

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 00:14:36.

Test administered/witnessed and results attested to by:

Name: _____

Signature: _____

Date: _____

Name: _____

Signature: _____

Date: _____

Name: _____

Signature: _____

Date: _____