high intensity baton and defensive tactics training, and is important for performing short intense bursts of effort such as foot pursuits, rescues and use of force situations. Run the distance as fast as possible. The score will be the time to the nearest half-second for completion of the run.

1.5 MILE RUN

This test is a measure of cardio-respiratory endurance or aerobic capacity used in extended control and defensive tactics training. This is important for performing tasks involving stamina and endurance, i.e., pursuits, searches, prolonged use of force situations, etc., and for minimizing the risk of cardiovascular health problems. Stretching and warm-up prior to the test and walking for a cool down period after running are recommended.