

# Correctional Officer Fitness Testing.

All 6 components must be completed within 45 minutes.

**1. Eye-Hand Coordination and Dexterity Testing :  
Minnesota Coordination and Dexterity Testing (MMDT).**

All pegs will be in the test with the same side up to start. The applicant will start in the top right corner. The applicant will pick up the peg with one hand; turn the peg into the other hand and place the peg, completely, in the hole with the opposite side up. The applicant will complete all 4 rows and will need to lead with a different hand each time they start a new row. Applicant must complete 2 trials of the 2 hand place and turn, within 2 minutes and 30 seconds, for both trials.



**2a. Mobility Testing:  
Squat and Rotating Test.**

**Timed for 1 Minute and 5 Seconds.**  
Squat 20 times (feet at 16" from middle of toes, knees over toes for 1/2 squat)



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### **2b. Mobility Testing:**

#### **Squat and Rotating Test.**

Rotate at the waist, 10 times to the right and 10 times to the left.



### **3. Flexibility Testing:**

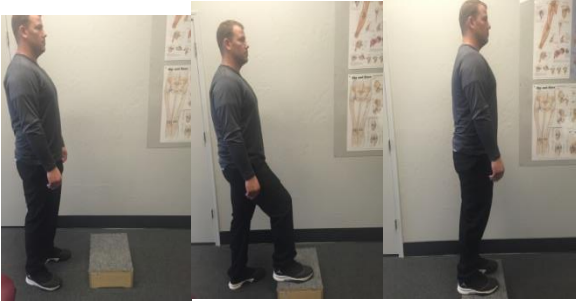
#### **Sit and Reach Test.**

The applicant will sit on the floor with legs out straight ahead. Feet (shoes off) are placed against the sit and reach box. Applicant must sit and reach 8 inches.



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<p><b>4. <u>Endurance Testing:</u></b> <b>Step Test.</b></p>	<p><b>Timed for 3 Minutes</b></p> <p>The applicant will stand facing the step. When ready to begin, the applicant will march up and down on the step to the metronome beat (up, up, down, down) for 3 consecutive minutes. The applicant will then be asked to sit down and rest for 1 minute. After the 1 minute rest period, the applicant's heart rate will be measured by the testing proctor. Applicant's heart rate must be equal to or less than 136 beats per minute.</p> 
<p><b>5. <u>Job Specific Testing Circuit:</u></b> <b>(All tests must be completed 2 times within 2 minutes).</b></p>	<p><b>Forward and Backward Crawl</b> Applicant will crawl forward 5 feet and crawl backward 5 feet.</p> <p><b>50 lbs Bag Lift</b> Applicant will grasp a 50 lb property bag and lift to the waist 3 times.</p> <p><b>50 lbs Bag Lift and Carry</b> Applicant will then lift the 50 lb bag at least to the waist area, and carry the bag 100 feet.</p>
<p><b>6. <u>Mile Run/Walk:</u></b></p>	<p><b>Must complete a Mile Run/Walk within 15 Minutes.</b></p>