



## **SANTA BARBARA COUNTY SHERIFF'S OFFICE PHYSICAL AGILITY TESTS EXPLANATIONS**

### **Pull-up Test Explanation**

Assistance to the bar with a step up, being lifted up or jumping up is authorized.

The bar must be grasped with both palms facing forward.

The correct starting position begins when arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless.

Legs may be positioned in a straight or bent position, but knees may not be raised above the waist.

One repetition consists of raising the body with the arms until the chin is above the bar and then lowering the body until the arms are fully extended; repeat as many repetitions as possible. At no time during the execution of this test can a candidate rest the chin on the bar.

A certain amount of inherent body movement will occur as the pull-up is executed. However, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pull-up.

Whipping, kicking, or kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. If observed, the repetition does not count for score.

### **Sit-ups Test Explanation**

The candidate will lie flat on their back with shoulder blades touching the ground, knees bent, and both feet flat on the ground.

Arms will be folded across the chest or rib cage with no gap between the arms and chest/rib cage. The hands must be clasped on the upper arm between the elbow and shoulder. Both arms must remain in constant contact with chest/rib cage throughout the exercise. A single repetition consists of raising the upper body from the starting position with shoulder blades touching the ground until both forearms or elbows simultaneously touch the thighs, and then return to the starting position with the shoulder blades touching the ground.

The buttocks will remain in constant contact with the ground throughout the event. No arching of the lower back or lifting of the buttocks is permitted.

The candidate's legs or feet will be held at or below the knees in whatever manner that is most comfortable for the candidate. Kneeling or sitting on the candidate's feet is permitted.

## **Push-Ups Test Explanation**

Candidate will assume the **front-leaning rest position** by placing the hands in a comfortable position on the ground. The feet may be together or 12 inches apart but may not be crossed.

**Altered front-leaning rest position:** The candidate may sag in the middle or flex the back. When flexing the back, the knees may be bent, but not to such an extent that the candidate is supporting most of the body weight with the legs.

Candidate will begin the push-up by bending the elbows and lowering the entire body as a single unit until the upper arms are at the least parallel to the ground. Then, return to the starting position by raising the entire body until the arms are fully extended.

Candidate can pause in the correct starting position (**front-leaning rest position**) before continuing.

The body must remain rigid in a generally straight line and move as a unit while performing each repetition.

## **1.5 Mile Run**

Complete within 15 minutes.