

**ADAMS COUNTY SHERIFF'S DEPARTMENT  
POWER TEST INFORMATION  
(DEPUTY SHERIFF ONLY)**

The actual performance requirement for each test is based upon norms for a national population sample.

The applicant must pass every test.

The required performance to pass each test is based on sex and age (decade). While the absolute performance is different for the 8 categories, the relative level of effort is identical for each age and sex group. All recruits are being required to meet the same percentile rank in terms of their respective age/group. The performance requirement is that level of physical performance that approximates the 40<sup>th</sup> percentile for each age and sex group.

**POWER CHART**

<b>TEST</b>	<b>MALE</b>			
	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>
<b>AGE GROUP</b>				
<b>Sit &amp; Reach</b>	<b>16.0</b>	<b>15.0</b>	<b>13.8</b>	<b>12.8</b>
<b>1 Minute sit up</b>	<b>37</b>	<b>34</b>	<b>28</b>	<b>23</b>
<b>Maximum Bench Press Ratio</b>	<b>.98</b>	<b>.87</b>	<b>.79</b>	<b>.70</b>
<b>1.5 Mile Run</b>	<b>13.46</b>	<b>14.31</b>	<b>15.24</b>	<b>16.21</b>

<b>TEST</b>	<b>FEMALE</b>			
	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>
<b>AGE GROUP</b>				
<b>Sit &amp; Reach</b>	<b>18.8</b>	<b>17.8</b>	<b>16.8</b>	<b>16.3</b>
<b>1 Minute Sit Up</b>	<b>31</b>	<b>24</b>	<b>19</b>	<b>13</b>
<b>Maximum Bench Press Ratio</b>	<b>.58</b>	<b>.52</b>	<b>.49</b>	<b>.43</b>
<b>1.5 Mile Run</b>	<b>16.21</b>	<b>16.52</b>	<b>17.53</b>	<b>18.44</b>