

**POLICEMEN'S CIVIL SERVICE COMMISSION**  
**OF THE CITY OF ELKINS, WEST VIRGINIA**

**STRENGTH AND AGILITY SCREENING**

**Date:** \_\_\_\_\_

Name of Applicant: \_\_\_\_\_

Signature of applicant: \_\_\_\_\_

ID Number for run: \_\_\_\_\_

**PASS**

**FAIL**

**I. Upper Body Strength**

Applicant must be able to complete 18 properly executed push-ups within one minute.

\_\_\_\_\_

\_\_\_\_\_

**II. Muscular Endurance**

Applicant must be able to complete 28 properly executed sit-ups within one minute.

\_\_\_\_\_

\_\_\_\_\_

**III. Aerobic Power**

Applicant must be able to complete the 1.5 mile run within 00:14:52.

\_\_\_\_\_

\_\_\_\_\_

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Test administered/witnessed and results attested to by:

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_