



CITY OF YONKERS

PHYSICAL FITNESS STANDARDS

FOR THE POSITION OF

**DETENTION OFFICER (MALE) AND DETENTION
OFFICER (FEMALE)**

**YONKERS MUNICIPAL CIVIL SERVICE
COMMISSION**

YONKERS MUNICIPAL CIVIL SERVICE COMMISSION

In recognition of the importance of physical fitness for job performance, the Commission has established physical fitness standards. A Physical Fitness test has been developed to measure a person's overall physical well-being. The test is on a pass/fail basis and failure to pass eliminates a person from qualification.

PHYSICAL FITNESS

Physical fitness is a health status pertaining to the individual employee having the physiological readiness to perform maximum physical effort when required.

Physical fitness consists of four areas:

Aerobic capacity or cardiovascular endurance pertains to the heart and vascular system's capacity to transport oxygen. It is also a key area for heart disease in that low aerobic capacity is a risk factor.

Strength pertains to the ability of muscles to generate force. Upper body strength and abdominal strength are important areas. Low strength levels have a bearing on upper torso and lower back disorders.

Flexibility pertains to the range of motion of the joints and muscles. Lack of lower back flexibility is a major risk area for lower back disorders.

Body weight and body composition pertains to body mass and the ratio of fat to lean tissue. Excessive fat is a handicap for physical movement and is a serious health risk for many diseases.

The Physical Fitness Test Consists of five (5) Subtests:

- 1) **Fat Percentage** - This is the percentage of body fat that has been determined as the level of overfatness that poses a health risk. It is measured with a skinfold caliper or computerized measuring device at selected skinfold sites. The score is in a fat percentage.

MEN'S % MAXIMUM BODY FAT

AGE

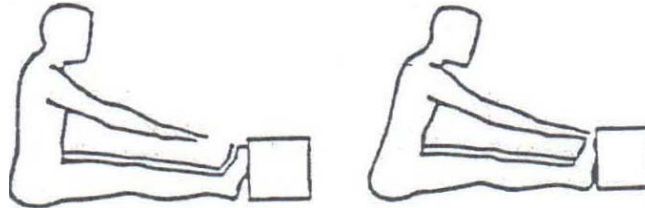
<u>20 -29</u> 41.862	<u>30 -39</u> 39.362	<u>40 -49</u> 41.062	<u>50 -59</u> 41.162	<u>60</u> 43.162
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WOMEN'S % MAXIMUM BODY FAT

AGE

<u>20 -29</u> 45.562	<u>30 -39</u> 45.562	<u>40-49</u> 45.462	<u>50-59</u> 48.262	<u>60</u> 48.862
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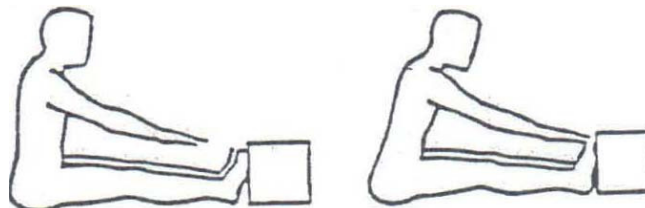
- 2) **Sit and Reach Test** -This is a measure of the flexibility of the lower back and upper leg area. The test involves stretching out to touch the toes or beyond with extended arms and in a sitting position. The score is the inches reached on a yardstick with 15 inches being at the toes.



You may prepare for the sit and reach test by performing sitting type of stretching exercises. For example: sit on the ground with legs straight. Slowly extend forward at the waist and extend the fingertips toward the toes (keeping legs straight). Hold for 10 seconds. Repeat in five repetition intervals.



Towel stretch: Sit on the ground with legs straight. Wrap a towel around the feet holding each end with each hand. Lean forward and pull gently on the towel extending the torso toward the toes. Repeat in five repetition intervals.



MEN'S SIT AND REACH

AGE
(Minimum Distance Reached)

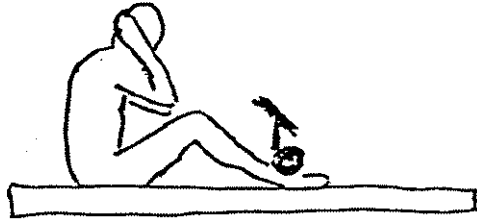
<u>20-29</u> 14.9	<u>30-39</u> 9.0	<u>40-49</u> 8.0	<u>50-59</u> 6.8	<u>60</u> 5.8
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WOMEN'S SIT AND REACH

AGE
(Minimum Distance Reached)

<u>20-29</u> 15.5	<u>30-39</u> 12.5	<u>40-49</u> 10.8	<u>50-59</u> 11.4	<u>60</u> 11.0
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- 3) **Sit-Up Test** – This is a measure of the muscular endurance of the abdominal muscles. The score is in the number of bent knee sit-ups performed in one minute.



To prepare, do three sets (three groups of the number of repetitions you can do in one minute), at least three times per week.



MEN'S TOTAL SIT-UPS PER MINUTE

AGE
(Minimum Number)

20-29
17

30-39
13

40-49
5

50-59
0

60
0

WOMEN'S TOTAL SIT-UPS PER MINUTE

AGE
(Minimum Number)

20-29
8

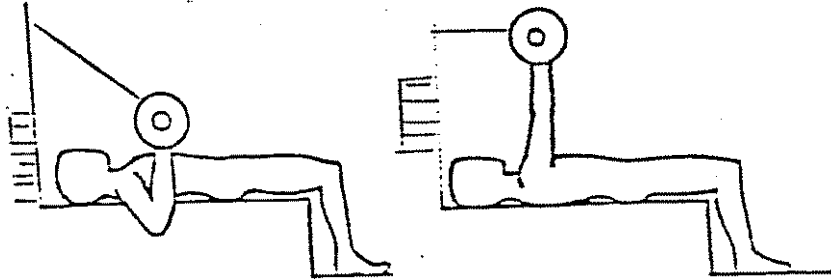
30-39
5

40-49
1

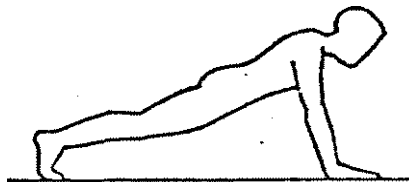
50-59
0

60
0

- 4) **One repetition bench press** – This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. The score is a ratio of weight pushed divided by body weight.



To prepare, if you have access to weights, determine the maximum weight you can bench press one time. Take 60% of that poundage. This will be the training weight. You should be able to do 8 – 10 repetitions of that weight. Do three sets of 8 – 10 repetitions adding 2 ½ to 5 pounds every week. If you do not have weight equipment, then the push-up exercise may be utilized. Determine how many push-ups you can do in one minute. At least three times a week do three sets of the number of times you can do in one minute.



MEN'S BENCH PRESS

Body Weight	<u>100</u>	<u>100-124</u>	<u>125-149</u>	<u>150-174</u>	<u>175+</u>
Minimum Pounds Pressed	65	61	77	74	84

WOMEN'S BENCH PRESS

Body Weight	<u>100</u>	<u>100-124</u>	<u>125-149</u>	<u>150-174</u>	<u>175+</u>
Minimum Pounds Pressed	41	35	43	33	45

- 5) **1.5Mile Run** – This is a timed run to measure the heart and vascular systems’ capability to transport oxygen. The score is in minutes and seconds.



To prepare one should run beginning with one mile per week gradually increasing to two miles, four times per week and lessening the time to perform to 20 minutes.

MEN’S AEROBIC FITNESS CLASSIFICATION MEASURE 1.5 MILE RUN

AGE

<u>Maximum Time:</u>	<u>20-29</u> 16:01	<u>30-39</u> 16:31	<u>40-49</u> 17:31	<u>50-59</u> 19:01	<u>60</u> 20:01
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WOMEN’S AEROBIC FITNESS CLASSIFICATION MEASURE 1.5 MILE RUN

AGE

<u>Maximum Time:</u>	<u>20-29</u> 19:01	<u>30-39</u> 19:31	<u>40-49</u> 20:01	<u>50-59</u> 20:31	<u>60</u> 21:01
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