

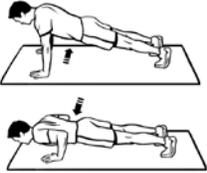
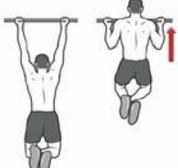


CORRECTIONAL OFFICER PRE-EMPLOYMENT TESTING (COPET)

PHYSICAL AGILITY SCORING

(Males & Females)

A passing score of 70 is needed to continue to next phase

<p><u>Push-ups</u></p> <p>As many as possible in one (1) minute. Resting position is the push-up position with your back straight and hands and feet in contact with the floor.</p>	
<p><u>Sit-ups</u></p> <p>As many as possible in one (1) minute. Resting position is up and if you're on the floor for more than .03 seconds the exercise is over.</p>	
<p><u>Pull-Ups (Males)</u></p> <p>Maximum points if five (5) completed.</p>	
<p><u>Dead-Hang (Females)</u></p> <p>Maximum points for hanging one (1) minute.</p>	
<p><u>Stairwell Climb/Dummy Drag</u></p> <p>Maximum points for completing in less than or equal to twenty (20) seconds. Zero (0) points if complete in greater than thirty-five (35) seconds.</p>	
<p><u>50 Yard Dash</u></p> <p>Zero (0) points if complete in greater than seventeen (17) seconds.</p>	